

Cherokee Nation Health Services Public Health Highlights – October 2019

ACCREDITATION:

- Public Health staff preparing for Public Health Accreditation Board (PHAB) reaccreditation:
- Strategic Plan – completed in January 2019
- Tribal Health Assessment – In process, completion date moved to 2020
Adair County Completed – August 2019
- Tribal Health Improvement Plan – Initiation date moved to June 2020
- Updated documentation of compliance with PHAB standards and measures – In Process
- Performance Management and Quality Improvement Plan – Initiation in 2020
- Workforce Development Plan – Initiation in 2020

MONITORING & SURVEILLANCE:

- Completed CDC Youth Risk Behavior Survey at 100% participation (CDC sample) – results have been provided to Cherokee Nation Public Health – info-graphs are being produced to distribute January 2020
- Completed Cherokee Nation Health Survey – 4,100 participants – University of Oklahoma School of Public Health is doing analysis and report expected January 2020
- Opioid Use Disorder Community Needs Assessment is completed and being prepared for distribution.
- Tribal Health Assessment Qualitative Project – progress
 - Data collection completed
 - Analysis in process for results by district
 - Project supplemented by data collected by University of Oklahoma, Gibbs College of Architecture in partnership with Dr. Bryce Lowery, Assistant Professor of Regional and City Planning
- Lynn Institute completed Stilwell project
 - Final report being reviewed by Cherokee Nation Institutional Review Board

INFORM, EDUCATE, & EMPOWER CHEROKEE COMMUNITIES

Public Health Educators community outreach:

All Public Health Educators participate in the following activities. Highlights of individual county work are listed below:

- Comprehensive Cancer Program working with language department to develop culturally appropriate education materials for breast cancer, colorectal cancer, HPV, and a cancer care plan for cancer survivors.
- Comprehensive Cancer Program working with Tobacco program and Head Start program to reach parents and educate on the harmful effects of secondhand smoke exposure, vaping, and electronic cigarettes.
- Wings Fitness Club- 8,411 active members Active Wings Members with a total of 6,671 participants in Wings races for 2019
- Traditional Practices -Stickball/Marbles Presentation and Games: scheduled for each quarter at every facility/community with staff

- School Diabetes Projects: BMI's, school-specific projects – 2019-2020 applications have been delivered to 42 schools.
- Developing a Cherokee Nation Seed Bank and Native Plant Informational Guide
- PHEs traveled to OKC to take part in the National Obesity Summit that was sponsored by TSET (Tobacco Settlement Endowment Trust). Here we were able to network, attend breakout sessions where we heard what other states and counties were doing that is benefitting their community and beyond. We took away several useful tools that we should be able to bring back, tweak a little to fit and implement these things into our communities.
- CN Public Health will be using Symbiotic Aquaponics for the aquaponic program at Sequoyah High School. Program staff and school staff met Symbiotic Aquaponics at Tulsa garden and at Sequoyah High School garden sites. All partners met with SHS Principal to review SHS goals for nutrition education for the 2019-2020 school year.
- CN Public Health is waiting on quotes for garden beds for offices and the Cherokee Immersion School
- CN Public Health working with SHS staff for an adult partner for Sequoyah High School SWAT (Student Wellness Action Team) to determine what supplies are needed for the Great American Smoke out (National tobacco cessation & Prevention event) event in November and is waiting on a list.
- CN Public Health attended School Farmers Markets that were held from 1pm-3pm at Cherokee, Heritage, and Greenwood Schools in Tahlequah. The Tahlequah Farmers Market had 2-3 growers at each event offering vegetables and fruit with recipes to the 3rd grade students. The students were given \$12 dollars in veggie bucks from TSET to spend at the market and the parents were notified prior to the event about what would be offered. The event was advertised that any parent could come to the market or send additional money if they wanted something above the \$12 dollars. CN Public Health met with Tahlequah's Farmers Market about conducting a similar Farmers Market event to be held in last part of May 2020 at Cherokee Immersion or Early Childhood Unit depending on the youth that are present at that time of the year.
- CN Public Health working with CN language department to develop culturally- appropriate education materials for breast cancer, colorectal cancer, HPV, and a cancer care plan for cancer survivors.
- PHEs delivered 7 HPV presentations and 8 program tables regarding breast cancer

Adair County:

- Healthy Native Program class to begin November 6th at WPMHC
- Completed Walking/ Running Group at Carson Park, Stilwell, on Tuesdays & Thursdays starting at 5:30 pm with 7 completing the program and progressed to 3 miles walking/jogging.
- Completed Body Mass Index (BMI) assessments for schools in Adair County participating in the CN Public Health School Health Award program.
- The Adair County Community Health Coalition was held on the 2nd of this month. There attended for this meeting. During this time, members were able to update each other on upcoming events, update on projects happening within the communities and schools, and worked on developing a mission and vision statement for the Coalition. The next meeting will be held December 4th.
- The TSET Grant sponsored National Walk to School Day. Three schools participated in the event:
 - **Maryetta** was held on the 9th and the students walked the nature trail to show the importance of walking and to support the day. Due to safety concerns, the students did not have a drop off point where they walked to the school.
 - **Stilwell** was held on the 9th. Grade school and middle school students were dropped off by parents and buses at the bandstand in front of the courthouse and walked 3 blocks to the schools. As they were dropped off they were given the opportunity to make signs and posters they could

carry as they walked. When they arrived to the school, we had bottled water and fruit that they could choose from before they went to class. There were right at 150 kids between the two schools that participated along with teachers, staff, and our partner volunteers. Gerald Wofford also came out and did a video showcasing the event.

- **Westville's** event was held on the 16th and, like Stilwell, both grade school and middle school participated. The parents and buses dropped kids off at the Impact Church and we walked about 4 blocks to the school. Just like at Stilwell the kids were given signs and posters and were given fruit and water when they arrived at the school. There were roughly 250 kids that walked along with teachers, staff, and volunteers.
- PHE's participated in Stilwell Grade School's Farm to Market day for grades pre k- 8th grade. The schools in attendance were Stilwell, Greasy, Peavine, and Zion. We were able to set up an obstacle course and nutritional information for 300 students.
- The Adair County Community Health Coalition hosted a Fall Festival and Chili Cook Off. The cook off raised just over \$200 for all inclusive playground equipment for Carson Park. There were also several games for kids and adults to play such as- giant jenga, corn hole, bowling, can toss, pumpkin tic-tac-toe, and fall arts and crafts.
- As part of the TSET Grant, we were able to add 7 new partners to our list of businesses. These businesses have signed Worksite Wellness and Tobacco Free policies that say that they will offer healthy choices and allow for short physical activity breaks as well as become a 24/7 tobacco free policy.
- Physical Activity surveys were conducted at the following locations:
 - October 3-Peavine Harvest Carnival
 - October 8-Stilwell Harvest Carnival
 - October 7- Westville vs Stilwell Jr. High football game
 - October 19- Stilwell Fall Festival
- PHE's went on gathering trips for gourds, hickory nuts, and mushrooms. The gourds were dispersed to Peavine and Rocky Mountain schools and the hickory nuts will be used for an upcoming food demo.

Cherokee County:

- Healthy Native (DPP-Diabetes Prevention Program) class at the tribal complex has currently 7 active members. Amongst these participants, they have lost a total of 87 pounds collectively. They will be entering their 23rd session.
- Healthy Native class at the Healthy Living campus has entered into 24th session this month with 7 active participants and a total of 40.6 lb. loss.
- A new Healthy Native class has started on Thursdays at the DDP office classroom with 14 participants
- Smoking cessation has entered into its third session of a six-week class at the healthy living campus with 2 dedicated members with one having a quit date of November 1st.
- Downtown Walking/Running Group finished its program with 24 participants.
- Hulbert, Shady Grove, Peggs, Cherokee, Tenkiller, Briggs, Lowrey and Grandview all accepted the school health promotion program choosing increasing access to water as their focus. Woodall chose the after-school walking/running program.
- Cherokee and Briggs, Grand View BMI's were recorded.
 - Cherokee measured 179 students
 - Briggs measured 174 students
 - Grandview measured approximately 199 students.

- PHE's met with Feather Smith, Cherokee Nation Ethno-botanist, to discuss future partnerships with Traditional Practices for Wellness in Indian County (TPWIC) and plans for the next grant year.
- Began planning for a corn-grinding event in which participants will make cornbread from scratch.
- PHEs Attended Walk to School at Greenwood and Hulbert Schools (10/2/19).
- Hosted a breast cancer awareness booth at the Tribal Complex (10/9/19).
- Co-hosted Open Streets Tahlequah event in downtown Tahlequah (10/5/19).
- Physical Activity surveys were conducted at the following locations:
 - Shady Grove Fall Festival (10/3/2019)
 - Open Streets Tahlequah event (10/5/19)
 - Tahlequah Middle School football game (10/15/19)
 - Tahlequah Middle School football game (10/22/19)
 - Keys Jr. High football game (10/28/19)

Muskogee County:

- Healthy Native classes continue for the year 2019. Currently there are 7 participants participating in maintenance phase with a total weight loss of 115 LBs through October 2019. A second Healthy Native class meets on Wednesdays at 5:30pm at Three Rivers Health Center with 5 participants.
- Physical Activity surveys were conducted at the following locations:
 - Muskogee Farmers' Market (10/05/19)
 - Ft. Gibson Flu Clinic (10/17/19)
- Assisted with Hilldale Elementary School Flu Clinic alongside CN Three Rivers Health Center Public Health Nurses with a total of 303 flu shots given to students and staff.
- Completed BMI checks at Hilldale, Oktaha, Fort Gibson, and Webbers Falls.
- Certified Healthy Applications for Muskogee County from August through October 2019 were completed. There were a total of 132 CHOK applications completed by the November 1st deadline.
- PHE will offer a tobacco cessation course in January 2020. The 1-800 Quit-line continues to be a success for our Cherokee Citizens.
- PHEs will begin fall preparation of the employee garden located at Three Rivers Health Center (TRHC) with lettuce and other greens in the garden for the fall and winter months. Twenty-one employee volunteers from TRHC help with the garden which has a total of 5 garden beds, 6 tubs and in- ground area for planting.
- Muskogee County Turning Point was held at Three Rivers Health Center in Muskogee, OK. PHE Ben Buckskin is the Vice-Chair and led the meeting with 15 different agencies represented and gave their announcements.
- PHE attended Muskogee Wellness Initiative (MWI) held at Muskogee County Health Department. Certified Healthy was discussed and assignments were distributed. MWI's by-laws were approved by the board, Healthy Retail Resolution Task Force update was provided, and announcement of a healthy food roundtable discussion on October 16 from 11am – 1:30pm for healthy living in Muskogee, OK.
- PHE attended the Golden Rule Board of Director's meeting held at Golden Rule Industries in Muskogee, OK. PHE Ben Buckskin is the Vice-President of the GRI Board of Directors for the 2019 calendar year. GRI has entered into an agreement with VA Compensated Work Therapy Program and will have a direct hiring link for Veterans with disabilities. The board approved the agreement and GRI will move forward with the partnership. Further discussion included GRI's insurances coverage and approvals by the board.
- PHE attended the Muskogee County Inter-Agency Council meeting at the Muskogee Public Library. Discussion included requesting a spotlight column in the Muskogee Phoenix for November and

December. In addition, the selection of the logo was sent to the Inter-agency council for approval. Roundtable discussions were given to all members present.

Sequoyah County:

- Healthy Native class is now in the 3rd session of the maintenance stage with all 8 participants losing an average of 27lbs per person.
- PHE hosts a Walking Group on Tuesdays and Thursdays starting October 8, 2019 – November 14 currently there are 16 Participants.
- PHE held Breast Cancer Awareness Walk at Redbird Smith Health Center with 51 participants.
- PHE contacted the Lake Vian Trail Run partner and confirmed the date for race next year.
- PHEs have completed BMIs at Gore, Marble City, and Belfonte schools.
- PHE planned a Traditional Foods Demonstration to be held at Brushy Community Building on December 8th at 2pm-4pm. Two presenters, Phyllis Sixkiller and David Crawler, will do demonstration.
- PHE conducted a traditional games event (stickball) at Sallisaw Central Elementary School during the school's health fair with 80 kids participating.
- PHEs set up booth at Central School Parent/Teacher conference.
- PHE's collaborating with TSET staff and set up a Tobacco Prevention booth at Central School Health Fair. Grades 1st -6th grade participated
- Community Garden at Redbird has produced:
 - 3 lbs. herbs (spearmint, peppermint, lemon balm, sweet mint, stevia, chocolate mint, rosemary)
 - 5 lbs. Peppers
 - 2 lbs. Okra
- PHE assisted with the Breast Cancer Health Fair at Redbird Smith Health Center
- PHE met with Ki bois Community Action about assisting with their annual Thanksgiving Dinner for the community.
- PHE attended the monthly Sallisaw NOW Coalition meeting.
- Physical Activity surveys were conducted at the following locations:
 - Marble City Fall Festival (10/5/19)
 - Vian vs. Poteau Football game (10/8/19)
 - Sallisaw Farmers Market (10/12/19)
 - Gore vs. Warner game (10/14/19)

Maves/Rogers County:

- 6 week walking program with 7 participants ending in November
- Salina Elementary after School Walking Program will start in November
- Salina PHE served as race director at the Annual Mickey Mantle 5-K in Spavinaw with over 100 participants
- Completed Body Mass Index Measurements at Wickliffe Elementary, Salina Elementary and Locust Grove Upper Elementary Schools.
- PHE played Stickball with over 50 students from Salina High School.
- PHE job position currently open

Delaware/Ottawa County:

- Healthy Native classes going on at the Sam Hider Health Center and in the Kenwood Community. Both classes are in the maintenance phase with 9 participants.

- PHEs offered a steps challenge with 30 participants and the team with the most steps for a team equaling 3,313,530. There were 10 people to a team and the total steps taken for all teams were 7,208,805.
- PHEs finished BMI's with Kansas Public Schools.
- PHEs held a Blowgun Demonstration event in front of the Sam Hider Health Center with 13 people who participated. Participants received information on blowguns, used the blowguns, completed a survey, and received an insulated grocery bag for their time.
- Physical Activity surveys were conducted at the following locations:
 - Women's Health Fair and Chili Cook-off
 - Colcord/Kansas Junior High
 - Fairland/Quapaw Junior High football game
- PHEs assisted with the Opioid Summit for Delaware County High Schools
- PHE's attended the monthly Delaware County Community Partnerships (DCCP) meeting in Grove

Craig County:

- October 4, 2019 – Maintenance Class #6. 4 in attendance. Topics of discussion included incorporating lifestyle activities into daily routine. Participants have lost a total of 57# on the program.
- Hornet Run 5K & Fun Run.
- Nowata Halloween BOO-YAH! 5K & Fun Run.
- Completed BMIs for Will Rogers and Ketchum Elementary Schools.
- Physical Activity surveys were conducted at the following locations:
 - October 1, 2019 – Pryor
 - October 5, 2019 – Dewey
 - October 12, 2019 – Vinita
 - October 24, 2019 – Bluejacket
 - October 26, 2019 – Chelsea
- Elderberry Syrup event at Vinita Health Center with 16 in attendance.
- Attended weekly Vinita Rotary Club Meeting with an average attendance of 35 community members with a variety of professional backgrounds and interests. Weekly meeting topic presentations. Networking opportunities.

Tulsa/Washington Counties:

- Completed BMIs for Caney Valley and Nowata Elementary Schools.
- Physical Activity surveys were conducted at the following locations:
 - October 5, 2019 – Dewey Indian Summer Festival
 - October 7, 2019 –Dewey Middle School football game
 - October 10, 2019 –Bartlesville Middle School football game.

DEVELOP & SUPPORT PUBLIC HEALTH POLICY

- Working with Seven Directions Indigenous Public Health Institute to deliver the Public Health/Health Care Delivery Integration model and the Tribal Public Health Governance Model due in Fall 2019
- Sr. Director continues to serve as the Authorized Representative for the CDC Tribal Advisory Committee
- Sr. Director serves as representative to the Southern Plains Tribal Health Board for the Tahlequah Service Unit

- Sr. Director serves as representative on Oklahoma State Department of Health's Tribal Public Health Advisory Committee
- Continue to work with state representatives on legislation to prevent childhood obesity

LINK CHEROKEES TO NEEDED HEALTH SERVICES

- WIC's Caseload for October 2019:
 - Infants 1,776
 - Pregnant Women 640
 - Breastfeeding Women 234
 - Postpartum Non-BF 553
 - Children 2,987
 - TOTAL **6,190**
- Currently WIC has two (4) open positions:
 - Regular fulltime IT position – Tahlequah
 - Regular part time Breastfeeding Peer Counselor – Tahlequah
 - Regular fulltime WIC Specialist – Vinita
 - Regular fulltime Clerk III - Tahlequah
- Breast and Cervical Cancer Early Detection (BCCEDP)
 - Breast Screening – 147
 - Cervical Screening – 42
 - Breast Screening mammogram outreach to overdue appointments – 220 calls made with 38 appointments scheduled
 - Cervical Screening outreach to overdue appointments – 880 calls made with 19 appointments scheduled
- Community Recreation Center:
 - Total Members: 11,038
 - Revenue: \$2,275.00
 - Total Visits: 6,261
 - Total Group Fitness: 2,850
 - Daily Basketball Total: 191
 - MSRC Tours for Individuals: 28
 - Total Child Watch: 417
 - PT Bridge Program for 2019: 49 patients to date
- Preliminary communication with Dr. Kathleen Dwyer, University of Oklahoma College of Nursing to discuss findings from the Stephenson Cancer Center-funded pilot study conducted in 3 CN clinics. A meeting has been scheduled in November with Dr. Dwyer to present findings of pilot study with CCC program, BCC staff and patient navigators. The long term goal is to enhance the care coordination of cancer patients who receive primary care through the CN Health System.

EVALUATE PUBLIC HEALTH SERVICES

- The second phase of the HPV project is survey development and the survey is intended to include parents of adolescents (age of adolescents is to be determined). Data from the focus groups will guide the development of the survey. The HPV vaccination survey is to assess factors (facilitators and barriers) associated with HPV vaccine uptake in American Indian Adolescents. The method used will be a cross-sectional surveys and the targeted population is American Indian parents or guardians of adolescents who have ever utilized the Cherokee Nation Health Services.
- The HPV team is partnering with Oklahoma State Dept. of Health to retrieve HPV immunization data.

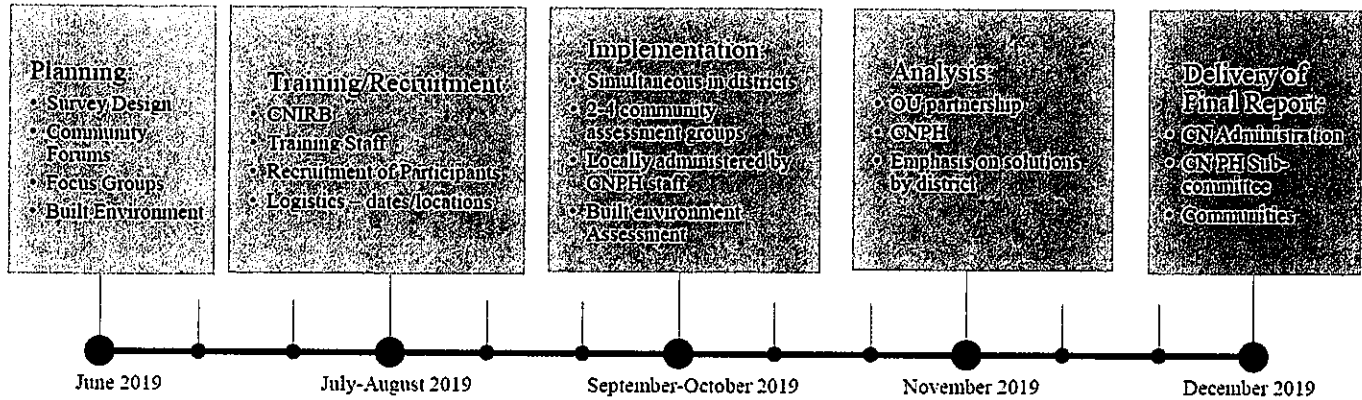
OTHER:

- PH Subcommittee Workgroup on Physical Activity : (see timeline below)



CNPH Community Physical Activity Assessment

Community Perceptions, Attitudes, and Built Environment



Assessment Partner: Paul Spicer, PhD, Center for Applied Social Research
Department of Anthropology, University of Oklahoma