



ROCKY MOUNTAIN TRIBAL EPIDEMIOLOGY CENTER

December 2010 Fourth Quarter

Happy Holidays!



Picture from your left: Prbasaj Paul; Dyani Bingham; Mitzi Racine; Folorunso Akintan; Julie Not Afraid; Cheryl Nagel; Nona Main.

It's been a long year of hard work and dedication to build Healthy Tribal Communities through collaborative partnerships. The Rocky Mountain Tribal Epidemiology Center would like to wish all our partners a Merry Christmas and a Happy New Year!



Strengthening Tribal Public Health Infrastructure for Improved Health Outcomes Project

Update! (STPHI-HOP)

The STPHI-HOP project goal is to systematically increase performance management capacity of Tribal Health Departments in Montana and Wyoming in order to ensure the Tribal health Departments have access to resources needed to express their public health authority.

The National Public Health Performance Standards Program (NPHPSP) assessment and Mobilizing for Action through Planning and Partnerships Mobilization through Partnerships and Planning (MAPP) have been implemented among Montana and Wyoming Tribes since 2005 by MTWYTLC/RMTEC. Through the assessment, Tribal partners evaluate the quality and performance of their Tribal public health care via the Tribal Health Departments. The MAPP tool implemented after the NPHPSP has been successfully performed, encourages strategic planning for the Tribal Health Departments.

MTWYTLC/RMTEC intends to continue implementing NPHPSP and MAPP among Montana and Wyoming Tribes, strengthening public health infrastructure for improved health outcomes through: Performance Management; Policy and Workforce Development; Public Health System Development and encouraging Best Practices Implementation.

The National Public Health Performance Standards Program -NPHPSP assessment tool will be used to evaluate the Tribal Health Departments bi-annually and MAPP/strategic plans will be implemented. NPHPSP will be the Tribal Health Department specific performance and impact indicator of the successful implementation of the strengthening public health infrastructure for improved health outcomes –project.

Look out for RMTEC staff on the road.....

We are planning a Reservation round trip to introduce STPHI-HOP to all our Partners!

National Public Health Performance Standards Program Project Update! (NPHPSP)

Fort Belknap has participated in the National Public Health Performance Program since their first assessment in 2008. On October 13th and 14th of 2010 Mitzi had the great honor of traveling up to the Fort Belknap Tribe to facilitate the Governance Assessment and Strategic Plan. The meeting was very successful and the group came up with some great ideas for their strategic plan. I just want to thank all who were involved in the process for donating their time to the process.

.....Mitzi Racine.



Participants at the NPHPSP strategic planning session, October 13-14, 2010

Child and Youth Projects Update! (CYP)

S.A.F.E. Playground Assessment Training Summary (Supervision, Age Appropriate Design, Fall Surfacing, Equipment/Maintenance) National Playground Safety School A program of the National Program for Playground Safety

The mission of the NPPS is to raise awareness for the need for playground safety and injury prevention

Attended by: Dyani Bingham, CYP Project Coordinator; Kassy Jarvis, Eastern Shoshone Tribal Health Center; Jen Price, Northern Cheyenne Boys & Girls Club; Karen Manzo, CYP Project Evaluator



What we learned:

Play is important to the developmental abilities of all children

- Physical
- Emotional
- Social
- Intellectual

Play environments should be designed to challenge a child's physical, emotional, social, and intellectual (PESI) abilities while protecting them from the risk of injuries.

S.A.F.E Model

Supervision

Supervision is more than "watching"

Supervision is NOT Play facilitation – Play facilitators help children maximize their play experiences. They provide guidance and objects before and during the play experience.

Supervision is an active yet unobtrusive monitoring of the play environment accomplished by moving through the area and scanning frequently in order to help ensure safety and promote injury prevention.

Play supervision means:

- Paying attention to hazardous situations in the play environment
- Providing support for children's play and responding to emergencies in the outdoor play area

What you need to know to become a good supervisor

- A = Anticipation
- B = Behavior
- C = Context



Age Appropriate Design

Children grow and develop at different rates, but in an orderly manner

Play environments should be developed for children with varying characteristics

Types of Play

- Active physical play
- Engaged in observation
- Quiet
- Dramatic
- Creative

Why have outdoor play environments?

- Socialization
- Physical Development
- Exercise
- Fun
- Confidence
- Social Development
- Creativity
- Interactive Play
- Motor Skill
- Learning Experiences
- Fitness
- Gross Motor Development



Cancer Outreach Projects -Update!

(COP)

The Montana (MT) Wyoming (WY) Tribal Cancer Task Force

MT -WY Tribal Cancer Task Force was developed during the MT– WY Tribal Cancer Summit, September 2010.

The Tribal Cancer Task Force goals were identified as:

1. *Develop a communication process and organize a means of follow-up for the task force/Identify new partners and develop a process to link existing programs;*
2. *Identify cancer training needs of the Montana and Wyoming Tribes/Determine collaborating partners, and resources available to meet these needs.*
3. *Identify current needs relating to screening, education, treatment and support services/ In areas where there are no resources, identify funding and resources, integrate existing cancer and CRC services with Montana and Wyoming tribes/Develop a cancer grant proposal in collaboration with the members of the task force for Montana and Wyoming Tribes.*

Currently, we are getting the Cancer Task Force up and running. The Task Force is will develop a training session for the CHR's and will also come up with a resource logic model for patients and service providers to use as a tool when finding resources that are available to American Indians concerning cancer treatment, prevention, survivorship and screening.

The Cancer Task Force came about as a result of the 2010 MT/WY Tribal Cancer Summit that was held in September 2010. It was a great success and we are also planning for a mini-summit that will be a part of the Montana Wyoming Tribal Leader's Council Health Conference which is scheduled to be held in May 2011. We hope to have the training for the CHR's at the mini-summit. Stay tuned for more information later!

Outreach

RMTEC partners with Riverstone Health, Billings Montana to recruit American Indian women, between the ages of 40-65 years to get their annual mammogram screening and physical exam. Nona is the Montana Cancer Screening Program, Outreach Worker for the Yellowstone County Urban Area. Should there be any ladies who live in the Billings area interested in the program, please contact Nona Main! If you have not had your yearly exam, or mammogram, now would be a great time to get it done and out of the way! Let's start out the New Year knowing our health is in good standing. Happy Holidays!



Nona J. Main

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From Folorunso Akintan to you.....



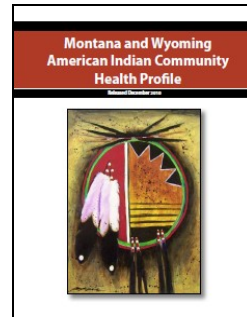
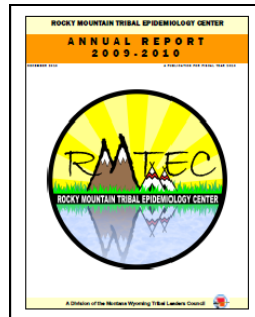
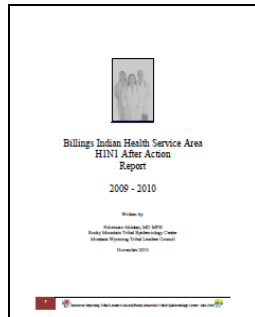
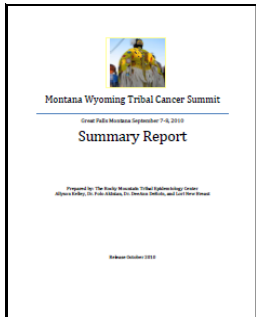
The Rocky Mountain Tribal Epidemiology Center has been very busy this year with an Internal Evaluation performed in January, 2010; Gathering of the Native Americans (GONA) organized for the youth for the Respecting the Tobacco Way Project, Great Falls, March, 2010; RMTEC Reservation Round Trip, May, 2010; CDC Tribal Consultation, June 2010; External Evaluation, July, 2010; Playground Groundbreaking Ceremony, Wyoming, August, 2010; The first Montana Wyoming Tribal Cancer Summit, Great Falls, September, 2010, receipt of the CDC-STPHI-HOP Grant approval, October, 2010 and the launching of the first Montana Wyoming American Indian Community Health Profiles, December, 2010.

We could not have done all of these without our "PARTNERS"!

Next year we will be applying for funding to continue the Epidemiology Center for another five years. We look forward to continued collaboration in order to build "Healthy Tribal Communities".

....Thank You!

RMTEC 2010 Publications



Look out for the RMTEC publications above on the RMTEC website: www.RMTEC.org

- From your left: Summary Report of the MT WY Tribal Cancer Summit 2010; The Billings IHS Area After Action Report 2009-2010; RMTEC Annual Report 2009-2010.
- Coming soon to the Montana and Wyoming Tribes is the first Montana Wyoming American Indian Community Health Profiles.



Check out our website for more flu information: www.RMTEC.org



Summer Internship Position Available

APPLICATION DEADLINE: January 31, 2011

LOCATION: Montana Wyoming Tribal Leaders Council/Rocky Mountain Tribal Epidemiology Center, (MTWYTLC/RMTEC) Billings Montana

POSITION: One Half Time position

JOB TITLE: Montana Wyoming Native Youth Development Project Intern

COMPENSATION/SALARY: Based on Experience/Degree

INTERNSHIP PERIOD: One year Internship period or Summer Internship

HOUSING:

MTWYTLC/RMTEC is willing to work with intern to secure temporary housing at the Montana State University Summer Housing project or other Temporary Housing arrangements during the internship period.

Montana Wyoming Native Youth Development Project

Youth Data Skills and Development

The Youth Data Skills and Development phase is a youth development focused project that entails mentoring at least one youth from the Montana and Wyoming Tribes annually as an Epidemiology Intern at RMTEC. The purpose of the "Mentoring" aspect of the Youth Data Skills and Development phase is to mentor young and upcoming Tribal youth (college age group) with a focus on Public Health, including prevention strategies, statistics and epidemiology. The intern selection would be rotated among the Montana and Wyoming Tribes over the years. The interns will work closely with the RMTEC Epidemiologists on Topics and Data Reporting of relevance to their Reservation Health.

Internship Position would allow for:

- Individual student capacity building
 - An opportunity to work on prevention projects for public health problems on Reservations
 - An opportunity to earn credit units and/or do a practicum
 - Increase knowledge of public health epidemiology fundamentals
 - Increase public health and epidemiology literacy
- Increase ability to create positive norms

Position Description:

Essential Functions:

- Assist with all currently funded RMTEC Projects
- Assist the RMTEC epidemiologists in data entry and data reporting
- Assist RMTEC in the updating of its website and review of all media publications
- Travel to Montana and Wyoming reservations and various out of state trainings/meetings/conferences is required

Additional Functions:

Work in a cooperative and professional manner with all MT-WY TLC / RMTEC staff.

Other functions as assigned by RMTEC Director.

Reports:

Directly to the Rocky Mountain Tribal Epidemiology Center Director

***Please send your resume to Folo Akintan at fakintan@mtwytlc.com





Safe Home and Loved Ones During the Holidays

The holidays should be a magical time for children. Yet each year, hospital emergency rooms treat about 8700 people for injuries, such as falls, cuts and shock, related to holiday lights, decorations and Christmas Trees.

Keep the season merry with the list of safety tips from the American Academy of Pediatrics and the U.S. Consumer Product Safety Commission.

Safer Trees and Decorations:

- When purchasing an artificial tree, look for the label "Fire Resistant." Although this label does not mean the tree won't catch fire, it does indicate the tree will resist burning and should extinguish quickly.
- When purchasing or cutting down a live tree, check for freshness. A fresh tree is green, needles are hard to pull from the branches and when bent between the fingers, needles do not break. The trunk butt of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.
- When setting up a tree at home, place it away from fireplaces and radiators. Because heated rooms dry live trees out rapidly, be sure to keep the stand filled with water. Place the tree out of the way of traffic and do not block doorways.
- Never use lighted candles on a tree or near other evergreens. Always use nonflammable holders to place candles out of children's reach.



Bright Ideas for Lights:

- Indoors or outside, always use lights that have been tested for safety by a recognized testing laboratory that indicates conformance with safety standards.



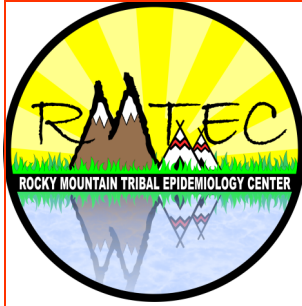
Fall on the Ice? Here are Some Suggestions that Might Help Your Back

Joseph Chen, MD, medical director of the [Iowa Spine Research and Rehabilitation Center at UI Hospitals and Clinics](http://www.uihealthcare.com/topics/medicaldepartments/orthopaedics/falling/index.html), has some suggestions about how to take care of a back injury from falling: <http://www.uihealthcare.com/topics/medicaldepartments/orthopaedics/falling/index.html>

- Chen suggests wearing appropriate boots. "Snow boots, even though they can track mud into your house, provide a lot more traction for your feet than do dress shoes or even tennis shoes.
- "Take shorter steps and try to plant your whole foot gently down instead of using the typical heel strike that we use when we're walking or running," he says.
- If you do fall on the ice and know immediately you have hurt your back, Chen says you should slowly try to get up. "It may be a bit more difficult to get up on your hands and knees if there's a large patch of ice. Be extra careful, and then walk slowly, using an extra hand-hold if one is available."
- Most of the time, falls on the ice lead to a strain of some of the deep muscles in the back. "Try to do some stretching exercises and take it a bit easy for the next few hours," Chen says. "If you're able to take some Tylenol or ibuprofen, that may be helpful too.

"Ice typically has more pain-relieving qualities than does heat," Chen says. Ice can be helpful when used over the next 24 to 48 hours to decrease some of the inflammation that may have occurred. "If your back still bothers you after a few days, using a hot pack can be helpful. Most physicians advise against electric heating pads that apply constant heat because these devices can lead to skin burns if left on for a long time, such as overnight."





MT-WY TRIBAL LEADERS COUNCIL
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Check out our Website !!!

www.rmtec.org

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