



GWYD DBF
CHEROKEE NATION®
Health Services

Report on Heart Disease
in Cherokee Nation

February 2019

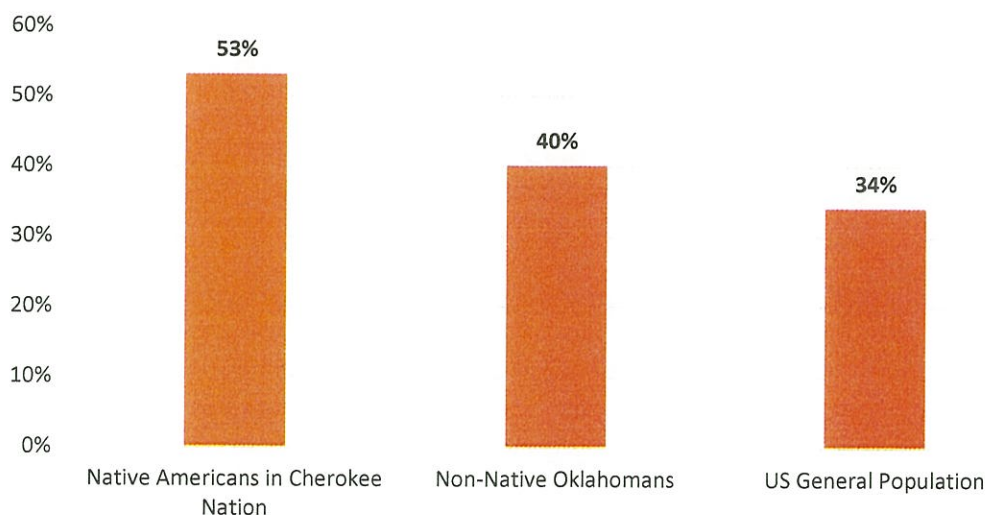
Summary Report (Amended)

Chronic diseases place a tremendous burden on our families, communities, and our health system. While heart disease can mostly be prevented, it is the most common cause of death in Cherokee Nation. Cigarette smoking, obesity, poor nutrition, and lack of physical activity are all contributors to this disease. This report summarizes what we know about heart disease in Cherokee Nation and what we are doing to fight it.

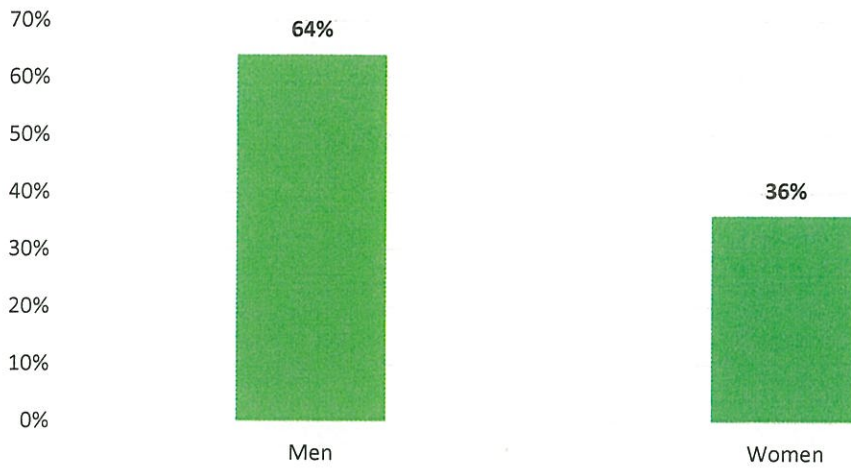
The Burden

- Approximately 500 Native Americans in the Cherokee Nation reservation area die every year from heart disease.
- More than half of these people (53%) are less than age 75. For the non-native population of Oklahoma during the same time period, only 40% of deaths occurred in people less than 75 years old. In the US general population, the rate is 34%.
- Of the Native Americans in Cherokee Nation less than 75 years old who died from heart disease, 64% were men and 36% were women.
- Of the Native American men in Cherokee Nation who died from heart disease, 63% occurred in men less than 75 years old compared to 49% of non-Native Oklahomans.
- Of the Native American women in Cherokee Nation who died from heart disease, 41% were less than 75 years old compared to 30% of non-native Oklahomans
- More than half of our patients with heart disease are less than 60 years old

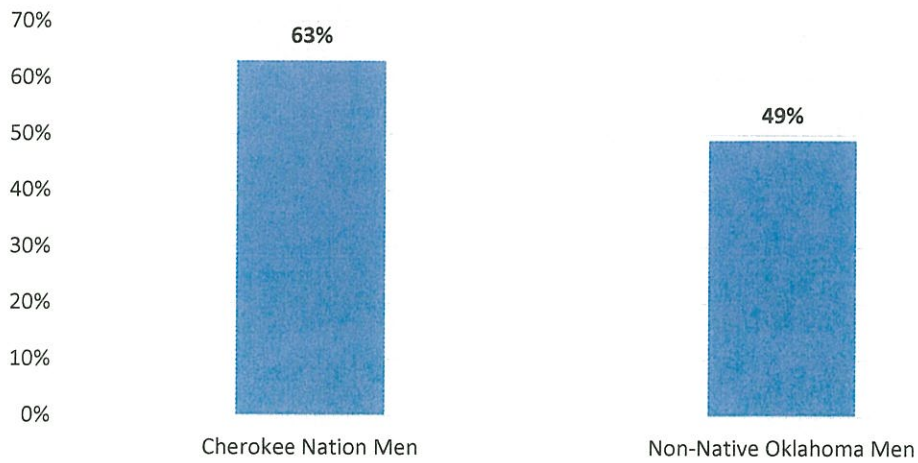
Percent of deaths from heart disease in people less than 75 years old



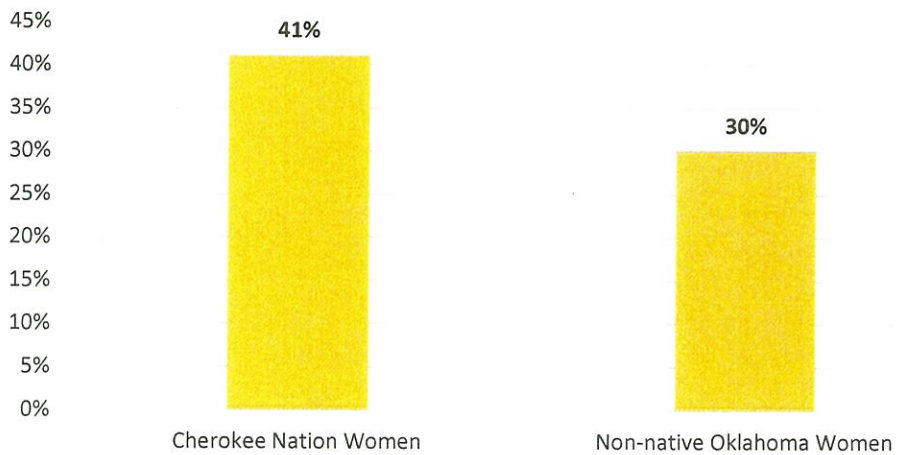
Native Americans in Cherokee Nation <75 years old
who died from heart disease



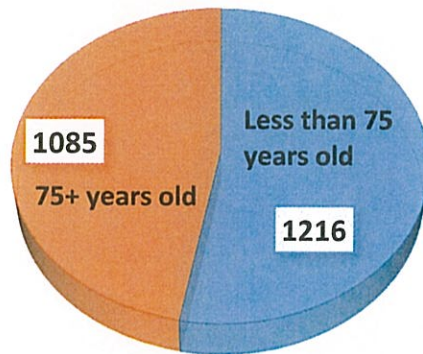
Percent of deaths in men who died from heart disease
who were <75 years old



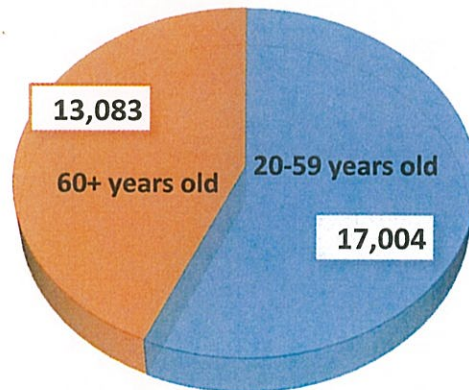
Percent of deaths in women who died from heart
disease who were <75 years old



NUMBER OF DEATHS FROM HEART DISEASE AMONG NATIVE
AMERICANS BY AGE GROUP
CHEROKEE NATION 2011-2015



NUMBER OF NATIVE AMERICANS WITH HEART DISEASE IN
CHEROKEE NATION HEALTH SERVICES
2018



The financial burden on our health system is tremendous.

- Approximately 40% (45,000) of our patients suffer from heart disease.
- The cost for medications alone (a quarter million prescriptions) exceeded \$1.5 million dollars in 2017.
- In 2017, our contract health costs for heart disease was more than \$7 million.

Causes of heart disease

Heart disease is largely preventable. We regularly monitor risk factors and the behaviors that cause heart disease.

- 40% of the Native American adults in Cherokee Nation are obese
- 22% of Native American high school kids in Cherokee Nation are obese
- Over one-third of Native American adults in Cherokee Nation have high blood pressure and/or high cholesterol
- About 25% of Native American adults in Cherokee Nation smoke cigarettes
- About 25% of Native American high school kids currently use some form of tobacco

What we are doing about it

Cherokee Nation Health Services works tirelessly in our schools and communities fighting this epidemic. These are some examples of our programs.

Nutrition

- School gardens
- Diabetes prevention and nutrition curriculum provided to 30 schools
- Provide model policies to improve school lunches and food service training
- Work locally to source healthy foods, prevent food insecurity, and promote economic development
- Assess school wellness environments using the School Health Index
- Track obesity rates in schools
- Establish/support 7 farmers markets
- Cherokee traditional food events organized in several locations each year

Physical activity

- Provide physical education equipment to schools
- Provide model policies and curricula that promote physical activity
- Developed joint-use agreements with schools in 7 counties allowing for after-hours use of facilities for sports and recreation
- Implemented Safe Routes to School programs in 5 cities
- 26 certified road races/walking events per year
- Walking clubs formed twice per year in 7 Cherokee Nation health centers
- Organize Cherokee traditional games events
- Summer outreach camps a Cherokee Nation health centers

Tobacco use prevention and cessation

- Organized Students Working Against Tobacco (SWAT) teams in 40 schools
- Provide model policies, signage, and technical assistance for 24/7 tobacco-free and vaping-free schools, businesses, and municipalities
- Mass media campaigns to prevent tobacco use and encourage tobacco cessation, actively promote the tobacco Quit Line (800-QUIT NOW)
- Smoking cessation classes 4 times per year in 7 Cherokee Nation Health Centers