



Cherokee Nation Health Services Public Health Program Highlights Report to Tribal Council December 2019/January 2020



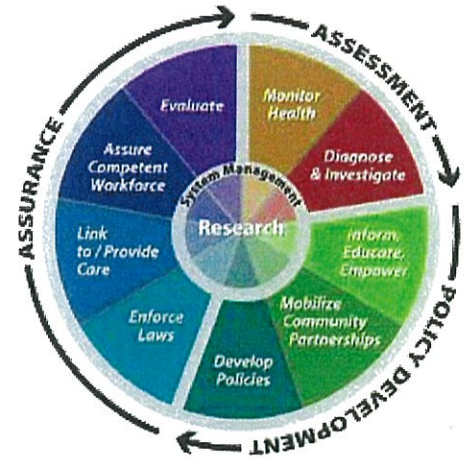
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Cherokee Nation Public Health Monthly Report January 2020 – Executive Summary



MONITORING & SURVEILLANCE:

- PH Subcommittee Workgroup on Physical Activity – Public Health Program completed data collection gathering 100 variables for analysis for each Cherokee Nation Council District.
 - Data collection completed
 - Analysis in process for results by district
- Tribal Health Assessment which will include gathering feedback from citizens on health needs and priorities for their communities – In process, completion date moved to 2020
 - Adair County Completed – August 2019
 - Cherokee, Mayes, Delaware, and Sequoyah counties – initiation date April 2020
- Public Health is participating in planning activities within Health Services in response to the novel corona virus from China and is actively monitoring influenza activity in Oklahoma.
- Completed Cherokee Nation Health Survey – 4,100 participants – University of Oklahoma School of Public Health completed analysis expected February 6, 2020
- Opioid Use Disorder Community Needs Assessment is completed and being prepared for distribution.
- CDC Life Expectancy Study revision for Adair County
- Adair County Health Assessment www.cherokeepublichealth.org
- Centers for Disease Control Youth Risk Behavior Survey for Cherokee Nation www.cherokeepublichealth.org/data/
- Completed CDC Youth Risk Behavior Survey at 100% participation (CDC sample) –
 - Results have been posted to www.cherokeepublichealth.org
 - Overall significant findings will be provided via info-graph summaries in February 2020

INFORM, EDUCATE, & EMPOWER CHEROKEE COMMUNITIES

- WINGS Program released 2020 Race Schedule – 21 races (included as attachment)
- Healthy Native DPP Classes: 8 in progress
- School Health Promotion Awards: 42 schools reaching 12,670 students
- Community Physical Activity Groups: 6 groups
- Traditional Foods Events: 5 events/7 scheduled for February/March
- Smoking Cessation Courses: 5 courses offered/4 scheduled for February/March
- 47 Community-Based Organization Partnership contacts
- Continuing to recruit for PHE position for Nowata County

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 – formal presentation of model in April at the One Nation One Journey conference in Tucson, AZ. Senior Director of Public Health from Cherokee Nation will be opening keynote speaker.
- Senior Director continues to serve as the Authorized Representative for the CDC Tribal Advisory Committee – Tribal Advisory Committee will meet in March 2020 in Atlanta, GA.
- Senior Director serves as representative on Oklahoma State Department of Health's Tribal Public Health Advisory Committee
- Senior Director will speak at the next National Indian Health Board of Directors' meeting in February 2020 and National Public Health Summit in March 2020.

LINK CHEROKEES TO NEEDED HEALTH SERVICES

- Women, Infants, and Children (WIC) Program served (December 2019/January 2020):
 - Women: 1,313 /1,319
 - Infants: 1,742/1,730
 - Children: 2,849/2,848
 - WIC Program: \$352,482.95/\$394,071.24 in local retail expenditures (December 2019/January 2020)
- Male Seminary Recreation Center (December 2019/January 2020)
 - 6,063/8,722 Visits
 - 2,329/3,117 Attendance at group fitness
 - 365/524 Child watch visits
 - Total Members: 11,537
 - Retention for Physical Therapy Bridge Program:
 - 2017: 13%
 - 2018: 22%
 - 2019: 34%
- Breast and Cervical Cancer Early Detection:
 - 215 Women Screened for Breast and Cervical Cancer
 - Outreach calls to over 280 women needing screening
 - Community Outreach – 2 events with serving 47 women
- Comprehensive Cancer Control:
 - HPV classes in 2 schools serving 165 students/adults
 - HPV Focus Group Analysis in progress
 - HPV Vaccination Project received CN IRB approval to conduct survey with parents/guardians
 - American Cancer Society: Action plan to increase cancer education for CN citizens
 - Care Coordination for Cancer Patients: University of Oklahoma College of Nursing working with program case managers to improve via results from pilot study
 - CN Cancer program adding questions to Oklahoma State Health Department survey (2020 BRFSS) regarding cancer survivors

Adair County

December/January 2020

Physical Activity/Nutrition:

Healthy Native DPP: Classes consist of 26 sessions. Classes are based on referrals.

- Facilitated Healthy Native 4 times for the month of January. There are 2 participants in the class that have lost a combined total of 13 pounds and have added in daily physical activity to their routines. They are doing great and trying hard to reach their goal by the end of the 16 weeks. They meet weekly at 5:30 at the Stilwell Grade School. The class will move into bi-weekly on February 18th.

Walking/Running Groups: By December 2020, PHEs will host 16 walking/running groups. *2 per county x 8 counties

- Will begin hosting a running/walking group beginning in March. This group will be aimed at helping participants get ready for the Run for the Berries 5K run. The group will have a walking side as well for those that can't run. The walking group will be hosted at Edna M Carson Park. Flyers will be posted soon

WINGS: PHEs will direct 21 races for 2020 race season

- PHE has been in contact with Kiwanis and the City of Stilwell to begin preparing for Run for the Berries
- PHE is currently planning to have the CC Camp course recertified in February.

School Health Promotion Program: PHE will implement School Health Promotion Program in 40 schools reaching 12,670 students.

- PHE met with Peavine, Stilwell grade school, Stilwell Middle School, and Zion to plan for activities that will promote water consumption for the spring semester. Schools will be participating in infused water taste tests, water-drinking challenges, and a poster contest.
- PHEs completed and submitted almost all purchase orders for new water fountains, curriculums, promotional items, and garden supplies for the schools.
- PHE met with Maryetta to discuss and plan activities for the Hydroponic and Aquaponic garden systems that they will be implementing. Maryetta will participate in taste test, poster contest, and nutrition education.
- PHE met with Rocky Mountain, and Dahlongegah to plan for activities that will support the CATCH program that they selected. Teachers will attend training on how to use the curriculum and games to play with the kids that go along with the curriculum and support inclusion.
- PHE met with Cave Springs to discuss and plan activities for the after-school walking group. Students will have step challenges, walk a mile challenges and other games they will be able to participate in.
- PHEs met with Greasy and Bell to plan activities to promote water consumption. Among these will be infused water taste tests and water intake challenges.

Tribal Practices for Wellness: By September 2020, PHEs will host 32 traditional food events. *4 per county x 8 counties
By September 2020, PHEs will host 32 traditional games events. *4 per county x 8 counties

- PHE will host a food demonstration for Sassafras tea on February 13 12:00 at their residence. Flyers are posted throughout the community.
- PHE is planning a game day where there will be marbles and blow guns. Date is TBD
- PHE planning a fishing day when the weather warms up. Date TBD

Tobacco Control and Prevention:

Smoking Cessation: By September 2020, PHEs will offer 32 smoking cessation classes. *4 per county x 8 counties

- Will offer a smoking cessation class that will begin February 20th. The class will be held at Stilwell Grade School at 5:15 on Thursdays. Flyers are posted throughout the community and on social media.

Tobacco Settlement Endowment Trust Healthy Living Program (TSET HLP): PHEs to work with businesses, community organizations, city governments, and school to adopt and implement wellness and tobacco policies and initiatives.

- PHE prepared and presented a proposal to Stilwell City Council that highlights plans to revitalize the D.B. Gaines Park on January 6th, which is located behind the high school football field. Plans for this park includes redoing the basketball court, adding painted play spaces, lights, and beautification. The City approved the plans and made a resolution of support.
- PHE submitted a Garden Checklist that will allow the Mid County Community Health Building to develop a Community Garden.
- PHE met with Watts Public School to further discuss passing and updating their wellness and tobacco policies.
- PHEs met with 3 members of the Adair County Community Health Coalition to develop a sustainability plan for current and future programs for Adair County. Our goal is to increase communication within the county about the programs and events that are available to community members
- PHEs worked with OSU HOP (High Obesity Program) to plan a Smoothie Bike Tour that will take place March 5th and 6th. Stilwell, Zion, Rocky Mountain, and Westville schools will participate in this event. Students will be able to blend their own smoothies while pedaling a bicycle.

Other Tobacco: This includes employee wellness, community coalitions, and work not directly related to specific grants.

- PHEs worked to develop ideas for the upcoming month. February 16-22 is National Through with Chew week. This week is dedicated to educating people on the dangers of spit tobacco and encouraging those that dip to quit. We have 5 SWAT (Student Wellness Action Teams) that will be doing some type of activity in their schools for this day.
- Cherokee Nation Health Services updated their tobacco policy to include vaping, e-cigarettes and marijuana usage to be prohibited on all health services property. Other language included referrals to the Oklahoma Tobacco Helpline; definitions for commercial tobacco, vapor product and tobacco product; and signage.

Clinic and Community Meetings and Initiatives: This includes employee wellness, community coalitions, and work not directly related to specific grants.

- The Adair County Community Health Coalition Work Groups met on January 10. Upcoming events such as Open Streets- June 13th, Take Down Tobacco- March 11th, Farmers Market, and the Park Revitalization project were discussed. Individual meeting dates are set to further plan these events.
- Adair County Community Health Coalition- 1st Wednesday Bimonthly
- Adair County Community Health Coalition Work Groups- 1st Wednesday Bimonthly
- Adair County PALS- Tuesdays Bimonthly

Cherokee County December/January 2020

Physical Activity and Nutrition:

Walking/Running Groups: By December 2020, PHEs will host 16 walking/running groups. *2 per county x 8 counties

- PHE's are working with the Tailholt Community Center board to offer a walking program with their members in the spring.

WINGS: PHEs will direct 21 races for 2020 race season

- PHE is working with the City of Tahlequah for upcoming Happy Hills 5k held at the Outpatient Health Center in Tahlequah on April 11th. A new course will be measured and certified in February.
- PHE finalized race time with the Hulbert Police Chief for the first annual Ugly Christmas Sweater 5k in December. Fun Run will start at 2:00PM and 5k will begin at 2:30PM

School Health Promotion Program: PHE will implement School Health Promotion Program in 40 schools reaching 12,670 students.

- PHE held a water infusion event at Cherokee Elementary Family Fitness night as a part of their water component for the School Health Award Grant. The school also held a water drinking poster contest where the winners' artwork will be utilized as signage for their school. 1st - 5th grade participated in this contest.
- PHE met with Peggs and Tenkiller schools to plan their water events. Peggs will be doing a poster contest in March. Tenkiller will be doing a water infusion event as well as a poster contest in March.
- PHE met with Woodall to discuss the supplies order and finalized plans for the mileage club and for the after-school walking program. The after-school walking program is set to begin in February and mileage club to begin in March.
- PHE also met with Hulbert and Shady Grove to discuss water promotional events consisting of water challenge at Hulbert and Poster contest at Shady Grove. Shady Grove will plan to have a water infusion activity at their parent teacher conference on February 11th from 3-7 and he plans to show parents the posters that were created from the period of January 28th-February 6th.
- PHE meet with Grandview to discuss plans for a water infusion event during their school stem night. The STEM night is scheduled for Feb. 6th PHE will host a fruit infused water taste test. They will be doing a poster contest scheduled in the spring after testing.
- PHE met with Lowrey to place an order for water bottles for all the students.

Tribal Practices for Wellness: By September 2020, PHEs will host 32 traditional food events. *4 per county x 8 counties By September 2020, PHEs will host 32 traditional games events. *4 per county x 8 counties

- PHE is planning a traditional food and game event at Heritage Elementary Family Fitness night on February 24th. We will be doing a Blowgun Contest and serving three Sisters salsa samples. PO's have been sent for supplies.
- PHE collaborated with heirloom garden Feather Smith and Pat Gwin to gather, prep, and have a taste testing of Sunchokes at the Cherokee Family Fitness Night at Cherokee Elementary on January 16th. We had 18 participants fill out a participation survey for us and 19 sign-in on our sign-in sheet. Gerald Wofford with communications came to the event to create a story on the Sunchokes and took pictures of the taste testing. The story can be found at the pasted link. <https://youtu.be/tA4rsoZjdCQ>

Other Physical Activity: This includes employee wellness, community coalitions, and work not directly related to specific grants.

- PHE has been doing weekend physical training sessions with the 2020 Remember the Removal Bike Riders. We have met a total of 6 times this month. There are 8 youth riders, 1 mentor rider and 1 leader who attend trainings. They are put through a Spin session and a metabolic conditioning session every Saturday and Sunday at MSRC up until they receive their bikes. They are planning to train with us through the month of February.
- PHE attended Cherokee Elementary Family Fitness night and promoted the WINGS program. PHE collected 2 new WINGS applications.

Other Nutrition: This includes employee wellness, community coalitions, and work not directly related to specific grants.

- PHE met with CN Environmental Programs wellness committee about a nutrition challenge for their office on January 6th and then presented to the employees on January 13th, about 20 people. The office has chosen to do weekly weigh-ins at this time.
- PHE is planning a smoothie bike activity for Heritage Elementary Family Fitness Night on February 24th. The smoothie bike borrowed from OSU extension is a pedal-powered blender to get participants active in making nutritious recipes.

MPOWER Nutrition: This includes employee wellness, community coalitions, and work not directly related to specific grants.

- Cherokee Nation Early Childhood Unit garden beds will be delivered to the Tahlequah and Hulbert sites in February. CN MPOWER staff visited the other sites (Stilwell, Salina, Nowata, Pryor, and Jay) to make sure that the beds had been delivered. Sequoyah Aquaponic program will be delayed until issues regarding the use of the selected vendor are resolved between CN and State MPOWER coordinator

Tobacco Control and Prevention:

Smoking Cessation: By September 2020, PHEs will offer 32 smoking cessation classes. *4 per county x 8 counties

- PHE hosted a smoking cessation class beginning January 7th with 2 participants.
- CN MPOWER met with the adult partner for Sequoyah High School SWAT team. Sequoyah High School gave copies of the tobacco-free activities they have conducted in partnership with CN MPOWER over the years to be used in the MPOWER Tobacco Success Story.
- CN MPOWER contacted the state MPOWER coordinator on 1-15-20 to get initial approval for SWAT items and tobacco-free signs to be purchased for SWAT events and Cherokee Nation properties. CN MPOWER is waiting for the initial approval email then a Form M (PO Request) will be sent to the state.
- Cherokee Nation MPOWER and Cherokee Nation epidemiologist are to gather tobacco and vape usage rate among Cherokees on the reservation and Sequoyah High School students.

Clinic and Community Meetings and Initiatives This includes employee wellness, community coalitions, and work not directly related to specific grants.

- PHE attended the TSET HLP meeting on January 8th. The group is working on a sustainability plan for the program to continue healthy living efforts within Cherokee County. PHEs will provide any technical assistance needed for these efforts.
- PHEs attended the Active Living and Transportation (ALT) meeting on January 15th and we are currently discussing possible partners for the development of a mock up map for a safe routes project on Ross St. PHE has reached out to the CN Roads department for technical assistance currently awaiting specs on the project to forward on. We also set a date for a walkability assessment to be completed on February 7th at Cherokee, Greenwood and Heritage elementary schools. PHEs will continue to provide technical assistance as needed for any ongoing initiatives.
- Tahlequah BEST (Bringing Everyone's Strengths Together)- 2nd Thursday of the Month

- Cherokee County Health Coalition (CCHC)/Active Living and Transportation (ALT) - 2nd Tuesday every 2 months
- Healthy Living Program (HLP)(T-SET) - 2nd Monday Monthly
- WW Hastings Wellness Team - Monthly
- Oklahoma Strategic Tribal Alliance for Health (OSTAH) -Quarterly on the 4th Tues
- Healthy Food Retail Task Force- Wednesdays every 2 months
- Reaching Our Hulbert Community (ROHC)-Monthly

Sequoyah County

December/January 2020

Physical Activity and Nutrition:

Healthy Native DPP: Classes consist of 26 sessions. Classes are based on referrals.

- PHE facilitated a Healthy Native class on Tuesdays at Redbird Smith Health Center which has 8 participants. The class started in February 2019. The participants combined have lost a total of 183 lbs.
- PHE completed 2 DTTAC (Diabetes Training and Technical Assistance Center) webinars hosted by Emory University titled "Wait, Wait Don't Leave" and "Calories, Fats, & Carbs"

Walking/Running Groups: By December 2020, PHEs will host 16 walking/running groups. *2 per county x 8 counties

- PHE is offering a 6 week walking/running program at Armstrong Park in Vian on Tuesdays and Thursdays from 6-7pm beginning on March 10, 2020.

WINGS: PHEs will direct 21 races for 2020 race season

- PHE will be directing the Lake Vian Trail Run on April 18, 2020 and has been in contact with the race partner (Vian Lions Club) about preliminary planning of the race.
- PHE will be directing Super Hero 5K Race on March 28, 2020, in Sequoyah County at 8 am with the course starting at Redbird Smith Health Center in Sallisaw. PHE met with the Boys and Girls Club of Sequoyah County board about the Super Hero 5K in Sallisaw on March 28, 2020. The B&G club will be providing the necessary volunteers for the race and devised a plan to promote their race on social media.

School Health Promotion Program: PHE will implement School Health Promotion Program in 40 schools reaching 12,670 students.

- PHE met with Gore Elementary School to discuss ideas and create a work plan for the school garden. The students will assist in assembly of the raised garden beds as well as manage the plants. The produce will be utilized in the school's cafeteria. During the summer months the Gore 4-H students will manage the garden and sell the produce at the local farmers market and any funds raised will go back into the garden. PHE will be teaching 5 nutrition based lessons to the 3rd-5th grade students.
- PHE met with Marble City Schools for purchase of 7 new water fountains/water bottle filling stations installed to increase drinking water access for students. An infused water-tasting event will be scheduled upon installation of the water fountains and all students and faculty will receive a custom Marble City Warriors water bottle to put to use with their new filling stations.
- PHE met with Belfonte Public School on January 17, 2020 to work on ordering items for classroom planters (AeroGardens) and raised garden beds. PHE met with Superintendent and Science teacher who will be the primary contacts for the School Health Award Program. Belfonte will be ordering a total of 5 AeroGardens with one being placed in the cafeteria. Both classroom and raised beds are to be incorporated into the class studies.

Tribal Practices for Wellness: By September 2020, PHEs will host 32 traditional food events. *4 per county x 8 counties By September 2020, PHEs will host 32 traditional games events. *4 per county x 8 counties

- PHE scheduled a bean bread demonstration to be held Saturday, February 29, 2020 at Muldrow Cherokee Community Organization Building, 603 N. Main, in Muldrow. PHE is scheduled to meet on February 20, 2020 with Evening Shade Community Organization to schedule a Stingy Nettle presentation at the Evening Shade Community building in March or April 2020.

Other Physical Activity- This includes employee wellness, community coalitions, and work not directly related to specific grants.

- PHEs are hosting a Biggest Loser competition at Redbird Smith Health Center that began on January 2nd and will end on March 26th. Clinic employees through week 4 of the competition have lost a total of 158 lbs.

Other Nutrition- This includes employee wellness, community coalitions, and work not directly related to specific grants.

- PHE provided flyers at the Redbird Smith Health Center Health Fair booth on January 16, 2020 to inform community of Traditional Food demonstration to be held at Muldrow Cherokee Community Building on February 29, 2020 from 10am-12pm.
- PHE met with Brushy School Science teacher and librarian about the hydroponic system the school received a few years ago as well as the AeroGardens. PHE provided produce seeds to the school and information on the AeroGarden website to order pod kits for the AeroGardens. The science teacher is planning to set up the hydroponic system in her room.

Tobacco Control and Prevention:

Smoking Cessation: By September 2020, PHEs will offer 32 smoking cessation classes. *4 per county x 8 counties

- PHE offered a Smoking Cessation class on January 8, 2020. The class is offered on Wednesdays at 3pm at Redbird Smith Health Center.

Other Tobacco This includes employee wellness, community coalitions, and work not directly related to specific grants.

- PHEs set up a booth at Redbird Smith Health Center Health Fair on January 16, 2020 from 9am until 11am. Employees and patients were provided with smoking cessation classes offered as well and 1-800-QUIT NOW materials.

Clinic and Community Meetings and Initiatives This includes employee wellness, community coalitions, and work not directly related to specific grants.

- PHE met with the Boys and Girls Club of Sequoyah County board and agreed to become the sponsor of the Super Hero 5K, which is a Wings race.
- PHE was asked to teach a "Passport to Manhood" class to boys' ages 8-12 at the Sallisaw Boys and Girls club unit. Start date is TBD.
- PHE delivered Eagle Adventure Diabetes Prevention books on January 31, 2020 to Brushy School.
- PHE visited with Belfonte/Nicutt Community nutrition site on January 31, 2002 and handed out flyers on Traditional Food event on February 29, 2020 in Muldrow.
- PHE delivered on January 31, 202 Cancer Survivor Group items to group leader along with information on upcoming trainings and events that would benefit the group.
- PHE attended Brushy Community Action Meeting on January 6 from 6pm to 8pm.
- Sallisaw NOW Coalition – Every 3rd Thursday each month
- Sequoyah County Cancer Survivor Group- 1st Tuesday of each month
- Brushy Community Action Organization Meeting- 1st Monday of each month
- Boys & Girls Club Sequoyah County Board Meeting – Every 2nd Monday each month
- Sequoyah County Certified Health Improvement Organization – First Tuesday each month
- Redbird Employee Activity Committee – 3rd Tuesday each month

Rogers/Mayes County
December/January 2020

Physical Activity and Tobacco Control:

Healthy Native DPP: Classes consist of 26 sessions. Classes are based on referrals.

- Healthy Native class had 4 participants. Total weight loss for participants this month was 3.75 lbs. One participant reached outcome of 10% weight loss. Class meets every Tuesday at noon. Starting in February will start meeting bi-weekly.
- PHE facilitated Healthy Native Program Class on Thursdays at AMO/Salina Health Clinic with 3 participants. The class started in March of 2019 and is currently in their 24th session. The class has lost a total of 52lbs.

Walking/Running Groups: By December 2020, PHEs will host 16 walking/running groups. *2 per county x 8 counties

- PHE started walking group with the DPP participants at 11am on Tuesdays at the Salina AMO HC Track.

School Health Promotion Program: PHE will implement School Health Promotion Program in 40 schools reaching 12,670 students.

- PHEs visited Wickliffe School to provide water fountain options and reviewed pricing.
- PHE collected surveys from Salina Elementary School.
- PHE met with Principal of Salina ES for initiation of an after school walking program. Goal is to increase steps by 10% by the end of the school year. Walking group starting in March. PHE will teach basic nutrition classes to students during the month of March for National Nutrition Month.
- Finalized Locust Grove and Wickliffe Elementary Schools purchase order for water filling hydration stations.

Other Physical Activity: This includes employee wellness, community coalitions, and work not directly related to specific grants.

- PHE meet with Behavioral Health to start an Employee Wellness Challenge. Goals of the program will be weight loss with a focus on reducing fat and increasing muscle.
- Weigh-ins for Employee Wellness Challenge was completed with 23 participants.
- Employee Fit Challenge with 5 participants.

Other Nutrition: This includes employee wellness, community coalitions, and work not directly related to specific grants.

- PHE in contact with OSU Agriculture Professor regarding Community Garden project for Salina AMO HC. Professor recommended starting with one bed and the creating a committee with the clinic to manage that bed.

Tobacco Control and Prevention:

Smoking Cessation: By September 2020, PHEs will offer 32 smoking cessation classes. *4 per county x 8 counties.

- AMO/Salina Health Clinic will offer a "Ready to Quit" Free Smoking Cessation Class beginning Monday March 2nd at 5:30 in the Community Room, the class will run for 6 weeks and is open to anyone in the area that is over the age of 18.

Clinic and Community Meetings and Initiatives: This includes employee wellness, community coalitions, and work not directly related to specific grants.

- AMO Summer Camp will be June 15th-19th and PHEs will be part of the Camp Planning Committee. 01/07/2020:
- PHE met with Director of the Mayes CO HOPE Coalition regarding partnership with Cherokee Nation. PHE is now a board member for the coalition.
- Bi-Monthly: Rogers Co Healthy Community Partners
- 2nd Wednesday Monthly: Mayes Co HOPE Coalition
- 3rd Thursday Monthly: Oologah Coalition
- Quarterly: AMO Wellness Committee

Delaware County
December/January 2020

Physical Activity and Nutrition:

Healthy Native DPP- Classes consist of 26 sessions. Classes are based on referrals.

- PHE facilitates a Healthy Native class on Wednesday evenings in the Kenwood Community. Class finished 25th session and next month will be last session with five participants who have lost a total weight of 89 lbs.
- PHE facilitates a Healthy Native Class at the Sam Hider Health Clinic and will finish on February 20th with five participants who have lost a total of 30 lbs.

WINGS :

- PHE's have WINGS schedule and will re-certify The Isaiah Sapp Run and Huckleberry Run courses. PHE's will be working with the I-40 Racing, to get certification finalized.
- PHE has been in contact with the City of Jay about changing course for Huckleberry Run.
- Race sanction applications have been submitted for Isaiah Sapp run, Huckleberry run, Sunset Dam run, and the Jay Sprint Duathlon.

School Health Promotion Program- PHE will implement School Health Promotion Program in 40 schools reaching 12,670 students.

- PHE assists Kenwood, Leach, and Kansas, Colcord, and Oaks Public Schools and Oaks Public Schools with program. Each school is awarded \$10,000 and will use it towards water refill stations and water fountains. The School Health Leadership Award will benefit around 700 K-8th grade students in Delaware County.

Tribal Practices for Wellness- By September 2020, PHEs will host 32 traditional food events. *4 per county x 8 counties By September 2020, PHEs will host 32 traditional games events. *4 per county x 8 counties

- PHE will be doing a Traditional Foods demonstration on deer jerky on February 24, 2020

Other Physical Activity-

This includes employee wellness, community coalitions, and work not directly related to specific grants.

- PHE assisting Dietitian with walking group at clinic 12-12:30 M, W, Th., in January and February at the Sam Hider Health Center.

Smoking Cessation- By September 2020, PHEs will offer 32 smoking cessation classes. *4 per county x 8 counties

- PHE started Smoking Cessation classes in January every Tuesday at 12pm at the Sam Hider Health Center
- PHE will offer Smoking Cessation Class at 12pm at the Sam Hider Health Center starting February 26th, 2020

Clinic and Community Meetings and Initiatives This includes employee wellness, community coalitions, and work not directly related to specific grants.

- PHE and other coalition partners held fundraising breakfast to help fund the annual cooks training that will be held in July.
- PHE held the Community Health services Committee Meeting Delaware County Community Partnerships- 2nd Tuesday of each Month
- Delaware County Boys and Girls Club-Bi-Monthly Board meeting 4th Thursday
- Delaware County Boys and Girls Club Safety Meeting Quarterly
- Industrial Board -4th Monday of each month

Washington County
December/January 2020

Physical Activity and Nutrition:

Walking/Running Groups: By December 2020, PHEs will host 16 walking/running groups. *2 per county x 8 counties

- PHE will start a Walking group on March 2nd, 2020 at 10am.

WINGS: PHES will direct 21 races for 2020 race season.

- PHEs will direct the Grand Dam 5K & 10K with on April 4th in Langley, OK.

School Health Promotion Program: PHE will implement School Health Promotion Program in 40 schools reaching 12,670 students.

- PHE completed the purchase request for Caney Valley Elementary school's CATCH Program
- Dewey Elementary school's purchase request completed.

Tribal Practices for Wellness: By September 2020, PHEs will host 32 traditional food events. *4 per county x 8 counties By September 2020, PHEs will host 32 traditional games events. *4 per county x 8 counties.

- PHE will host a traditional food event – grape dumplings, on February 12, 2020 11-1pm, at the Cooweescoowee Health Center.

Other Physical Activity: This includes employee wellness, community coalitions, and work not directly related to specific grants.

- Weight Loss Challenge began at the Cooweescoowee Health Center on January 7, 2020. The 8 week challenge had 16 participants.

Other Nutrition: This includes employee wellness, community coalitions, and work not directly related to specific grants.

- PHE attended RISE Training, hosted by the Washington County Wellness Initiative, at Tri-County Tech on January 24, 2020. This was a grant funded event and 24 people were in attendance for the workshop.

Clinic and Community Meetings and Initiatives: This includes employee wellness, community coalitions, and work not directly related to specific grants.

- The Washington County Wellness Initiative Meeting was held on January 8, 2020 at the Chamber of Commerce in Bartlesville. Around 14 people in attendance from various organizations. Discussion about community events and coalitions. Upcoming RISE event training to be held on January 22nd and January 24th – PHE will attend the January 24th session.
- The Nowata Resource Council Meeting was held in Nowata on January 13th with 17 people in attendance. Various organizations discussed their upcoming events. PHE discussed the WINGS Program and the Healthy Native DPP classes held in the clinics.
- Washington County Wellness Initiative Meeting – 2nd Wednesday of each month
- Nowata Resource Council Meeting – 2nd Monday of each month

Muskogee County
December/January 2020

Physical Activity and Nutrition:

Healthy Native DPP: Classes consist of 26 sessions. Classes are based on referrals.

- PHE concluded Healthy Native Program (HNP) courses for 2019. PHE will begin a new Healthy Native DPP course March 2020.
- PHE facilitated Healthy Native DPP class on Mondays at the Three Rivers Health Center with 5 participants. The class started August 14, 2019 and is currently in 20th session. The class has lost a total of 30 lbs.

Walking/Running Groups: By December 2020, PHEs will host 16 walking/running groups. *2 per county x 8 counties

- PHE will host a Walking/Running group at Civitan Park scheduled tentatively for March 2020.

WINGS: PHEs will direct 21 races for 2020 race season

- PHE will direct The Big Red 5K and Fun Run scheduled for June 20, 2020.
- PHEs met with representatives for the RISE shelter on January 27. Discussion included course layout in Fort Gibson and the race action plan. PHE will be directing the race scheduled for May 30.

School Health Promotion Program: PHE will implement School Health Promotion Program in 40 schools reaching 12,670 students.

- PHE met with Oktaha Public Schools regarding water filtration systems. Five new water filtration systems will be ordered. In addition, water bottles and incentives will be ordered to complete water activities for student participation.
- PHE met with Hilldale Public Schools regarding the CATCH physical activity curriculum and activities. CATCH curriculum, equipment, and incentives will be ordered for various physical education activities.
- PHE met with Fort Gibson Public Schools to plan for activities to promote water consumption for the spring semester.
- PHEs successively collect over 650 School Surveys in January, 2020.
- PHE met with Webbers Falls regarding CATCH physical activity curriculum and activities. The target audience is K through 5th.

Tribal Practices for Wellness: By September 2020, PHEs will host 32 traditional food events. *4 per county x 8 counties
By September 2020, PHEs will host 32 traditional games events. *4 per county x 8 counties

- PHE held a venison cooking demonstration on January 15 and a venison taste testing event on January 17 for community members and Three Rivers Health Center employees. The community was offered venison jerky strips along with venison recipes and traditional information. There were 65 participants and 55 traditional food surveys were collected.
- Cherokee Nation Communications filmed the cooking demonstration and taste testing event and will broadcast on Cherokee TV throughout the month of February.

Other Physical Activity: This includes employee wellness, community coalitions, and work not directly related to specific grants.

- Cherokee Nation Three Rivers Health Center continues to show a need for their fitness room. For the month of January, there were 230 check-ins for equipment use.

Tobacco Control and Prevention:

Tobacco Cessation: By September 2020, PHEs will offer 32 smoking cessation classes. *4 per county x 8 counties

- PHE has a Tobacco Cessation course scheduled for February 12 – March 18. The course will be located at Three Rivers Health Center in the 2nd floor conference room.

Other Tobacco Work: This includes employee wellness, community coalitions, and work not directly related to specific grants.

- PHE and Muskogee County Health Department met with the Boynton mayor on January 9. Discussion included current tobacco policy and completion of a town assessment. A baseline is needed to apply for an incentive grant for the town of Boynton. Tobacco policy signage will be shared with city hall. PHE will follow up in February to check the approval of the town assessment from their board meeting.
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Clinic and Community Meetings and Initiatives: This includes employee wellness, community coalitions, and work not directly related to specific grants.

- PHE met with the Executive Board of Golden Rule Industries (GRI) on January 24. PHE is the President for the 2020 term at GRI. PHE completed the Executive Director Review and submitted to fellow board members for their completion. In addition, a GRI board survey was administered for more understanding of the current by-laws and board education.
- PHE attended the Muskogee Wellness Initiative (MWI) meeting on January 21. MWI is working on the bike share program for Muskogee County. St. Francis Hospital in Muskogee is a potential donor to the project. The bike share program would bring community bikes to the depot district of Muskogee. If approved, the tentative completion would be fall 2020. Another topic of discussion was the Certified Healthy Banquet in late March 2020. Currently, in the process of scheduling a date, venue and meal for the event.
- PHE attended Muskogee County Turning Point (MCTP) meeting January 9. PHE is the Chair for the 2020 term. PHE is developing a coalition survey that will be sent out to all members. The survey will include topics for future meetings and overall satisfaction of MCTP with a possible date change to better fit members. MCTP promotes, initiates, and enables systematic environmental changes that will create a healthier Muskogee community for all.
- Muskogee Wellness Initiative Meeting: 3rd Tuesday each month
- Hilldale Education Foundation Meeting: 4th Wednesday each month
- Golden Rule Board Meeting: 4th Friday each month
- Muskogee County Turning Point Meeting: 2nd Thursday each month
- Muskogee County Turning Point Leadership Meeting: 1st Thursday each month
- Muskogee Area Education Consortium: 1st Thursday each month

Craig & Nowata County

December/January 2020

Physical Activity and Nutrition:

Healthy Native DPP: Classes consist of 26 sessions. Classes are based on referrals.

- PHE facilitated Healthy Native DPP classes on Fridays at the Cherokee Nation Vinita Health Center with 4 participants. They are currently in their 26th session. The class has lost a total of 59 pounds.

Walking/Running Groups: By December 2020, PHEs will host 16 walking/running groups. *2 per county x 8 counties

- PHE offering a 12-week walking and running program at the Cherokee Nation Vinita Health Center at 12:00 noon on Tuesdays and Thursdays beginning March 17th, 2020. New participants are welcome to join at any time during the twelve weeks.

WINGS: PHEs will direct 21 races for 2020 race season

- PHE will direct Grand Dam 5K & 10K on April 4th, 2020. The first planning meeting is scheduled for February 17th at 5:00 p.m. in Langley.
- PHE will direct Run Jack Run Hope for PAAS 5K in Vinita on May 2nd, 2020. Planning will begin in early March/2020.
- PHE will direct the Hornet 5K & Fun Run in Vinita on October 10th, 2020. Planning will begin in early August/2020.
- PHE will direct the Nowata Halloween BOO-YAH! 5K & Fun Run on October 17th, 2020. Planning will begin in early August/2020.

School Health Promotion Program: PHE will implement School Health Promotion Program in 40 schools reaching 12,670 students.

- PHE working with Ketchum Elementary School to coordinate order and installation of 3 new indoor water fountains and 1 new outdoor water fountain. PHE is also planning for activities to promote water consumption for the spring semester. Initial BMI's, paperwork, and surveys previously completed.
- PHE is coordinating with Bluejacket Elementary School to submit purchase requests for the School Health Promotion Program which will assist in initiating and supporting an elementary walking/running program. Initial BMI's, paperwork, and surveys previously completed.
- PHE is coordinating with Will Rogers Elementary School (Vinita) to select items for purchase to improve and enhance their 100-mile walking/running club. Initial BMI's, paperwork, and surveys previously completed.
- PHE is coordinating with Nowata Elementary School to select items for purchase to initiate and support a walking/running program. All data entry for school surveys completed this month.

Tribal Practices for Wellness: By September 2020, PHEs will host 32 traditional food events. *4 per county x 8 counties
By September 2020, PHEs will host 32 traditional games events. *4 per county x 8 counties

- PHE is coordinating a Grape Dumpling traditional foods event on February 17th at 2:00 p.m. at the Cherokee Nation Vinita Health Center kitchen.
- PHE is assisting with a Blow Gun event on March 24th in Ochelata.

Other Physical Activity: This includes employee wellness, community coalitions, and work not directly related to specific grants.

- PHE is assisting local Chicks & Chaps group with coordinating a benefit 5K & Fun Run on March 14th, 2020. Met on 1-15-20 for planning meeting.

Other Nutrition: This includes employee wellness, community coalitions, and work not directly related to specific grants.

- PHE serves as a member of the Vinita Healthy Retail Foods Task Force Committee. This committee is investigating the availability of healthy food options and availability in Vinita. Future potential projects include food demonstrations with FFA Farmer's Market, acceptance of SNAP benefits at Farmer's Market, coordination of a bulk food program such as Bountiful Baskets, and others.

Tobacco Control and Prevention:

Smoking Cessation: By September 2020, PHEs will offer 32 smoking cessation classes. *4 per county x 8 counties

- PHE hosted a smoking cessation class on January 17th and January 24th at 5:30 p.m. at Cherokee Nation Vinita Health Center.

Other Tobacco: This includes employee wellness, community coalitions, and work not directly related to specific grants.

- PHE is assisting the City of Vinita with guidance regarding tobacco-free parks and other public places. Vinita City Council passed Tobacco-free parks several months ago and continues to pursue additional activities and incentives to become a Certified Health Community.
- PHE attends quarterly meetings and serves as the Chairperson for the Oklahoma State Tribal Alliance for Health (OSTAH) group. Within the past year, this group re-wrote the Comprehensive Cancer Control Plan for Cherokee Nation, working with our community partners. OSTAH also has subgroups which serve as work groups, including tobacco education & prevention, public relations, data, screenings, and others. Next OSTAH meeting is March 24th, 2020 at 1:00 p.m. in Tahlequah.

Clinic and Community Meetings and Initiatives: This includes employee wellness, community coalitions, and work not directly related to specific grants.

- PHE attends monthly Community Committee Meetings at the Cherokee Nation Vinita Health Center.
- PHE attends monthly Nowata County Resource Council meetings. This meeting was held on January 13th, 2020 and included the attendance of representatives from 17 organizations.
- PHE is a Vinita Rotary Club member and attends weekly meetings, as scheduling allows. This is a club of 61 active members whose focus is on service to the community.
- PHE attends monthly meetings of Craig County Emergency Management, Local Emergency Planning Committee. These meetings provide community emergency management updates and information including grants, training opportunities, and other information. 3-4 times per year, these meetings also include a community emergency preparedness drill and/or exercise.

Wings Schedule 2020

* All races listed below are free to Wings members.



DATE		NAME OF RACE	LOCATION
1.	March 28	Superhero 5K	Sallisaw
2.	April 4	Grand Dam 5K & 10K	Langley
3.	April 11	Happy Hills 5K	Tahlequah
4.	April 18	Lake Vian Trail Run	Vian
6.	April 25	CC Camp 5K & Fun Run	Stilwell
6.	May 2	Run Jack Run PAAS 5k & Fun Run	Vinita
7.	May 9	Run for the Berries	Stilwell
8.	May 16	5K Run for Wellness – Kay Lane	Muskogee
9.	May 23	Isaiah Sapp Memorial Run	Kenwood
10.	May 30	RISE Shelter 5K	Ft. Gibson
11.	June 6	Beat the Heat 5K (evening)	Salina
12.	June 20	Big Red Splash and Dash 5k & Fun Run	Ft. Gibson
13.	July 4	Huckleberry Run	Jay
14.	September 5	Cherokee Holiday Run	Tahlequah
15.	September 19	5K Sunset Dam Run/Walk	Disney
16.	October 4 (Sunday)	Jay Duathlon & 5K	Jay
17.	October 10	Hornet 5K & Fun Run	Vinita
18.	October 17	Nowata 5K & Fun Run	Nowata
19.	October 24 tentative	Mickey Mantle 5K	Spavinaw
20.	November 7	Will Rogers Memorial 5k	Claremore
21.	December 5	Ugly Christmas Sweater 5K	Hulbert

Common Abbreviations:

CDC: Centers for Disease Control and Prevention

USDA: United States Department of Agriculture

NIH: National Institutes of Health

BCCEDP: Breast and Cervical Cancer Early Detection Program (funded by CDC)

CCC: Comprehensive Cancer Control Program (funded by CDC)

YRBS: Youth Risk Behavioral Survey (funded by CDC)

BRFSS: Behavioral Risk Factor Surveillance System (funded by CDC)

WIC: Women, Infants, & Children Program (funded by USDA)

SDPI: Special Diabetes Program for Indians (funded by Indian Health Service)

NARCH: Native American Research Center for Health (funded by NIH)

GHWIC: Good Health and Wellness in Indian Country (funded by CDC)

TPWIC: Traditional Practices for Wellness in Indian Country (funded by CDC)

PHE: Public Health Educator

OSDH: Oklahoma State Department of Health

TSET HLP: Tobacco Settlement Endowment Trust Healthy Living Program

MPOWER: Monitor, Protect, Offer, Warn, Enforce, Raise Taxes (tobacco control initiative funded by OSDH)

OSTAH: Oklahoma Strategic Tribal Alliance for Health

DPP: Diabetes Prevention Program (funded by Indian Health Service)

MSRC: Male Seminary Recreation Center

CNIRB: Cherokee Nation Institutional Review Board

NIHB: National Indian Health Board

SPTHB: Southern Plains Tribal Health Board

MWI: Muskogee Wellness Initiative

MTP: Muskogee Turning Point

GRI: Golden Rule Industries

SWAT: Students Work Against Tobacco

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