



Office of Environmental Health & Engineering  
 Division of Environmental Health Services  
 Injury Prevention Program

# TIPCAP NEWS

August 2020

Newsletter for the Tribal Injury Prevention Cooperative Agreement Program (TIPCAP)

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In this issue, many TIPCAP sites granted us permission to share their program profiles. These profiles highlight the amazing work the sites have accomplished during the course of this round of IHS TIPCAP funding.

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**Ak-Chin Indian Community Injury Prevention Program**

Unintentional injuries from motor vehicle crashes and other falls were identified as important areas for injury prevention initiatives in the Ak-Chin Indian Community.

**PROGRAM GOALS**

Prevent injuries related to falls and motor vehicle crashes in the Ak-Chin Indian Community

1. Provide fall prevention education to community members
2. Offer weekly exercise classes for residents 55 years and older
3. Visit homes of older adults to inspect for trip hazards and provide tips on fall prevention
4. Make changes in the home to increase safety and decrease risk of falling
5. Train and test non-vest Child Passenger Safety Technicians
6. Test and use child seats and provide child safety seats

**Background**

- Total Enrollment: 1,133 members
- Location: Southwest of Phoenix, Arizona

**PROGRAM HIGHLIGHTS**  
September 2019-February 2020

- 86 Homes were checked for fall hazards and changes were made to make the homes safer
- 6-12 Elders took part in weekly exercise classes that improve their balance and reduce fall risk
- 3 Events hosted each week to teach correct safety seat use and to provide safety seats at car seat events
- 230 provided to parents/ caregivers at car seat events

**Tribal Injury Prevention**  
June 2020

**Inter Tribal Council of Arizona, Inc. (ITCA) Injury Prevention Program**

Decrease number of traumatic brain injuries (TBI) by increasing school sport and participation safety with their ITCA Member Tribes

1. Conduct TBI risk training
2. Provide safe helmet information to youth
3. Provide safety to decrease concussion risk
4. Increase awareness of concussion

**Community Epidemiologists**

In response to community need, ITCA launched the program's objectives from training safety to decrease and reduce the number of TBI prevention through school sports, biking, swimming, water skiing, and sailing and passenger safety. This includes focused efforts to increase education and partnerships with other groups focusing on preventing the causes of TBI. During this period work, ITCA supported Member Tribes of ITCA and peer

**PROGRAM HIGHLIGHTS**  
June 2019-June 2020

- 129 Reached through media campaigns to raise awareness and prevent TBI
- 100 Safety Items given out to cyclists and walkers
- 13 Sessions held for public health staff with 10 for TBI prevention and 3 for bike traffic skills
- 16 Partnerships made with local law enforcement, health services, community programs, and others

**Tribal Injury Prevention**  
June 2020

**Rocky Mountain Tribal Leaders Council-Epidemiology Center (RMTLC)**

**GOALS**

RMTLC works to promote and assist injury prevention efforts within Tribal communities in Montana and Wyoming

1. Collect and report injury data to each Tribe to assist in planning their injury prevention activities
2. Provide expertise on each of the Tribal injury prevention activities, laws, and policies
3. Support each Tribe in providing ongoing advice and guidance

**Tribe Served**

- Blackfoot Tribe
- Coconino County, Salt of Rocky Boy
- Grand Staircase-Escalante National Monument
- Crow Tribe
- Eastern Shoshone Tribal Council
- Fort Belknap Indian Community
- Fort Hall Reservation & Shoshone Tribes
- Fort Tule Lake Indian Community
- Northern Arapaho Tribal Council
- Northern Cheyenne Tribe

**HIGHLIGHTS**

- Assisting Tribal injury data and creating tribe specific and aggregate injury reports
- Calculating community level fall risk rates
- Identifying high risk populations
- Meeting for Injury Prevention Strategic Intervention Planning Meeting

**Capacity Building Through Data Management Training**

In collaboration with the Centers for Disease Control (CDC) subject matter experts, RMTLC provided data management training for participants from Shoshone and Wyoming Tribes. Participants were trained in using EDI info, data collection techniques, data analysis, and program evaluation.

**SNAPSHOT**

- Annual Workshop
- Child Safety Seats

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**Tribal Injury Prevention**  
July 2020

## NO-COST EXTENSION:

Grants Management has issued an automatic 12-month no-cost extension for each of the current TIPCAP sites. This extension will allow Programs to spend down their money and reopen safely and according to their local regulations.

**Please note:** *Any Program that does not need a no-cost extension may complete their project and submit the reports as originally required. By completing and submitting the final reports, a closeout letter outlining the process will be sent to the sites by Grants Management. Programs using the provided 12-month no-cost extension will be required to comply with the regular reporting. Part Is and Part IIAs will be required to submit a semiannual report for Sept. 1-Feb. 28 by March 31, 2021 and Part IIBs will be required to submit a semiannual report for July 1-Dec. 31 by Jan. 31, 2021. Any Programs notified they have been awarded another 5-year cycle of TIPCAP will be required to closeout the previous cycle prior to the commencement of the new cycle.*

**Contact:** [Andrew Diggs](#) or [Molly Madson](#) if you have questions about your specific situation and Program.

## FUNDING ANNOUNCEMENT:

The IHS Injury Prevention Program is accepting applications for the next round of TIPCAP funding. Application deadline is October 01, 2020 at 11:59 p.m. ET.

**Please note:** *Applications will be accepted for the prevention of unintentional Injuries, like falls, burns, drowning, poisoning (including opioids), and motor vehicle-related injuries, and intentional injuries, like suicide and violence-related injuries.*

**For more information:** See the [IHS IPP TIPCAP webpage](#) to view the notice of funding opportunity (NOFO), the NOFO webinar, NOFO FAQ document, and more.

## PERMISSION REMINDER:

TIPCAP sites who have not submitted permission for their TIPCAP profile to be featured online should provide this permission as soon as possible to allow for their profile to be shared on the IHS website. A sample letter is linked [here](#).

**Contact:** Please reach out to [Molly](#), [Jenn](#), or [Eliza](#) if you have questions about the permissions process.

## Congratulations and thanks

*From LCDR Molly Madson, Injury Prevention Specialist*

Congratulations to the Part II B sites who completed their 3 years of TIPCAP at the end of June 2020. And, coming up at the end of the month, the Part I and Part IIA sites will complete their 5-year TIPCAP cycles. This final year of TIPCAP has been filled with changing staff and changing priorities. During times of uncertainty, it's easy to focus on everything we are unable to complete, but I have been so incredibly impressed by everyone's ability to implement unique and innovative ways to still meet their program's objectives. This summer only marks the conclusion of the initial funding cycle, but many sites will be utilizing the automatic 12-month, no-cost extension. This extension has been applied to all sites, but you are welcome to close out at any time. Regardless of where your sites are at or when they may be officially completed, I am still very excited and very proud to share the hard work that you all have done. This newsletter will be featuring the approved TIPCAP Profiles, outlining the work and progress these sites have done throughout the last 3-5 years in addressing injuries in their tribal communities. Thank you for your work and your dedication to this program!

I also want to thank the Team at the University of Colorado Denver, Centers for American Indian and Alaska Native Health for serving as the monitoring contract for TIPCAP over the past 4 years. Not only have they created the incredible profiles you're seeing in this newsletter, they have also implemented and increased data collection, improved communication, facilitated site visits and meetings, and increased capacity for injury prevention projects and programs at all levels. They have been absolutely wonderful program partners, and I am so thankful for them. Please reach out to Jenn, Eliza, Sara, Ann, and the rest of the team to say thank you as well!

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## FROM THE MONITORING CONTRACTOR

# Thank you

As the monitoring contractor for this funding cycle of TIPCAP, we have thoroughly enjoyed working with each of you. We extend our deepest gratitude to you for allowing us to be a part of your wonderful and very important work over the last four years, and our utmost appreciation for your hard work and the passion that you have put into preventing injuries in Indian Country. We continue to be impressed by your innovation in creating relationships and partnerships, the creativity you have expressed through your local activities, and the amazing progress you have made towards long-term sustainability of injury prevention programs in American Indian and Alaska Native communities. We have learned a great deal from everyone, especially from the local level staff, IHS Injury Prevention Specialists and Headquarters staff, who have led the way with their years of expertise and dedication to these efforts. We hope this is not a 'goodbye' but a 'see you later'. We wish you the very best and hope to work with you again in the future. Thank you again for a productive and successful journey!

Sincerely,

The TIPCAP team at the Centers for American Indian and Alaska Native Health, University of Colorado Anschutz Medical Campus

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# TIPCAP SURVEY RESPONSES

Thank you to everyone who took the time to complete the TIPCAP survey earlier this year. Your thoughtful responses and the quality feedback you took the time to provide were very helpful in gaining a better understanding of the aspects you feel make TIPCAP a success, and where there might be room for improvement. Thank you again for your time and valuable input.

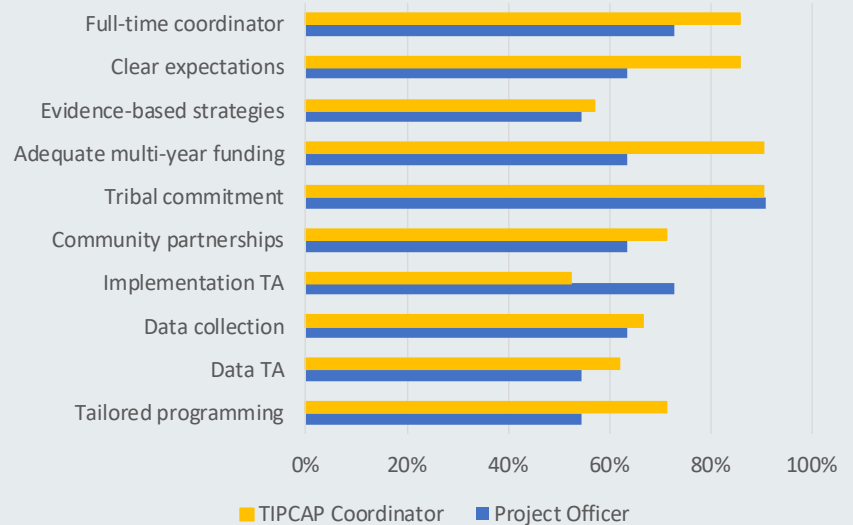
In total, 21 TIPCAP Coordinators and 11 Project Officers fully completed the survey. When asked how important different components were to making TIPCAP a successful Cooperative Agreement program, adequate multi-year funding, tribal commitment, a full-time coordinator, and clear expectations from the funding agency were most often chosen as 'Very Important' to program success by TIPCAP Coordinators. Project Officers chose tribal commitment, a full-time coordinator, and technical assistance with implementation. When the respondents were asked to rank these aspects (omitting 'clear expectations from the funding agency'), both TIPCAP Coordinators and Project Officers choose the same top three aspects of success.

## Ranked Aspects of Success\*

TIPCAP Coordinators	Project Officers
Full-time coordinator	Full-time coordinator
Adequate multi-year funding	Tribal commitment
Tribal commitment	Adequate multi-year funding
Tailored programming	Community partnerships
Community partnerships	Evidence-based strategies
Evidence-based strategies	Tailored programming
Implementation TA (tied)	Data collection
Data TA (tied)	Data TA
Data collection	

\*These rankings were determined by assigning 3 points for most important, 2 points for second-most important, and 1 point for third-most important. No Project Officer chose Implementation TA in their ranking.

## Aspect Very Important to Success



**WELCOME** TIPCAP WEBINAR  
JUNE 2020

Part I: Fillable PDFs  
Using Adobe Acrobat Pro

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PDF  
Fillable PDF + labels  
Data entry  
Excel file

## A note from Eliza

Last month, in place of a traditional TIPCAP webinar, I created two video tutorials. In the first video, I walk through [how to create fillable PDFs using Adobe Acrobat Pro](#). In the second video, I show [how to use Excel VBA coding to make userforms in Excel](#), which facilitate data entry. Relevant documents to the tutorials are linked in the descriptions of the YouTube videos.

I had fun recording these videos and hope that they will be useful to you now or in the future, as you consider new ways to collect, enter, and analyze data. Thank you for your help and interest!



# Ak-Chin Indian Community

## Injury Prevention Program

*Unintentional injuries from motor vehicle crashes and elder falls were identified as important areas for injury prevention initiatives in the Ak-Chin Indian Community*

### PROGRAM GOALS

Prevent injuries related to falls and motor vehicle crashes in the Ak-Chin Indian Community

1. Provide fall prevention education to community members
2. Offer weekly exercise classes for residents 55 years and older
3. Visit homes of tribal elders to find hazards that may increase risk of falling
4. Make changes in the homes to increase safety and decrease risk of falling
5. Recruit and train new Child Passenger Safety Technicians
6. Host car seat check events and provide child safety seats

### Background

- **Tribal Enrollment:**  
1,133 members
- **Location:**  
Southwest of Phoenix, Arizona

### PROGRAM HIGHLIGHTS

September 2015-February 2020

86



Homes

were checked for fall hazards and changes were made to make the homes safer

6-12



Elders

take part regularly in weekly exercise classes to improve their strength and balance

3



Events

hosted each year to check correct safety seat use and to provide education about safety seats

230



Safety Seats

provided to parents/caregivers at car seat events

## Tribal Injury Prevention

June 2020



# Ak-Chin Indian Community

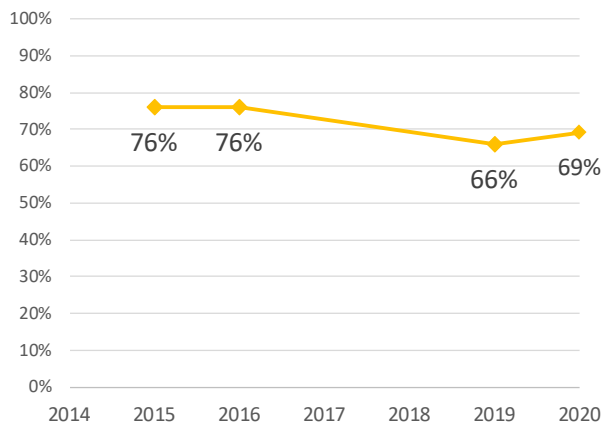
## Injury Prevention Program

### PROGRAM SNAPSHOT

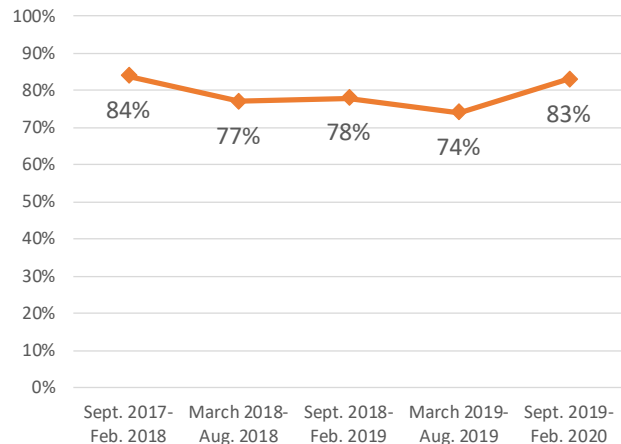
The program conducts regular driver seat belt and child passenger safety observations each year and remains dedicated to tracking these measures in the community.



**Child Restraint Use among Ak-Chin Indian Community**  
Observed Restraint Use by Year



**Driver Seat Belt Use among Ak-Chin Indian Community**  
Restraint Use by Observation Period



The program also organizes child passenger safety events where technicians check cars for proper child restraint use, provide child safety seats when necessary, and educate parents/caregivers on proper child restraint.



## Tribal Injury Prevention

June 2020



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TRIBAL  
INJURY  
PREVENTION  
PROGRAM

# Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC)

*Unintentional injuries are the leading cause of death in those 0-44 years of age and the third leading cause of death overall among AASTEC's service population*

## PROGRAM GOALS

Provide injury prevention services and resources to assist the Tribal and Pueblo communities in the Albuquerque Area to reduce injuries from older adult falls and motor vehicle crashes

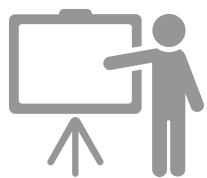
1. Provide injury prevention trainings for tribal and IHS staff
2. Survey community members about injury prevention awareness & needs
3. Create and provide helpful resources and products for tribal injury prevention programs
4. Work with community members to create an injury prevention coalition that meets quarterly
5. Support tribal injury prevention programs in the area by providing advice, guidance, and technical assistance

### Background

- **Service Population:**  
All 27 communities in the Albuquerque Area (~104,000)
- **Service Area:**  
Spans across New Mexico, Southern Colorado, Western Texas, & Southeastern Utah

## PROGRAM HIGHLIGHTS September 2015-February 2020

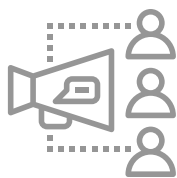
221



**Coaches**

trained to teach Matter of Balance and STEADI fall prevention classes

2690



**People**

reached in the community through media campaigns

4



**Meetings**

per year with 32 coalition partners

340



**Safety Seats**

provided to parents/caregivers at regular car seat clinics in 7 IHS ABQ Area Tribes

# Tribal Injury Prevention

April 2020

[www.AASTEC.net](http://www.AASTEC.net)



## PROGRAM SNAPSHOT



### Digital Stories Workshop

The program hosted an injury prevention digital storytelling workshop to train participants to create powerful media projects using images, music, and video. The program produced **5 digital stories** featuring personal narratives about the impact and importance of tribal injury prevention.



### Car Seat Clinics

AASTEC assists tribal communities in holding regular car seat clinics to check cars, install safety seats, and provide education. In the last 4 years, **340 child safety seats** have been provided to parents/caregivers.



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# Apache Tribe of Oklahoma Injury Prevention Program

*Falls and motor vehicle crashes are the leading causes of injury in Caddo County, OK*

## PROGRAM GOALS

Prevent injuries related to falls and motor vehicle crashes among American Indians living in Caddo County, Oklahoma

1. Visit homes of tribal elders and fix hazards that may increase risk of falling
2. Coordinate eye screenings for elders
3. Review elders' medications (which can sometimes increase risk of falling)
4. Host car seat check events and provide child safety seats and education
5. Observe and record community members' car seat and seat belt use
6. Provide training for Child Passenger Safety Technicians
7. Attend Oklahoma Traffic Safety Coalition meetings

### Background

- **Tribal Enrollment:** 2,641 members
- **Location:** Extends across several counties, with Tribal Headquarters located in Anadarko, Oklahoma

## PROGRAM HIGHLIGHTS June 2017-December 2019

26



Homes

were checked for fall hazards

163



Changes

completed in elders' homes to fix fall hazards and make homes safer

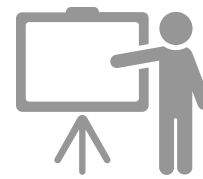
277



Safety Seats

provided to parents/caregivers and installed in vehicles

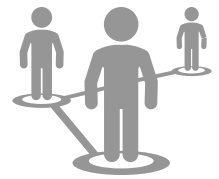
110



Trained

as certified Child Passenger Safety Technicians

200k



Members

of the community reached through media campaigns

## Tribal Injury Prevention

March 2020

[www.apachetribe.org](http://www.apachetribe.org)



# Apache Tribe of Oklahoma Injury Prevention Program

## PROGRAM SNAPSHOT



### Safe Kids

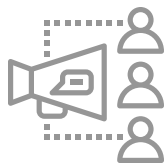
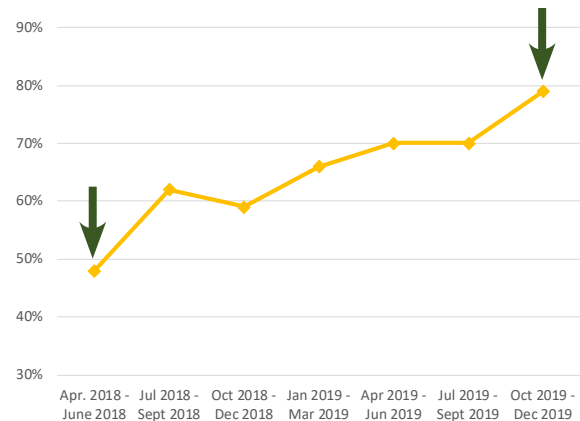
The program partners with Safe Kids Worldwide to provide car seat education and resources to the Apache community through Safe Kid NA-I-SHA.



### Tracking Use

The program has observed a nearly **65% increase** in community members' child safety seat use from the first observation period to the most recent—from a 48% use rate to 79%.

#### Apache Tribe Child Restraint Use Rates



### Media Outreach

To raise awareness about elder fall risk in the community, the program installed a billboard. The billboard is estimated to **reach 10,000 people per day!**



The program also recorded radio PSAs about child passenger safety in collaboration with Apache Tribal Princess, Clara Cisco. The PSAs were broadcast between October 2019 and January 2020.

## Tribal Injury Prevention

March 2020



### Antoinette Short

Injury Prevention Coordinator

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# Blackfeet Nation

## Injury Prevention Program

*Within reservation boundaries, alcohol use, distracted driving, and low rates of car seat/ seat belt use are leading causes of injury and death resulting from motor vehicle crashes*

### PROGRAM GOALS

Reduce injuries from motor vehicle crashes and increase motor vehicle safety among members of the Blackfeet Nation

1. Organize motor vehicle safety education for youth in local schools
2. Provide education on motor vehicle safety to community members
3. Provide training for Child Passenger Safety Technicians
4. Host car seat check events and provide child safety seats
5. Work with community members to create an injury prevention coalition
6. Work with local law enforcement to increase enforcement of motor vehicle laws

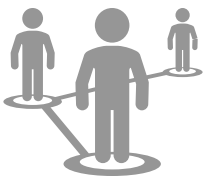
### Background

- **Tribal Enrollment:**  
17,135 members with 9,100 living on or near the reservation
- **Location:**  
Northwestern Montana

### PROGRAM HIGHLIGHTS

September 2015-August 2019

1k



Pledges

signed by community members promising to wear seat belts

10k



Vehicles

observed to check for driver and passenger seat belt use

12



Coalition

meetings held each year to discuss seat belts, DUIs, and other injury prevention topics

222



Safety Seats

provided to parents/ caregivers at car seat clinics

1



Mandate

passed that requires police to enforce seat belt and safety seat laws



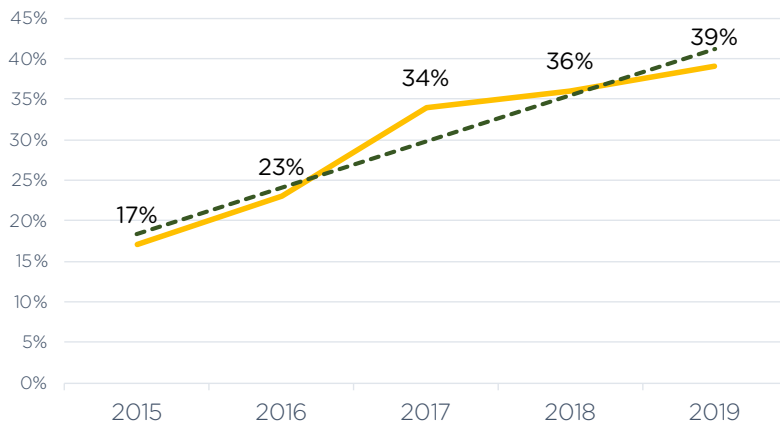
# Blackfeet Nation

## Injury Prevention Program

### PROGRAM SNAPSHOT

## Billboard Raises Awareness

The Injury Prevention Program worked with community partners to design and install a billboard featuring a local artist and calling attention to Ordinance 85, mandating seat belt use. The billboard, located at a busy intersection in Browning, MT, is estimated to have reached **over a million viewers!**



## Driver Seat Belt Usage Rate Increases

In 39% of the cars observed in 2019, the drivers were wearing seat belts, a **129%** increase from 2015!

## Tribal Injury Prevention

December 2019



**Debbie Whitegrass Bullshoe**

Injury Prevention Coordinator

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# Bristol Bay Area Health Corporation

## Injury Prevention Program

*Most elders in the Bristol Bay villages are home-bound and experience a high rate of injuries from falls*

### PROGRAM GOALS

Reduce the number of injuries and deaths from falls among tribal residents aged 55 years or older in the Bristol Bay, Alaska region

1. Visit homes of tribal elders to find hazards that may increase risk of falling
2. Make changes in the homes to increase safety and decrease risk of falling

### Background

- **Service Population:**  
A consortium of Bristol Bay tribes (Yup'ik, Dena'ina, and Supiak/Alutiiq)
- **Location:**  
Southwest Alaska

### PROGRAM HIGHLIGHTS

September 2015-February 2020

118



Homes

were checked  
for fall  
hazards

374



Changes

made to make  
homes safer  
for elders

zero



Falls

reported in  
the homes  
where  
changes  
were made  
at 6-month  
follow up

300+



Ice cleats

distributed to  
help prevent  
falls

## Tribal Injury Prevention

April 2020



# Bristol Bay Area Health Corporation

## Injury Prevention Program

### PROGRAM SNAPSHOT



## Building Partnerships in Bristol Bay

Given the geographic spread of the BBAHC's service area, the Injury Prevention Program partners with community health aides to listen to the needs of the community elders, allowing the program to effectively serve rural communities while keeping travel costs low. The aides also facilitate the program's regular follow-up procedure.

Other partners include the Bristol Bay Native Association, Bristol Bay Economic Development Corporation, Village Public Safety Officers, Alaska State Troopers, tribal entities, and village and tribal councils. The program also attends Alaska Native Tribal Health Consortium coalition meetings.



## Changes to Make Homes Safer

Since September 2015, BBAHC has made **over 300 changes** to elders' homes to help prevent falls. Changes include things like bath benches fitted with grab bars, toilet safety frames to allow elders to more easily lower and raise themselves onto the toilet, and adjustable shower benches with grab bars.



## Tribal Injury Prevention

April 2020

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# California Rural Indian Health Board Injury Prevention Program

*Motor vehicle crashes are the leading cause of death among American Indians and Alaska Natives aged 19 and younger*

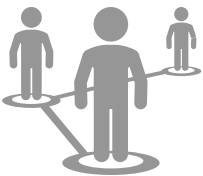
## PROGRAM GOALS

Reduce injuries to children in motor vehicle crashes, working with Pit River Health Service, Toiyabe Indian Health Project, Warner Mountain Indian Health Program, and Greenville Rancheria Tribal Health Program

1. Provide training for Child Passenger Safety Technicians and increase number of certified technicians in each community
2. Provide the National Highway Traffic Safety Administration training course each year in each community
3. Observe and record community members' car seat use
4. Host car seat check events and provide safety seats and education

## PROGRAM HIGHLIGHTS Sept. 2015-Feb. 2020

123



Technicians

recruited, trained, and certified as Child Passenger Safety Technicians

18



Events

hosted to check correct safety seat use and to provide education about safety seats

1,141



Safety Seats

distributed to parents/caregivers across the four tribal communities

## Background



Service Population:  
~9,000

Service Location:  
California

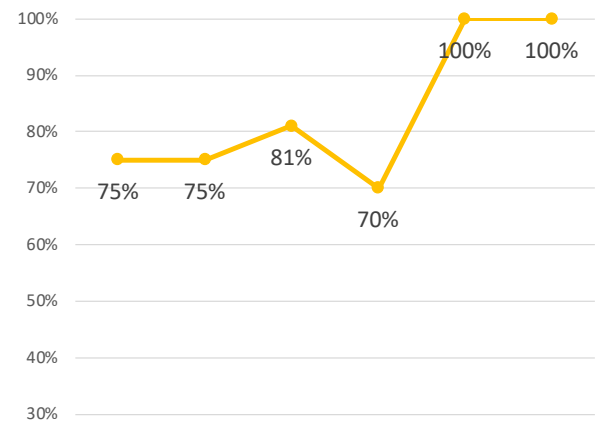
## Partnerships



The program partners with the University of California Davis, California Highway Patrol, Departments of Public Health, community health programs, and others

## CRIHB Car Seat Use Rate

Observed Restraint Use by Time Period



Sept 2015 - Feb 2016 Sept 2016 - Feb 2017 Sept 2017 - Feb 2018 Mar 2018 - Aug 2018 Mar 2019 - Aug 2019 Sept 2019 - Feb 2020



**Julie Villa**

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# Fond du Lac Band of Lake Superior Chippewa Injury Prevention Program

*In Minnesota, 3 out of 4 car seats are used incorrectly, and fatal crashes are the leading cause of death in children aged 1-14 years*

## PROGRAM GOALS

Increase use of child safety seats within the Fond du Lac Band of Lake Superior Chippewa Reservation

1. Provide child passenger safety education to community members
2. Provide car and booster seats to parents/caregivers at low or no cost
3. Host monthly events to provide safety seats and education
4. Work with law enforcement and Safe Kids to increase child passenger safety in the community

### Background

- **Tribal Enrollment:**  
4,200 members
- **Location:**  
Northeast Minnesota

## PROGRAM HIGHLIGHTS

Sept. 2015–Feb. 2020

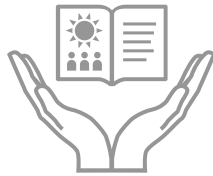
54



**Clinics**

held in partnership with Cloquet Area Fire District

392



**Parents**

or caregivers educated about child passenger safety

681



**Safety Seats**

provided to parents/caregivers

## Sustainability through Partnerships



The injury prevention program has maintained numerous injury prevention activities despite changes in funding. Childhood injury prevention activities have continued in partnership with Safe Kids North East Minnesota; Traffic safety programming in partnership with the Driving 4 Safe Communities Coalition; and the elder falls prevention program in partnership with Essentia Health.





# Fond du Lac Band of Lake Superior Chippewa Injury Prevention Program

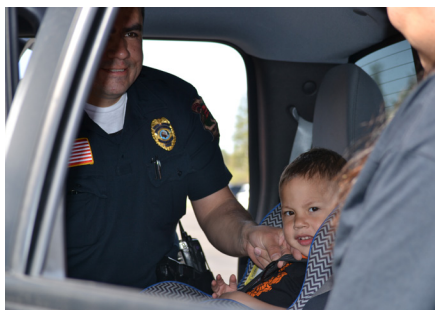
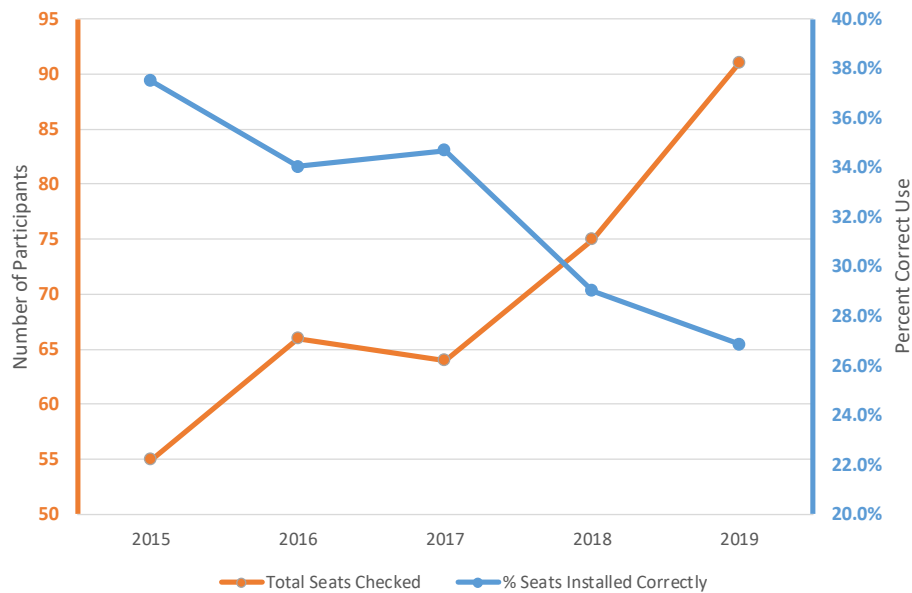
## PROGRAM SNAPSHOT

### Correct Car Seat Use Increases

Since 2015, car seat clinic attendance has **doubled**. As participation increased, the injury prevention program has tracked that overall percent of car seats correctly used has decreased, demonstrating a need for car seat education.

#### Fond du Lac Seat Check Statistics:

Total Attendance and Percent of Car Seats Correctly Used



Tribal Injury Prevention

April 2020

**KaRee Lockling**, Injury Prevention Coordinator

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# Ho-Chunk Nation Injury Prevention Program

*In Wisconsin, deaths from motor vehicle crashes are 1.9 times higher for American Indians than all other races*

## PROGRAM GOALS

Decrease distracted driving rates and increase rates of seat belt and child safety seat use in the Ho-Chunk Tribal community

1. Provide education on distracted driving, seat belt use, and child passenger safety to community members
2. Observe and record community members' car seat use, seat belt use, and distracted driving
3. Work with law enforcement to enforce laws through citations and warnings
4. Provide car and booster seats to parents/caregivers
5. Create a yearly billboard message about distracted driving

### Background

- **Tribal Enrollment:**  
5,256 members
- **Location:**  
Central Wisconsin

## PROGRAM HIGHLIGHTS

Sept. 2015-Feb. 2020

524



**Car Seats**

distributed at car seat events, Ride Safe events, and through individual appointments

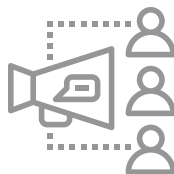
12



**Observations**

of distracted driving done each quarter, with 500-900 cars observed per quarter

2



**Billboards**

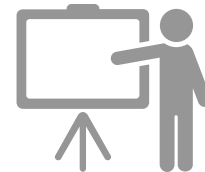
installed to address the dangers of distracted driving, which reach 5,000 people per day

## Featured Partnerships



### Law Enforcement

The Injury Prevention Program partners with local law enforcement to hold saturation patrols and share data about citations and crashes



### Head Start

The program also partners with local Head Start programs to provide Ride Safe classes to promote child restraint use

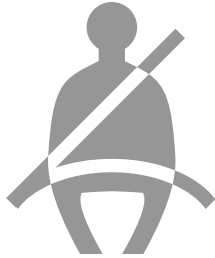
<http://health.ho-chunk.com/>



# Ho-Chunk Nation

## Injury Prevention Program

### PROGRAM SNAPSHOT

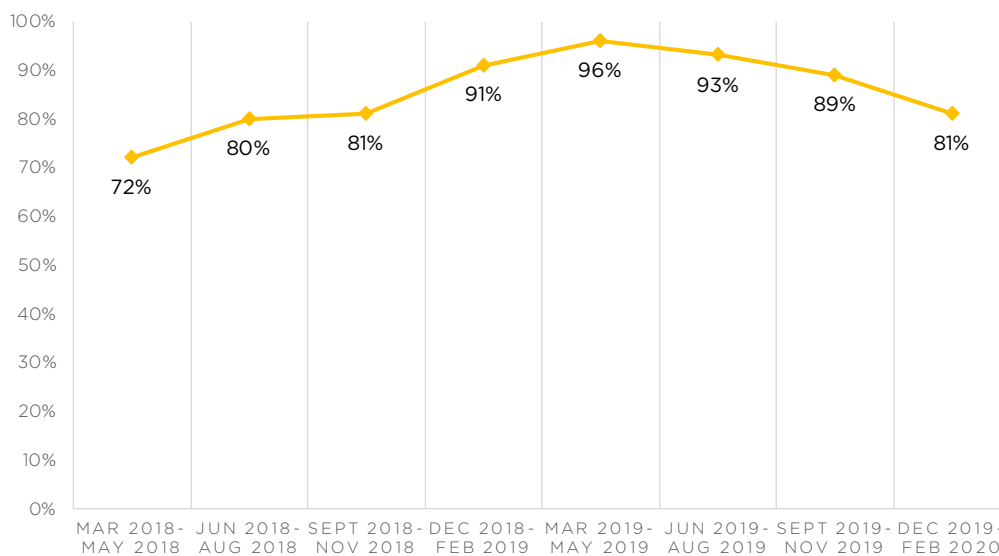


## Seat Belt Use Increases

Cars are observed quarterly at 46 different sites in the Ho-Chunk Tribal community. In the latest observation, the site observed a **12.5% increase in seat belt use** (from 72% in 2018 to 81%).

### Driver Seat Belt Use among Ho-Chunk Tribal Community

#### Observed Seat Belt Use at 8 Time Periods





# Indian Health Council, Inc.

## Injury Prevention Program

*In 2010, the Injury Prevention Program found a low usage rate of child safety seats, with only 38% of cars checked using child safety seats correctly*

### PROGRAM GOALS

**Improve child passenger safety seat compliance among five Indian Health Council, Inc. tribes**

1. Perform car seat checks for proper child safety seat use
2. Provide car and booster seats to parents/caregivers
3. Provide child passenger safety education to parents/caregivers and trainings for community members
4. Create and provide helpful resources about injury prevention

### PROGRAM HIGHLIGHTS Sept. 2015-Feb. 2020

556



**Safety Seats**

provided to parents/caregivers with education through one-on-one trainings and group classes

+26%



**Use**

of child safety seats, an increase from 68% in 2016 to 86% in 2020

### Background

- **Service Area:** 1,800 square miles in rural San Diego county
- **Tribes Served:** Pauma, Pala, San Pasqual, Rincon, and Santa Ysabel

### Emerging Issue

The Injury Prevention Program noticed a lack of helmet use on ATVs, motorcycles, bicycles, and other modes of transportation. To combat this issue and prevent Traumatic Brain Injuries in our communities, we started distributing safety helmets to community members.



250

**Helmets**

distributed to community members at safety events since February 2020

## Tribal Injury Prevention

August 2020



# Indian Health Council, Inc.

## Injury Prevention Program

### PROGRAM SNAPSHOT

## Listening to Community Yields Increase in Car Seat Class Attendance

Please take our quick survey about the Child Passengers Safety Class, aka the car seat class:

What day would work best with your schedule to have the car seat class at Indian Health Council in Tucson?



Monday	Tuesday	Wednesday	Thursday	Friday

What day would work best with your schedule to have the car seat class at the satellite clinic in Santa Juba?

Monday	Tuesday	Wednesday	Thursday	Friday

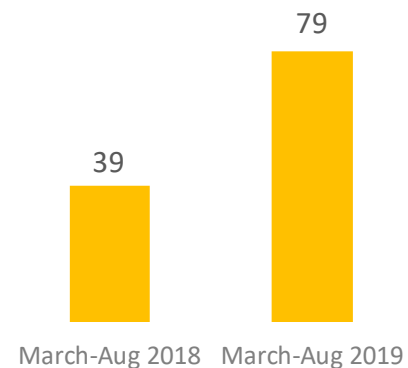
Any other suggestion? Different Locations? Different Time? Please comment any suggestions below:

Questions?  
Please contact Skye Holmes in Public Health Programs:  
(760) 749-1410 Ext. 5383

Follow US  

  
[indianhealthcouncil](#)  
[www.indianhealth.com](#)

The Injury Prevention Program **surveyed community members** to learn what times and class structure worked best for their schedules and preferences.

### Car Seat Class Attendance



After implementing changes, the program saw a **102% increase** in class attendance.



## Integrating with Electronic Health Records

To stay organized and increase communication with clinic providers, the program has integrated one-on-one car seat visits into the NextGen electronic health system.

## Tribal Injury Prevention

August 2020

### Skye Holmes

Community Health Representative

O: 760-749-1410 x5383

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# Inter Tribal Council of Arizona, Inc. (ITCA)

## Injury Prevention Program

### PROGRAM GOALS

Decrease number of traumatic brain injuries (TBIs) by increasing wheel sport and pedestrian safety with three ITCA Member Tribes

1. Conduct 1 bike traffic skills training
2. Propose a bike helmet ordinance for youth
3. Promote visibility for bicyclists and pedestrians
4. Increase awareness of traumatic brain injury prevention

### Community Responsiveness

In response to community need, ITCA broadened the program's objectives from focusing solely on bicycle and helmet safety to focusing on TBI prevention through wheel sports (biking, scootering, skateboarding, and skating) and pedestrian safety. This broader focus allowed for more education events and partnerships with other groups focusing on preventing the causes of TBI. During three project years, ITCA assisted one Member Tribe of ITCA per year.

### Helmet Ordinance



During FY18-FY20, ITCA identified the number of TBI and wheel-sport related injuries for American Indians in Arizona and shared with each of the three Tribal Councils a draft helmet ordinance. In June 2020, the Tonto Apache Tribal Council adopted an ordinance, which is one of the few tribal multi-sport helmet ordinances.

### PROGRAM HIGHLIGHTS

June 2017-June 2020

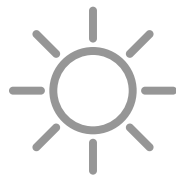
3,276



Reached

through media campaigns to raise awareness to prevent TBIs

2,146



Safety Items

given out to cyclists and walkers

13



Sessions

held for public health staff, with 10 for TBI outreach and 3 for bike traffic skills

16



Partnerships

made with local law enforcement, health services, community programs, and others

## Tribal Injury Prevention

June 2020

[www.ITCAonline.com/epi](http://www.ITCAonline.com/epi)

PROGRAM SNAPSHOT

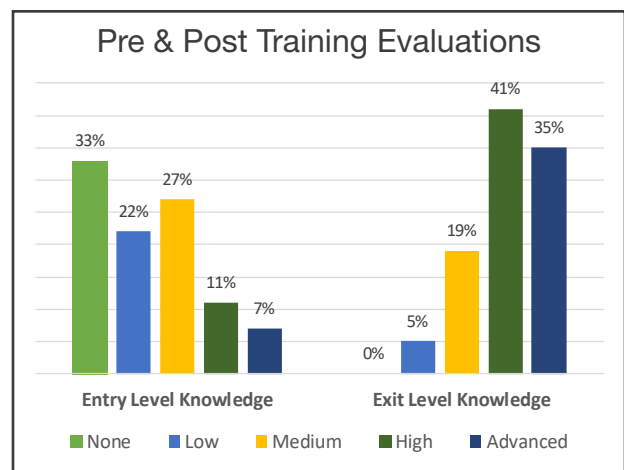


**Be Safe Be Seen Visibility Campaign**

During FY19-FY20, in collaboration with the health department and police department of both the Hualapai Tribe and the Tonto Apache Tribe, ITCA created the Be Safe Be Seen campaign to communicate the importance of wearing reflective gear and using safety equipment to prevent TBI among wheel-sport participants and pedestrians.

**TBI Trainings with Measurable Impact**

During FY18-FY20, ITCA held 10 TBI training sessions in partnership with the Arizona Dept of Health Services and the Arizona Governor’s Council on Spinal and Head Injury. The trainings educated 103 employees of the Colorado River Indian Tribes, the Hualapai Tribe, and the Tonto Apache Tribe about the dangers of TBI.



**Bike Traffic Skills Trainings**

During FY18-FY20, ITCA contracted three certified bike instructors from the Hualapai Nation Police Department to conduct one-day training and bike maintenance workshops with each of the three Member Tribes of ITCA. The program taught bike riding skills and distributed helmets, lighting and reflective devices, and bicycle safety information at the trainings.

**Creative Community Outreach**



During FY18-FY20, ITCA used interactive approaches at existing community events, including Halloween Festivals, to engage community members, distribute reflective devices, and share safety information.



# Lake County Tribal Health Consortium

## Injury Prevention Program

*Unintentional injuries from elder falls were identified as an important area for injury prevention initiatives in the Lake County tribal community*

### PROGRAM GOALS

Decrease death and injuries related to accidental falls among tribal elders in Lake County

1. Visit homes of elders to find hazards that may increase risk of falling
2. Make changes in homes to decrease risk of falling
3. Make referrals for elders to have their eyes checked
4. Make referrals for elders to meet with a pharmacist to review their medications (which can sometimes increase risk of falling)
5. Offer exercise classes to help elders improve balance & strength

### Background

- **Number of eligible elders:** 458
- **Location:** Lake County, California
- **Tribes Served:**  
Big Valley Band of Pomo Indians  
Elem Indian Colony of Pomo Indians  
Habematolel Pomo of Upper Lake  
Middletown Rancheria of Pomo Indians  
Robinson Rancheria  
Scotts Valley Band of Pomo Indians

### PROGRAM HIGHLIGHTS June 2017-December 2019

72



Homes

checked for fall hazards that may increase risk of falling

225



Changes

made to homes to make them safer, including handicap showers, grab bars, & shower benches

282



Reviews

of medications completed, with medication lists updated in clinic's health records

94



Sessions

of Tai Chi classes held for local elders to help improve their strength and balance

3,588



People

reached through educational outreach events





# Lake County Tribal Health Consortium Injury Prevention Program

## PROGRAM SNAPSHOT

### Cross-Disciplinary Communication Using Electronic Health Records (EHR)

1. The Injury Prevention Program (IPP) uses EHRs to schedule home visits and receive referrals from providers.
2. On home visits, CHRs document the medications taken by elders in the EHR/RPMS system.
3. Primary care providers are notified that the patients' EHR is ready for their review.
4. The IPP communicates regularly with clinic partners to ensure that the needs of elders are met efficiently.

### Elder Fall Program

The IPP makes changes, like adding grab bars and shower seats, to make homes safer for elders.



**Tai Chi CLASSES**  
Tai Chi increases confidence in balance and movement and decreases chance of falls.

— Taught by Arch Kottler —  
Every Thursday, beginning Nov. 9th  
In the Public Health Conference Room  
11:00 a.m. to noon

Must be a registered LCTHC patient. Elders 55+ get priority.  
Dress in loose, comfortable clothing and be prepared to remove your shoes.  
For more information: (707) 263-8382 ext. 1602

\*Except when the clinic is closed.

Lake County Tribal Health

**DO YOU HAVE Concerns about falling?**

**A MATTER OF BALANCE**  
WINNING CONCERN ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

**This program emphasizes practical strategies to manage falls.**

**YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

**WHO SHOULD ATTEND?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

**CLASS LOCATION:** Lake County Tribal Health Public Health Conference Room 1:00p to 3:00p

**8 classes in the session**  
**CLASS DATES:**  
Nov 30, Dec 1, Dec 8, Dec 22, Jan 5, Jan 12, Jan 26, Feb 2

Registration is Free

For more information please call 707-263-8382 ext 1621 or 1602

The IPP also offers classes to help elders improve strength and balance to prevent falls.

# Northern Cheyenne Tribe

## Injury Prevention Program

*Seat belt use in the community is low—in an observational survey conducted in January 2019, only 40% of drivers counted were wearing a seat belt.*

### PROGRAM GOALS

Reduce injuries from motor vehicle crashes on the Northern Cheyenne Indian Reservation

1. Perform car seat checks for proper child safety seat use
2. Provide car and booster seats to parents/caregivers
3. Work with law enforcement to increase use of seat belts and to arrange DUI checkpoints
4. Work with community members through an injury prevention coalition

### Background

- **Tribal Enrollment:**  
11,266 members
- **Location:**  
Southeastern Montana

### PROGRAM HIGHLIGHTS June 2017-December 2019

255



Safety Seats

provided to parents/caregivers with education

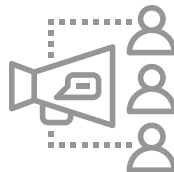
2



High Schools

educated on the dangers of distracted driving

10k



Reached

through media campaigns in the community

3



Events

held in partnership with local law enforcement to enforce seat belt laws



Collaborated with local law enforcement and Tribal Council members to reinstate primary seatbelt law, increase car seat and DUI enforcement, and expand data-sharing efforts

## Tribal Injury Prevention

March 2020

[www.nctribalhealth.org](http://www.nctribalhealth.org)



**Patricia Ramos**

Injury Prevention Coordinator

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# Ponca Tribe of Oklahoma

## Injury Prevention Program

*Falls are a leading cause of injury resulting in hospitalizations among older adult members of the Ponca Tribe of Oklahoma*

### PROGRAM GOALS

Decrease injuries from falls among Ponca Tribe of Oklahoma members aged 55 years and older

1. Visit homes of tribal seniors to find hazards that may increase risk of falling
2. Make changes in the homes to increase safety and decrease risk of falling
3. Make and receive referrals for tribal seniors to have their eyes checked
4. Encourage tribal seniors to meet with a pharmacist to review their medications (which can sometimes increase risk of falling)
5. Offer 12-week Silver Sneaker exercise program 2 times per year in the community to help improve balance and strength for tribal seniors

### Background

- **Tribal Enrollment:**  
3,581 members with 3,000 living in Oklahoma
- **Location:**  
Northcentral Oklahoma

### PROGRAM HIGHLIGHTS

September 2015-August 2019

128



Homes

checked for fall hazards

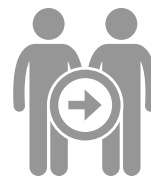
604



Improvements

installed in tribal seniors' homes to help prevent falls, including 20 ramps

264



Referrals

made from pharmacists and eye doctors to the IP program

2



12-week Classes

held each year for tribal seniors to improve their strength and balance

## Tribal Injury Prevention

August 2020

## PROGRAM SNAPSHOT

### IPP Receives Thanks from Community Elder

“The Injury Prevention Program is making a positive impact to our Ponca Tribal Elders. My personal benefit includes better health and peace of mind through fall prevention.”



Darlene Pensoneau Harjo, an enrolled member of the Ponca Tribe of Oklahoma, wrote to the Injury Prevention Program (IPP) to thank Jocy for the care she shows to her and to other senior citizens in the White Eagle and Ponca City community.

“I requested [Jocy’s] services after cataract removal [and before] a pending surgery for a knee replacement.” Darlene needed assistance with preparing her home post-surgeries. Jocy performed a home assessment and then helped Darlene get grab bars installed in the shower, a handrail, non-skid mats, and a riser for the toilet seat. “I would not be able to afford any of the prevention items her program has provided for me and others like me. Thank you so much.”

### Other modifications the IPP has made to elders’ homes include...



Smoke detectors



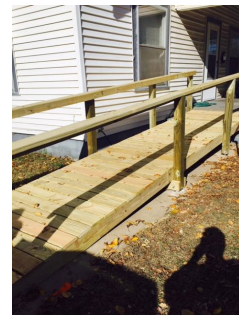
Shower benches



Raised seats/bars



Handrails



Ramps





# Pyramid Lake Paiute Tribe

## Injury Prevention Program

*Unintentional injuries from elder falls were identified as an important area for injury prevention initiatives for the Pyramid Lake Paiute Tribe*

### PROGRAM GOALS

Decrease injuries from falls among the tribal elders in the Pyramid Lake Paiute Tribe

1. Visit homes of elders to find hazards that may increase risk of falling
2. Make changes in the homes to increase safety and decrease risk of falling
3. Make referrals for elders to have their medications reviewed (some medications can increase risk of falling)
4. Provide one-on-one and group education about fall prevention
5. Publish an elder fall prevention newsletter

### Background

- **Tribal Enrollment:** 2,288 members with 1,300 living on the reservation
- **Location:** Northwestern Nevada

### PROGRAM HIGHLIGHTS

September 2015-February 2020

101



Homes

checked for  
fall hazards

1076



Changes

made in  
elders' homes  
to help  
prevent falls,  
like grab bars,  
ramps, shower  
chairs, etc.

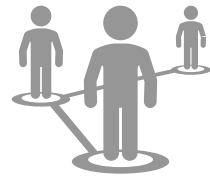
101



Reviews

completed  
of elders'  
medications

200



Elders

reached  
through a  
newsletter  
focusing on  
elder fall  
prevention

## Tribal Injury Prevention

August 2020



# Pyramid Lake Paiute Tribe

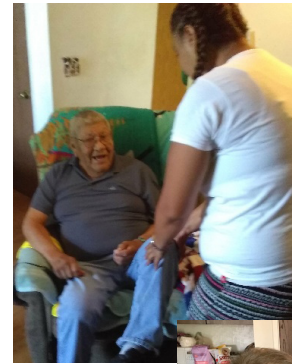
## Injury Prevention Program

### PROGRAM SNAPSHOT



#### Exercise Classes

The Injury Prevention Program (IPP) holds bi-monthly chair yoga classes for local elders to increase strength and balance.



#### Collaboration

The IPP coordinates with Clinic departments (including Maintenance, Pharmacy, and Community Health) as well as Tribal departments (including Social Services, Housing Tribal Administration's Elder Assistance Program, Tribal Newspaper, and the Numaga Senior Center).



#### Creative Communication

The monthly newsletter aims to provide injury prevention education to elders. Topics have included: "Wall Flexibility Exercise," "What To Do If You Fall," "Fall Exercises To Keep You Moving," "Floor Stretching Exercises," "Overcoming Barriers To Exercise," and "Arm Curl Exercises."



#### Tracking Progress

The IPP conducts pre- and post-questionnaires with home assessment recipients to measure the impact of education provided, and functional assessments before and after strength and balance exercise classes to track their effectiveness. From one class in 2018, **100%** of participants saw improvements in their Four Stage Balance Tests. Due to COVID-19, the program has faced challenges collecting post-tests from more recent classes.

*One patient saw a 233% increase in her ability to do the Tandem Stand and saw an 8% increase in her ability to stand on one foot. These findings suggest an improvement in her balance and strength as a result of the class.*

## Tribal Injury Prevention

August 2020

**Carla Molino**

Injury Prevention Coordinator

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# Rocky Mountain Tribal Leaders Council-Epidemiology Center (RMTLC)

## GOALS

**RMTLC works to promote and assist injury prevention efforts within Tribal communities in Montana and Wyoming**

1. Collect and report injury data to each Tribe to assist in planning their injury prevention activities
2. Provide overview of each of the Tribe's injury prevention activities, laws, and policies
3. Support each Tribe by providing ongoing advice and guidance

## Tribes Served

- Blackfeet Tribe
- Chippewa Cree Tribe of Rocky Boy
- Confederated Salish & Kootenai Tribes
- Crow Tribe
- Eastern Shoshone Tribal Council
- Fort Belknap Indian Community
- Fort Peck Assiniboine & Sioux Tribes
- Little Shell Tribe of Montana
- Northern Arapaho Tribal Council
- Northern Cheyenne Tribe

## HIGHLIGHTS



### Technical Assistance and Data Report Projects

- Analyzing Tribal injury data and creating tribal-specific and aggregate mortality reports
- Calculating community seat belt use rates
- Developing a gap analysis survey
- Hosting the Injury Prevention Strategic Intervention Planning Meeting



### Capacity Building Through Data Management Training

In collaboration with the Centers for Disease Control (CDC) subject matter experts, RMTLC provided data management training for sanitarians from Montana and Wyoming Tribes. Participants were trained in using Epi Info, data collection techniques, data analysis, and program evaluation.

## SNAPSHOT

### Annual Workshop

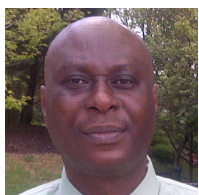


### Child Safety Seats



held by RMTLC to assist Tribes in planning their injury prevention activities

are provided by RMTLC to area tribes to give to their community members



### Kalu Uma Onwuchekwa

Injury Epidemiologist & TIPCAP Coordinator  
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## Tribal Injury Prevention

May 2020



# Salt River Pima-Maricopa Indian Community (SRPMIC)

*Unintentional injuries from motor vehicle crashes and elder falls were identified as important areas for injury prevention initiatives in the SRPMIC*

## PROGRAM GOALS

Reduce the number of unintentional injuries in the SRPMIC related to:

1. **Unintentional falls** by providing exercise classes for SRPMIC elders to improve balance and strength
2. **Child passenger safety** by working with the local Early Childhood Education Center (ECEC) to provide safety seats and education to parents/caregivers
3. **Child helmet use** by hosting a yearly bike rodeo for the community and providing bicycle and skateboard helmets and education on helmet safety
4. **Adult and child seat belt use** by providing trainings and working with community members to raise awareness for injury prevention

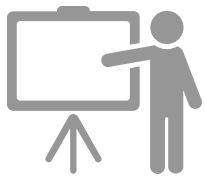
### Background

- **Tribal Enrollment:**  
over 9,000 members
- **Location:**  
Metropolitan Phoenix area

## PROGRAM HIGHLIGHTS

September 2015-February 2020

90



Technicians

recruited, trained, and certified as Child Passenger Safety Technicians

1327



Safety Seats

provided to parents/caregivers along with education about safety seats

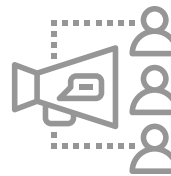
600



Helmets

provided at bike rodeos, with more helmets provided through other partnerships

35k



People

reached in Tribal communities through media campaigns

25+



Partners

established in the community who attend regular coalition meetings



## SRPMIC Fall Prevention Activities

As of August 2019, **224** elders have taken part in fall prevention classes, like yoga, Tai Chi, and Matter of Balance, provided by the SRPMIC Injury Prevention Program. Classes like these improve elders' strength and balance, which helps prevent injuries from falling.



### Balance Tests Before and After Tai Chi Classes

Jan. 2018

April 2018



Timed Up and Go Test



30 Second Chair Stand

■ Met benchmark  
■ Needs improvement

### Balance Tests Before and After Yoga Classes

March 2018

July 2018

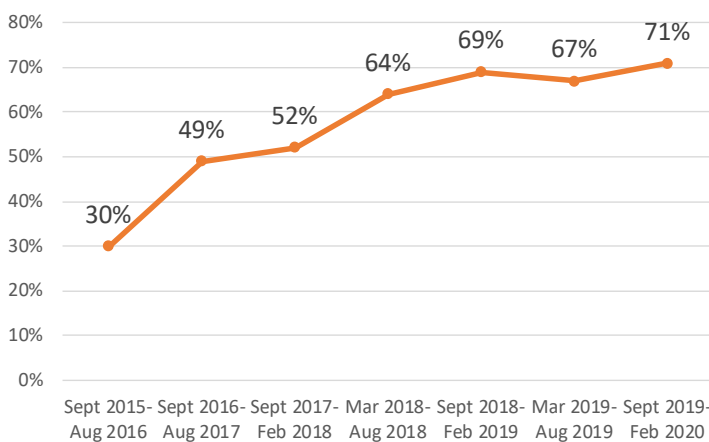


■ Met benchmark  
■ Needs improvement

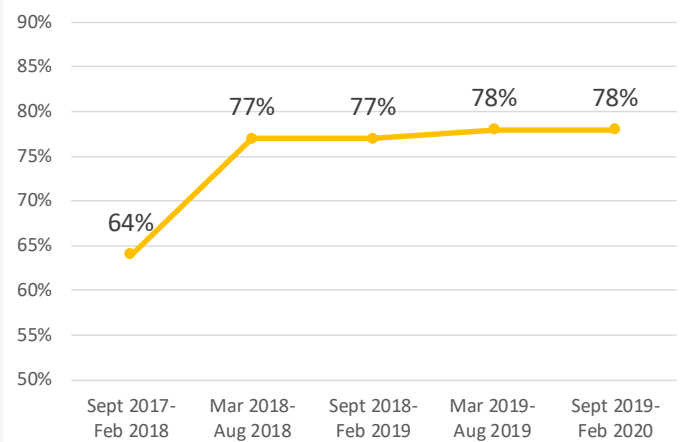
## Improvement in Community Car Seat & Seat Belt Use



### Child Restraint Use Rate Observed Restraint Use by Time Period



### Driver Seat Belt Use Rate Observed Seat Belt Use by Time Period



## Tribal Injury Prevention

April 2020



**Monte Yazzie**

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# Shoshone-Paiute Tribe of Duck Valley

## Injury Prevention Program

*Unintentional injuries from elder falls were identified as an important area for injury prevention initiatives for residents of the Duck Valley Indian Reservation*

### PROGRAM GOALS

Reduce fall-related injuries to elders residing on the Duck Valley Indian Reservation

1. Visit homes of elders to find hazards that may increase risk of falling
2. Make changes in homes to increase safety and decrease risk of falling
3. Offer exercise classes to help elders improve balance and strength
4. Provide exercise equipment

#### Background

- **Population:** 1,800
- **Location:** Owyhee, Nevada



### Duck Valley Elder Fall Prevention Questionnaire

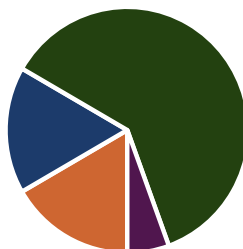
In 2017, **34** elders responded to a questionnaire asking about their experiences with falling and other information related to fall prevention behaviors. Their responses made it clear that falls are a concern among older adult residents in the community.

Have you had a recent fall?



Yes No

Treatment for fall?



Hospitalization Outpatient  
None No response

Do you have a fear of falling?



Yes No



# Shoshone-Paiute Tribe of Duck Valley

## Injury Prevention Program

**Program Goal:** Reduce fall-related injuries to elders residing on the Duck Valley Indian Reservation

### PROGRAM HIGHLIGHTS

June 2017-December 2019

24



Homes

checked for fall hazards

15



Ramps

installed in elders' homes and 124 other safety modifications made

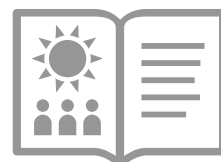
11



Elders

on average participate in weekly exercise classes at the senior center

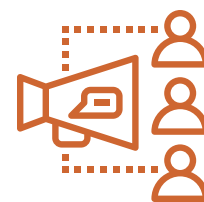
2



Articles

published about the the new injury prevention funding and programming

### Media Campaigns

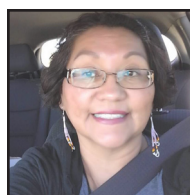


The Injury Prevention Program also reaches the community through **Sho-Pai News** and **Sho-Pai Radio**, sharing fall risk and safety messaging

## Tribal Injury Prevention

February 2020

[www.shoshonepaiutetribes.com](http://www.shoshonepaiutetribes.com)



**Charlita Thacker**

Injury Prevention Coordinator

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# White Earth Band of Chippewa Indians Injury Prevention Program

*Unintentional injuries from motor vehicle crashes were identified as an important area for injury prevention initiatives for the White Earth Nation*

## PROGRAM GOALS

Protect infants and children of the White Earth Nation from injury and adverse effects of motor vehicle crashes

1. Perform car seat checks for proper child safety seat use
2. Provide car and booster seats to parents/caregivers
3. Provide child passenger safety education to parents/caregivers
4. Hold seat belt checkpoints
5. Provide articles to the tribal newspaper about injury prevention topics
6. Establish an Injury Prevention Coalition

### Background

- **Tribal Enrollment:**  
18,043 members
- **Location:**  
Northwestern Minnesota

## PROGRAM HIGHLIGHTS

September 2015-February 2020

20



Clinics

held in partnership with Head Start in five communities

1014



Safety Seats

provided to parents/caregivers

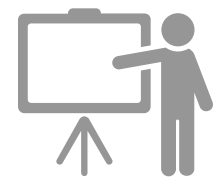
996



Parents

(or caregivers) educated about child passenger safety

51



Technicians

trained through car seat practitioner classes

## Tribal Injury Prevention

July 2020

[www.whiteearth.com](http://www.whiteearth.com)



# White Earth Band of Chippewa Indians Injury Prevention Program

## PROGRAM SNAPSHOT



### Injury Prevention Coalition

The program started an Injury Prevention Coalition that meets every 3 months with other agencies to promote car seat safety.

### Home Care Visits

The program has been able to provide car seat education in the homes through 19 nurses who are certified Technicians.



Participants who attended a car seat technician class.

**3 OUT OF 4 CAR SEATS  
AREN'T USED CORRECTLY.  
SURPRISED?**



One of the car seat billboards on the White Earth Reservation.

### Media Outreach

Two car seat billboards have been placed in high traffic areas on the White Earth Reservation as well as advertising in the local Anishinabeg, White Earth RBC Facebook Page, Flyers, White Earth RBC employee monthly newsletter, and word of mouth.



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# Wichita and Affiliated Tribes Injury Prevention Program

*Unintentional injury is the third leading cause of death for all age groups in Caddo County, Oklahoma*

## PROGRAM GOALS

Decrease injuries from motor vehicle crashes and elder falls in the Wichita and Affiliated Tribes service area

1. Host car seat check events for proper child safety seat use
2. Provide car seats and child passenger safety education to parents/caregivers
3. Visit elders' homes to find hazards that may increase risk of falling
4. Make changes in homes to increase safety and decrease risk of falling
5. Offer exercise classes to help elders improve balance and strength
6. Provide educational materials on elder fall prevention

### Background

- **Tribal Enrollment:**  
3,286 members
- **Location:**  
Anadarko, Oklahoma

## PROGRAM HIGHLIGHTS September 2015-February 2020

33



Events

held to check for proper child safety seat use

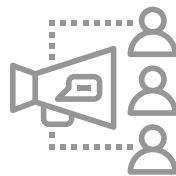
481



Safety Seats

provided to parents/caregivers

3000



People

reached through media campaigns

32



Homes

checked for fall hazards

33



Changes

made in elders' homes to make them safer

## Tribal Injury Prevention

August 2020

[www.wichitatribe.com](http://www.wichitatribe.com)



# Wichita and Affiliated Tribes Injury Prevention Program

## PROGRAM SNAPSHOT

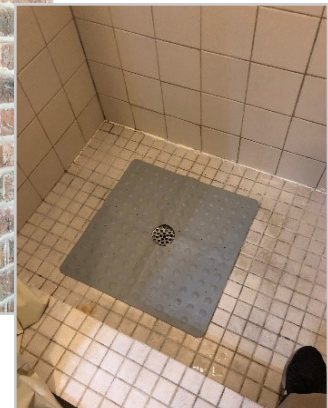
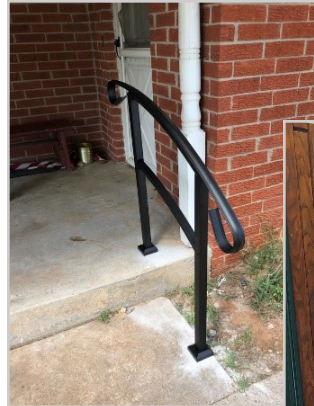


### Local Collaboration

The program collaborates with the local senior center and Administration on Aging (AOA) to provide exercise classes to seniors to increase balance and strength. Exercise programs are held once per week at the AOA. Chair volleyball programs provide a way for seniors to build upper body mobility and strength.

### Elder Fall Prevention Measures

The program assists elders to prevent falls in their homes by making changes, like installing handrails and grab bars and adding slips pads in risk-prone areas.



## Tribal Injury Prevention

August 2020

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