In Memory of

Lance Howard Cully

Tain Tha-gyah

Lance Howard Cully, 48 passed away on March 2, 2014. He was a member of the Apache Tribe of Oklahoma and also of Comanche, Seminole and Creek descent. Lance worked at the KU Medical Center for the Center for American Indian Community Health since 2010. He was given the name T’ain Tha-gyah (Good Heart) by his parents. Lance was an artist and became interested in drawing at an early age. Lance enjoyed participating in pow wows through singing, dancing and served as master of ceremonies on several occasions. He was also a huge sports fan and enjoyed following the Denver Broncos, St. Louis Cardinals, Los Angeles Lakers and Florida Gators. Lance enjoyed listening to music and played the guitar. To his close family and friends he was known for always making people laugh. Lance did his best to make everyone feel welcomed and was always willing to lend a helping hand.
Who is AIHREA?

The American Indian Health Research & Education Alliance (AIHREA) is an alliance of organizations whose mission is to partner and collaborate with American Indian peoples, Nations, communities, and organizations to improve the physical, mental, emotional, and spiritual wellbeing of American Indians throughout the United States through quality participatory research and education. The two primary organizations involved are the Center for American Indian Community Health (CAICH) at the University of Kansas Medical Center and the Center for American Indian Studies (CAIS) at Johnson County Community College. We partner and collaborate with numerous other organizations, conducting research with and providing services to the American Indian community in the Heartland and around the country.

We use community-based participatory research (CBPR) in all of our studies. CBPR is a type of research that involves community members in all parts of the research process. Almost 75% of our team members are American Indians from many different Nations across the United States. We are among the largest American Indian research teams in the country. We also have four community advisory boards (CABs) comprised of American Indians from the communities of Lawrence, Wichita, and Topeka, Kansas, the four tribes in Kansas, Haskell Indian Nations University, and the Kansas City Metro Area, who guide all of our activities.

In addition to health and research, we value education and want to increase the number of American Indians entering the health professions and conducting health research. To meet this goal, we have established an academic pipeline to improve the educational attainment of all American Indians. We have scholarships available to help!

---

AIHREA Collaborators:
American Indian Council, Inc.
Blackfeet Community College
Cherokee Nation
Cheyenne River Sioux Tribe Title 1 Program
Chickasaw Nation
Children’s Mercy Allergy and Immunology Research Lab
Children’s Mercy Hospital Center for Environmental Health
Choctaw Nation of Oklahoma
First Nations Student Association (University of Kansas)
Haskell Indian Nations University
Iowa Tribe of Kansas and Nebraska
Kansas City Indian Center
Kickapoo Diabetes Coalition
Kickapoo Head Start
Kickapoo Tribe in Kansas
Omaha Tribe of Nebraska
Ponca Tribe of Nebraska
Prairie Band Potawatomi Boys and Girls Club
Prairie Band Potawatomi Early Childhood Education Center
Prairie Band Potawatomi Nation
Nakota Designs, Inc.
Sac & Fox Nation of Missouri in Kansas and Nebraska
Salish Kootenai College
University of Oklahoma Health Sciences Center
What an exciting and productive year we’ve had at AIHREA! Our work focuses on three areas: research, education, and service. We made great strides in all of these areas and look forward to working with our partners, collaborators, and other community members in 2014. We’re happy to report that we have continued our culturally tailored quit smoking program, All Nations Breath of Life (ANBL), with wonderful success. Thank you to all of those individuals who participated in our program and congratulations to those of you who quit smoking. Quitting smoking is the single most important thing you can do for your health!

This year we began changing ANBL from a group based, in-person program into an individual Internet based program in order to better suit the needs of tribal college students. By changing the program, we will be able to meet the needs of tribal college students who want to quit smoking. In addition, we’re moving forward with our Tribal College Tobacco and Behavior Survey that focuses on smoking and other health behaviors of young adults. Another program that deserves special attention is our weight loss program, the Native American Weight Loss Movement (NAWLM). Our team members have spent countless hours revising and improving the Diabetes Prevention Program to better fit our communities. We have received very meaningful feedback and we plan to scientifically test our new version to see if it works. Also, we are doing interviews for our identity project called Native 24/7. The information that people provide will help us show the great diversity of Native communities. Our Native Touch to Screen program is in full swing. We continue to recruit participants who are 50 years of age or older for colon cancer screening, free of charge. Lastly, we expanded our research initiatives to include health literacy, ethics, mental health, and suicide prevention.

AAIHREA continues to support education initiatives such as scholarships, college preparatory efforts, and internship opportunities. We provide scholarships to American
Indian undergraduate and graduate students to help them with any costs related to education. Our scholarship awardees for 2013 are listed on page 23.

Three AIHREA members graduated with Master’s degrees in 2013, including Joseph Pacheco (Environmental Health Track) and Tara Hammer (Environmental Health Track), both with the Master of Public Heath (MPH) degrees and Ed Smith, who earned a Master of Arts in Indigenous Studies. You can read more about them on page 23. We also continued to support four AIHREA members pursuing their MPH in 2013, including Charley Lewis, Christina Pacheco, Julia Soap, and Chandler Williams.

AIHREA’s commitment to service projects remains strong. We offered free Healthy Homes Assessments to ensure safe and healthy homes. We hosted our 2nd annual Steps to Saving Lives breast cancer walk/run at Haskell Indian Nations University, where we were honored to have two breast cancer survivors speak. Kristy Darnell (Kickapoo) and Lura Whiteshirt (Arapaho, Otoe, Pawnee) spoke about their experiences with breast cancer and offered support to others. In addition, AIHREA sent CAICH and CAIS team members plus our AIHREA summer interns to Eagle Butte, South Dakota. Their days were filled with creating programming for the youth at Eagle Butte, giving presentations, and leading activities. This was our first trip to Eagle Butte, but we have continued to build this partnership and we have additional visits planned. As always, we are happy to attend events and make cultural presentations or participate in health fairs.

Even though we have had a superb year, there is much work to do. We will continue to work with our collaborators and community members to bring relevant and meaningful initiatives to improve health and wellbeing in Native communities.
All Nations Breath of Life Quit Smoking Program

Our quit smoking program, All Nations Breath of Life (ANBL), has been an effective way to help American Indians to quit smoking. The program is culturally tailored for American Indians and is unique because it was created with input from the community at all stages. ANBL takes into account the need to respect traditional tobacco while working to help American Indians quit using tobacco for recreational purposes.

We tested the program to see if it was successful at helping American Indians quit smoking. One of our studies tested the success of ANBL in several urban American Indian communities. We are happy to report that our program worked very well! Over 300 people chose to participate in the 12-week groups that provided support and encouragement and 242 completed the program. Over 40% of the people who stayed in the program had quit smoking by the end of 12 weeks. More than 30% of all participants who finished the program were still quit when we followed up with them at 6 months. Other quit smoking programs for American Indians report about 8-10% of their participants staying quit at 6 months. These results are very encouraging and we plan to make the program available to others.

In addition to the ANBL program, AIHREA conducted ANBL education sessions. These education sessions included a 30-minute presentation about smoking and its health consequences, as well as information to help people stop smoking. The presentations focused on facts relevant to smoking and American Indian health. For example, members of the research team who gave the presentation discussed smoking facts, such as:

- American Indians have the highest rates of tobacco abuse of any ethnic group in the US;
- The average age at which American Indian children start smoking is 12; and
- On average, smokers die 14 years earlier than non-smokers.

Participants in the education sessions had the opportunity to sign up for ANBL at the end of the presentation if they wanted. Our
education sessions were not only an excellent way to educate community members about smoking and health, but also a fantastic recruitment tool for ANBL. Approximately 9% of the participants who attended an in-person session and 30% of the participants who attended a televideo session were recruited into ANBL. Participants who attended either session had increased motivation to quit smoking at the end of the session, but particularly those who attended in-person sessions. Participants who attended either session also had increased confidence to quit smoking at the end.

We have now begun to modify ANBL to be an individual program that people can do on the Internet (I-ANBL), specifically targeting tribal college students. About 40% of the 25,000 tribal college students are smokers, which is higher than any other ethnic group. To date, only a few studies have focused on methods to encourage quitting smoking among tribal college students and no formal tests of programs have yet been conducted. Preliminary data from our recent studies indicate that the Internet may be a more favorable and appropriate method for reaching younger and more mobile tribal college populations. Over the next 5 years, we will be developing and testing I-ANBL with tribal college students.

Tribal College Tobacco and Behavior Study

This has been a busy year for the Tribal College Tobacco and Behavior Study (TCTABS):
1. We added a partner school to the study, Blackfeet Community College;
2. We visited Salish Kootenai College and held 24 focus groups (topics included smokeless tobacco, second hand smoke, access to healthy food) over a three day period; and
3. We began analyzing the TCTABS survey data from our first three cohorts (April 2011 – October 2013).

The TCTABS survey is 183 questions. The questions ask about basic demographics (age, gender, year in school, etc.), cigarette smoking behaviors and patterns of use, wanting to quit and history of quitting, use of smokeless tobacco (chew, dip, etc.) and quitting history, traditional tobacco use, and smoking restrictions, as well as other health behaviors that may be related to smoking.

We have had 792 students take the TCTABS survey. Of those participants, 59% were female, the average age of the survey takers was 25 years old, 82% were single and 58.5% grew up on a reservation. Forty-four percent (44%) of students self-identified as smokers. Of current smokers, the vast majority (48.5%) smoked regular or full flavor cigarettes. When asked how their smoking has changed since starting college, 32% said that their smoking increased, while 36% said that it had decreased and 32% said it remained the same. When asked if they were seriously thinking about quitting smoking, almost 35% said they were thinking about quitting in the next 30 days. Close to 16% of students self-identified as regular smokeless tobacco users. Fifty

AIHREA team members (left to right) Ron Raney, Tara Hammer, Jason Hale, Joe Pacheco, and Won Choi at Salish Kootenai College.
percent (50%) of students said that they had used tobacco for ceremonial, prayer or traditional purposes.

When asked how many of your 5 closest friends smoke, 31% had 3–5 friends who smoked. Fifty-five percent (55%) of students said that they spent some, almost all, or all of their time with people who smoke. Thirty-four percent (34%) of students lived with someone who currently smoked cigarettes. However, 80% of students said that smoking is not allowed inside where they live. When asked if they would like their campus to be smoke-free, 27% disagreed, 20% were neutral and 53% agreed.

In the next year, we will write academic papers on the survey and focus group data we analyzed and present the results to our partnering colleges. We will continue to survey students and collect data to better understand tobacco use and related health behaviors.

| Table 1. Demographics and ETS Exposure of TCTABS Participants (N = 792) |
|-----------------------------|------------|-----------|
| Demographics | n | %          |
| Age (mean ± SD) | 25.03 (8.57) |          |
| Gender: Female | 467 | 59.11     |
| Relationship Status: Single | 656 | 83.25     |
| Living situation: Dormitory or on-campus housing | 481 | 61.36     |
| Year in school | |          |
| Freshman/Sophomore | 502 | 64.03     |
| Junior/Senior | 280 | 35.72     |
| Self identify as a current cigarette smoker | 269 | 43.81     |
| Live with a current smoker | 256 | 33.73     |
| Unaware of campus smoking policy | 346 | 45.71     |
| Smoking allowed in home | |          |
| No | 605 | 79.92     |
| Yes/some places | 143 | 18.89     |
| Smoking allowed at work | |          |
| Not employed | 481 | 63.46     |
| No | 135 | 17.81     |
| Yes/some places | 132 | 17.41     |
Native American Weight Loss Movement

The Native American Weight Loss Movement (NAWLM) went through several modifications during the pilot phase of the project. The program began as a 16-week nutrition, exercise, and behavior modification education program based on the Diabetes Prevention Program’s Lifestyle Balance Curriculum. Significant time was spent culturally tailoring the program, resulting in a 16-week program. The first 8 weeks consist of in-person group sessions and the second 8 weeks alternate between group in-person and individual phone sessions. Participants in all groups were asked to provide feedback on the sessions in order to further culturally tailor the curriculum. Feedback was provided via a weekly post-session survey, in-class discussion, and a process survey administered via computer at the end of the program. Cultural influences, images, language, and challenges specific to American Indian communities, both rural and urban, were incorporated for subsequent groups based on participant feedback.

The NAWLM project began with 85 participants in 8 groups over the course of 2 years. Four groups were run in Lawrence, KS, two groups in Mayetta, KS, one group in Kansas City, KS, and one group in Horton, KS. All groups were mixed gender (male and female participants in each group). Depending on location and time preference, a group meeting took place either in the evening or over the lunch hour, at or near a place of employment.

Of the 85 participants who started the program, 35 completed the entire 16-week program. The average percent of weight lost for participants who completed the program was 4.3%. We have not yet looked at what kind of impact weekly attendance had on total weight loss, but plan to do so. We will also review the results of groups later in the pilot project to see if the subsequent cultural tailoring and program modification made a difference in the amount of weight lost by participants. We also have plans to run gender-specific studies to see how the results compare to the mixed-gender groups we have run in the pilot project.
Know Your Rights Campaign

In an effort to better inform our community participants about their rights as research participants, AIHREA is creating a Know Your Research Rights Campaign. We are working with graphic artist Walt Pourier from Nakota Designs, Inc., to design seven American Indian comic book characters that will explain elements of research to the community and how a participant’s rights protect them in the research process. Each character will represent a research right, such as “Ask Questions”. The target audience of the comic book campaign is college students and young adults. We will also use these characters to create a series of posters that will target general American Indian communities. This campaign is underway and more information will be revealed by the end of 2014.

In 2013, we created a brochure that informs American Indian community members about research and the rights they have if they choose to participate in research. This brochure is available on the CAICH website and will be available at our events.

<table>
<thead>
<tr>
<th>Research Participants’ Right(s)</th>
<th>Character who Portrays Right(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knowledge of purpose and procedures</td>
<td>“Whitney” Woman in her late 20s/early 30s, a “legislative-type” character, an IRB Chairperson, feminine and strong-willed</td>
</tr>
<tr>
<td>Risk &amp; Benefits</td>
<td>“Taryn” A female skater in her early teens, quick-witted, sarcastic yet charming, tom-boy yet feminine</td>
</tr>
<tr>
<td>Alternatives to research</td>
<td>“Ryan” Contemporary young man with black spiky hair, gay, muscular</td>
</tr>
<tr>
<td>Treatment if injured</td>
<td>“Roy” Male artist in his late 40’s/early 50’s, long braided hair, traditional clothing and jewelry, dark-skinned, a bit of gray hair</td>
</tr>
<tr>
<td>Ask questions</td>
<td>“Jake” Male mechanic, “macho”, short slicked back black hair and tattoos</td>
</tr>
<tr>
<td>Research is voluntary</td>
<td>“Crystal” Young Navajo woman who has a Dine bun for her hairstyle. Basketball player, disabled in a wheelchair.</td>
</tr>
<tr>
<td>Can quit anytime</td>
<td>“Arnie” A scholarly “nerd”-type character, business-casual dressed, button-up shirt, khaki pants, clean-cut</td>
</tr>
</tbody>
</table>

Nakota Designs, Inc.
Breast Cancer Awareness Walk/Run

The month of October is Breast Cancer Awareness Month. This past October, AIHREA hosted its second annual Steps to Saving Lives Breast Cancer Awareness Walk/Run on the Haskell Indian Nations University (HINU) campus, in conjunction with Rex Cully and the Student Activities Department at HINU. In 2013, we added a 5k run (3.1 miles) to our one-mile walk. It was very exciting to see the number of people who participated in this event, nearly 300 people!

Awareness of breast cancer in American Indian communities is important. According to Susan G. Komen for the Cure, over the past two decades there has been a large increase in both new cases of breast cancer and deaths caused by breast cancer among American Indians. Early detection of breast cancer can save lives. This AIHREA event brought breast cancer awareness by having survivors speak, a jingle dance performance by Landri James, and the walk/run. The walk/run gave both survivors and those touched by breast cancer a time to reflect and honor loved ones. The walk was led by singers Charley Lewis, Jason Hale, Joseph Hale, Mshewa Hale, and Robert Tucker. The event ended at the HINU Cultural Center, where participants celebrated their accomplishments and feasted on the best hotdogs in Kansas, the New York Dawg Pound. We also distributed breast cancer information to those who attended.

Men can also get breast cancer, though it is rare. This AIHREA event brought awareness to both female and male breast cancer. All participants received a t-shirt for participating. The t-shirt design incorporated the color blue to bring awareness to men who have battled breast cancer themselves or have supported a woman who battles/battled breast cancer.
Summer Internship Trip to Eagle Butte

AIHREA faculty, staff, and interns traveled to the Cheyenne River Sioux Tribe (CRST) Reservation in Eagle Butte, South Dakota, during the week of June 18 – June 22, 2013. The AIHREA team spent the week working with students aged 5-17 in the Cheyenne-Eagle Butte Title 1 summer school and recreation program, under the direction of Chip Bird Necklace. The team gave several health and educational presentations and workshops. The topics included oral health, tobacco and smoking, healthy foods, and first aid. A college-prep workshop and study skills presentation (designed to prepare students for enrolling and succeeding at the college/university level) was made to Cheyenne River high school students.

The AIHREA team met and interacted with CRST community members at several AIHREA sponsored events. The team held a health screening clinic that had a wonderful turnout. In conjunction with the clinic, summer interns prepared several dishes from the AIHREA Diabetes Cookbook in an effort to promote healthy eating among CRST community members. A breast cancer walk/run and a 3-on-3 basketball tournament were also huge successes. The AIHREA team was pleased to award breast cancer walk/run and basketball participants with t-shirts, water bottles, and children’s toys. AIHREA hosted several cultural activities, including a beading workshop and a traditional hand drum making workshop. The team also worked with community members to put on a traditional dinner that brought community members of all ages and the AIHREA team together to celebrate their time in Eagle Butte.
Mental Health Issues in the Native Community

Over the past few years, community members have asked AIHREA to begin to examine mental health in Native communities. We received requests to focus on a variety of conditions, including anxiety, depression, substance abuse prevention and treatment, suicide prevention, and healthy relationships. While all of these topics are important, our team needs a better understanding of priority concerns and available services to better focus our attention. We are interested in learning what community members believe to be the biggest mental health concerns for us to address. We are conducting a needs assessment to begin this process.

This project has two parts. First, we are developing a short survey that asks three things:

1. What types of providers offer mental health services;
2. What places can someone go for mental services; and
3. What mental health conditions affect your community.

Second, we are interviewing community members to get a better sense of:
• How mental health issues are identified,
• How mental health issues are addressed,
• What support services are available, and
• What people would like to see in education or training programs.

The goal of this research project is to better understand mental health issues in local American Indian communities. We will use this information to develop educational materials and possible prevention/intervention projects in the future.
Suicide Prevention

Suicide is a major concern throughout Indian Country. Among American Indians, suicide is the eighth leading cause of death for all ages and the second leading cause of death for American Indians aged 10 to 34 years. In addition, the suicide rate for American Indians aged 10 to 34 years is twice as high as the US all-races rate. Suicide rates also vary regionally, with tribal populations located in Alaska, the Northern Plains, and the Southwest having the highest rates of suicide compared to the US all-races rate.

With community input, we are designing a series of short videos and images, along with messages that will target American Indian teenagers and young adults. These videos and images aim to increase awareness of suicide throughout Indian Country and also stress the importance of American Indian culture as a protective factor for suicide. We will then disseminate these short videos and imagery to the community for feedback.

Native Youth Crisis Hotline

1-877-209-1266 is a 24-hour, toll-free suicide prevention service available to Native youth anywhere in the United States in suicidal crisis or emotional distress.

http://www.suicidepreventionlifeline.org

Example from our friends at Nakota Designs Inc., “Life’s Dance” Campaign for the Stronghold Society nonprofit, whose outreach is supported by AIHREA.

Native Touch to Screen

Native Touch to Screen is a research project to increase the number of American Indians over age 50 who get tested for colon cancer. It includes a touch screen computer program that provides education about the different types of tests available. Some participants create a plan of action for getting tested; others receive additional education about healthy eating for cancer prevention. All participants are eligible to receive free colon cancer testing of their choice, including stool blood testing or colonoscopy. Since December 2013, we have been recruiting for Native Touch to Screen at the Kickapoo and Prairie Band Potawatomi Elder Centers as well as at the Kansas City Indian Center and at local Pow Wows and Health Fairs around Missouri and Kansas. Recently, in January 2014, a research associate on our team, Tara Hammer, started recruiting at Cherokee Nation in Tahlequah, Oklahoma. Recruitment is going very well down there! To date we have successfully enrolled 95 participants, including 43 from Oklahoma and 52 from Kansas. We have many dates set in the future to visit the area reservations and attend local health fairs and pow wows for additional recruitment.
AIHREA Youth Ambassadors are a group of students representing all American Indian Nations across the United States. AIHREA believes prevention is a key aspect of tackling health disparities and preventive efforts must begin with youth, particularly to create behavior change and healthy lifestyles. As such, outreach to youth is a key component of AIHREA. Each ambassador serves for one year and is paid for his/her efforts. Youth Ambassadors are expected to give presentations and represent AIHREA in a positive light at community events and school functions. AIHREA selected 10 students for our 2013 Youth Ambassadors. Our Executive Community Advisory Board made the difficult decisions about who to select from a highly competitive field. Congratulations to all of the students who served. We had a great year!

- **Shenae Azure** - Turtle Mountain Band of Chippewa - Dunseth Public High School
- **Memphis Rose Belgarde** - Turtle Mountain Band of Chippewa - Turtle Mountain Community High School
- **Cierra Lynn Fields** - Cherokee Nation of Oklahoma - Fort Gibson Public Schools
- **Frederick Gipp** - Apache and Comanche tribes from Oklahoma - University of Kansas
- **Tanner Mihesuah** - Comanche Nation - Baker University
- **Melanie Nadeau** - Turtle Mountain Band of Chippewa - University of Minnesota
- **Dewanna O’Guinn** - Seminole Nation - University of Phoenix
- **Jesse Rodriguez** - Turtle Mountain Band of Chippewa - Turtle Mountain Community High School
- **Tyra Wilson** - Muscogee (Creek) Nation - Hilldale High School
- **Eric K. Wright** - San Carlos Apache - Northern AZ University

*top picture: Ambassador Cierra Fields gets ready to participate in a parade in her home state of Oklahoma. middle picture: Ambassadors Jesse Rodriguez and Memphis Belgarde speak at the Augsburg College Traditions Pow wow in North Dakota. bottom picture: Ambassador Shenae Azure prepares with a few friends to represent AIHREA at a child abuse awareness walk.*
Building Healthy Communities

We are pleased to announce funding opportunities for American Indian and Alaska Native tribes and organizations interested in building healthy communities. This funding is supported by the National Institute on Minority Health and Health Disparities at the National Institutes of Health. Funds can be used for any activity that can help improve health in Native communities.

We fund projects in each of the following areas: physical health, mental or emotional health, spiritual health, and cultural health. In 2013, we awarded funds to six Native organizations located throughout the country.

Organization: Northern Circle Indian Housing Authority
Project: Community Wellness Gathering
The nine reservations in Mendocino County, CA, have undergone exceptionally hard times since the 1950s when five of their ten tribes were subjected to termination policies. Considering this, they have done a remarkable job with rebuilding, but the spiritual health of all their peoples is dwindling. In an effort to revitalize the community, the NCIHA is holding a Community Wellness Gathering to bring people together through team building exercises, guided visualization, historical examining, and other activities. This two-day event is expected to draw many tribal members who live on the reservations, as well as have a positive effect for years to come.

Organization: Dakota Wicohan
Project: Wikoska/Wicinanna Young Women’s Leadership Project
This project is based on reclaiming the Dakota language to establish a sense of belonging among young women in the community. Through studying the language and undertaking community service activities, young women will regain a strong sense of their culture and learn life skills.

Organization: Iowa Tribe of Kansas and Nebraska
Project: Iowa Tribe of Kansas and Nebraska Youth Pow Wow and Fair
The Iowa Tribe of Kansas and Nebraska Powwow Princess would like to host a one-day youth powwow. The powwow will consist of exhibition dances for youth only and inter-tribal dancing will be incorporated to entice others to participate. In addition, the Powwow Princess will host a health fair on the reservation at the powwow. The health fair will include information booths on health and fitness. She will also have a concession stand set up with a focus on healthy foods for guests and participants.
Organization: **White Earth Land Recovery Project**  
Project: Oshki Bimaadiziwin – Good Foods for a New Generation  
Good Foods for a New Generation is a direct service gardening project which provides healthy, traditionally grown harvested, organic foods to young people (0-12) on the White Earth Ojibwe reservation of Northwest Minnesota. By sharing the cultural significance of our foods and traditional agricultural practices, we address the health crisis in our community at its root. We involve the children's families and the greater community by sharing these foods at feasts and ceremonies. Our goal is to create a holistic and self-sustaining program.

Organization: **Oklahoma City Indian Clinic (OKCIC)**  
Project: POWER (Providing Opportunities for Wellness Exercises and Recreation)  
Project POWER focuses on improving the health of American Indian youth and families. Various fitness and nutrition related activities are offered throughout the year to educate OKCIC patients on making healthier choices and provide opportunities for physical activity. OKCIC will continue and expand upon these programs by partnering with other local organizations and experts. We will offer cooking classes, which have been in great demand and requested by patients and families. The goal of the program is to introduce fresh foods, especially fruits and vegetables, as part of a healthy diet. This will be achieved by teaching children and their parents how to have fun cooking and eating these foods. We will also host garden workshops to teach families how to grow their own fresh produce.

Organization: **NATIVE HEALTH**  
Project: The Weaving Project: Education American Indian Women regarding Breast and Cervical Health

NATIVE HEALTH will initiate and maintain a breast and cervical health awareness and education program targeted to American Indian women, 13 years of age and older, who reside in North-Central Phoenix and the surrounding area. The program utilizes an intervention model designed for American Indian audiences developed by the Seattle Indian Health Board, Urban Indian Health Institute, titled the “Weaving Project”. The Weaving Project objective is to educate participants on breast, cervical and colorectal health, self-examinations, importance of mammograms, and resources for needed services. The project provides opportunities for participants to learn in a culturally relevant, comfortable, and enjoyable environment.
OUR ADVISORY BOARDS

EXECUTIVE COMMUNITY ADVISORY BOARD

The Executive Community Advisory Board (ECAB) is comprised of community members representing Lawrence, KS, the Kansas City Metropolitan Area, Wichita, KS, Haskell Indian Nations University, the Prairie Band Potawatomi Nation, the Kickapoo Nation in Kansas, the Sac-n-Fox Nation of Missouri in Kansas and Nebraska, and the Iowa Tribe of Kansas and Nebraska. The ECAB meets monthly with us to provide guidance to the activities of AIHREA’s two primary organizations, the Center for American Indian Community Health at the University of Kansas Medical Center and the Center for American Indian Studies at Johnson County Community College.

Our 2013 ECAB members:

• **Bobbi Darnell** – Bobbi is a member of the Kickapoo Nation in Kansas. She currently serves as Treasurer on the Kickapoo Tribal Council. Bobbie resides in Horton, Kansas, with her family.

• **Charlene Flood-Johnson** – Charlene is a member of the Sac-n-Fox Nation and is a retired Business Doctorate, with a Ph.D. in Business Administration. Her interests include for-profit and non-profit help service programs and programs that are primarily designed for Native American progression.

• **Rita Barr** – Rita is a member of the Iowa Nation and has served multiple terms on the Iowa Tribal Council.

• **Ponca-We Victors** – Ponca-We is in the Kansas House of Representative, 103rd District of Wichita, KS. Currently, she is serving in her 2nd term. Rep. Victors is a member of the Ponca Tribe and Tohono O’odham Nation. When she is not in session, she is a Community Support Worker with the Wichita School District who works with children with behavior issues. She is the Ranking Minority Leader of the Agriculture Committee, a member of both the State and Tribal Relations Committee and the Federal and State Affairs Committee.

• **Joshua Mihesuah** – Josh resides in Baldwin City, Kansas, with his wife and two children. He is Comanche from Duncan, Oklahoma, and has worked in higher education for over 30 years at five universities. He has contributed many hours of community service in every community in which he has lived during his professional life. Currently, Josh is the Director of the Title III Department of Education Development Grant at Haskell Indian Nations University (HINU), in Lawrence, Kansas.

• **Virginia LeClere** – Virginia is a member of the Prairie Band Potawatomi Nation and a descendent of the Winnebago and Seneca-Cayuga tribes. She holds a MS degree in Management from Baker University. She is currently the Environmental Manager of the Prairie Band Potawatomi Division of Planning and Environmental Protection Program.

• **Sandra Victors** – Sandra is a member of the Ponca Tribe of Oklahoma. She is a graduate of Haskell Indian Junior College. Mrs. Victors has been a member of the Wichita American Indian community all her life. She has participated on many community boards and has helped with many activities. Both she and her husband Juan are retired. She is the proud mother of Shude, Greg, and Ponka-We, all of whom reside in Wichita, KS.

COMMUNITY ADVISORY BOARD

Our Community Advisory Board (CAB) meets quarterly to discuss research and is made up of 22 community members. The members are representatives from the Kansas City Metro Area, Lawrence, KS, Northeast Kansas, and Wichita, KS. At each meeting we discuss upcoming projects and give updates on existing initiatives. CAB members ask questions and give advice on the projects, such as recruitment ideas. At CAB meetings, we have breakout sessions during which CAB members provide feedback on specific topics that are of interest to them.

Our 2013 CAB members:

• **Mitch Battese** (Prairie Band Potawatomi)

• **Patty Battese** (Turtle Mountain Chippewa)

• **Nancy Blue**

• **Ron Brave**

• **Tiffany Buffalo**

• **Gaylene Crouser** (Standing Rock Sioux)

• **Anita Evans** (Prairie Band Potawatomi)

• **Deloris Fisher** (Northern Cheyenne)

• **Daniel Fisher** (Northern Cheyenne)

• **Nori Gaydusek** (Choctaw)

• **Denise Lawrence** (Kiowa & Comanche)

• **Robert Marley** (Cherokee)

• **Chris Molle** (Cherokee)

• **Julie Moore** (Seminole)

• **Arlene Negonsott** (Kickapoo)

• **Rose Pacheco** (Cherokee)

• **Laurie Ramirez** (Turtle Mountain Chippewa)

• **Marlene Stuart** (Confederated Tribes of Siletz Indians)

• **Thomas Stuart** (Confederated Tribes of Siletz Indians)

• **Juan Victors** (Tohono O’odham)

• **Candace Wishkeno** (Kickapoo)

• **Arlene Wahwausuk** (Prairie Band Potawatomi)
Joshua Mihesuah - ECAB
Ponca-We Victors - ECAB
Virgina LeClere - ECAB
Charlene Flood-Johnson - ECAB
CAB Meetings
Sandra Victors - ECAB
The AIHREA internship is a program for high school, college, and graduate students. This internship provides interns with hands-on experience working on research projects and service activities that address health disparities in American Indian communities. We now offer summer, fall, and spring semester internships. Selected interns are a mixture of American Indian and non-American Indian students. Applicants are required to fill out an online application, provide two letters of recommendation from their teachers/professors, submit transcripts and write an essay. Applicants are selected after an in-person or telephone interview.

The 8-week summer internship introduces student interns to the principles of community-based participatory research. Interns are paired with a mentor who provides guidance throughout the internship. The core of the internship is divided into 2 sessions that give interns the opportunity to work on 2 different research or service projects. Throughout the internship, interns attend lectures, receiving instruction from KUMC, JCCC, and CAICH faculty and staff in the areas of public health, academic research, American Indian health issues, cultural competence, and how to create poster presentations. Interns are also given opportunities to visit and become engaged with the communities AIHREA serves.

**Summer Interns 2013**
- Janelle Cronin, Navajo, Haskell Indian Nations University
- Asher Houlahan, University of Kansas
- Graham Ryan, Shawnee Mission East High School
- Holly Shildt, San Carlos Apache, Haskell Indian Nations University
- Callan Turner, University of Kansas
- Julian Wahnee, Comanche, Haskell Indian Nations University

**Fall Interns 2013**
- Julian Wahnee, Comanche, Haskell Indian Nations University
- Asher Houlahan, University of Kansas
- Bobbie Lynn Frederick, Lakota, Haskell Indian Nations University

**Spring Interns 2014**
- Janelle Cronin, Navajo, Haskell Indian Nations University
- Julian Wahnee, Comanche, Haskell Indian Nations University
AIHREA is developing a curriculum for American Indian students and parents to learn about the college application process. Curriculum is being led by the Center for American Indian Studies (CAIS) at Johnson County Community College (JCCC), in conjunction with the Cheyenne River Sioux Tribe in South Dakota and the Boys & Girls Clubs on local reservations.

This project expands on the Cheyenne River Sioux Tribe visit AIHREA made last summer. AIHREA interns and staff shared information about how to get into college. Educators and students expressed that they would like a college prep workshop held on the reservation.

The materials will be in a booklet design. They will be created for tribal communities based on the feedback we receive. There are also components for developing good study habits, what to expect after being accepted into college, and information on finding the right vocational-technical schools.

Right now, we are conducting community discussions around the topic of college prep. We want to hear how students and parents feel about the college process and what they need in order to be successful. It is our goal to be able to teach a college prep workshop this summer, and then improve the curriculum for the following summer.

Intern Janelle Cronin works on our college prep workshop.
For the last three years, AIHREA has held Community Research Forums (CRFs). A CRF is a way to share research results with community members while getting feedback on previous research and next steps. AIHREA has developed CRFs as a method for disseminating our research results to the community and bringing more community members to the table to provide their voices in future research projects.

CRFs have several ways of distributing information. We use posters and oral presentations to describe our current research programs. They also include break-out sessions where community members can provide input on current and future projects. In some cases, recruitment for new or continuing research projects may be done, but our emphasis remains on sharing our research results with the community and getting feedback.

We have been conducting CRFs for four years and have tried three different versions of the event. Each year has been better attended than the last, with better dissemination. Our first 2 years of CRFs followed the basic format of sharing posters, presenting research, and holding break-out sessions, but attendance lagged. We changed our format in year 3 in order to bring more community members together. The following years, we held CRFs in conjunction with a competition powwow, disseminating information with posters and announcements from the Master of Ceremonies (MC). In addition, throughout the day, we had team members give brief updates from the MC’s table. We also had “passports” that attendees brought to poster presenters to sign as they learned about their posters. Once a person had a certain number of signatures, he or she earned a shirt. Throughout the day, mini discussion groups about different topics were ongoing and community members could stop by any discussion and provide input. In return, participants received a small incentive (first aid kit, umbrella, etc.). We have found that far more sharing of our research occurs when using this format than other methods.

We continue to modify the event to better serve community members. The more familiar community members are with our research programs, the better feedback we receive. This allows us to make specific changes or improvements to our programs. The type of feedback from the community has varied by the type of event, including a change from group-based feedback to individual feedback, all of which has been extremely beneficial to the research process.
Another Successful AIHREA Our Nations’ Energies Health and Wellness Pow Wow!

Our 2013 pow wow was a huge success! We were able to provide nearly 1500 health screenings to people free of charge! Our main purpose for our pow wow is providing these health screenings so that people can take charge of their health. Always feel free to call us to ask us for help finding low cost medical care or to help you navigate the health system. We are here to help with that!
Our dance and drum competition was also a success. This year's winners are as follows:

**Drum contest**
- 1st: Meskawki Nation
- 2nd: Omaha Standing Eagle
- 3rd: Urban Crew

**Men's Golden Age**
- 1st: Wayne Pushetonequa
- 2nd: Sidney Keanna
- 3rd: Tim Robinson

**Women's Golden Age**
- 1st: Annamae Pushetonequa
- 2nd: Carmen Clairmont
- 3rd: Karen Wahwasuck

**Women's Cloth**
- 1st: Darryl Monteau
- 2nd: Erica Moore
- 3rd: Denise Lawrence

**Women's Buckskin**
- 1st: Charish Toehay
- 2nd: Denise Tiger-Haury
- 3rd: Jamie Jon Whiteshirt

**Women's Jingle**
- 1st: Ryanna White
- 2nd: Winona Kingbird
- 3rd: Kelly Walker

**Women's Fancy Shawl**
- 1st: Bobbi Lynn Frederick
- 2nd: Nahmi Lasley
- 3rd: Naomi Nevaquaya

**Men's Northern Traditional**
- 1st: BJ Haury
- 2nd: Shanan LeRoy
- 3rd: Tribly Wahwasuck

**Men's Southern Straight**
- 1st: Eagleboy Whiteshield
- 2nd: Bj Moses
- 3rd: Robert McClellan, Jr.

**Men's Grass**
- 1st: Freddy Gipp
- 2nd: Tokeya Richardson

**Men's Fancy**
- 1st: Canku One Star
- 2nd: Tyler Laslay
- 3rd: David Tyndall

**Men's Chicken**
- 1st: CC Whitewolf
- 2nd: Isaiah Stewart
- 3rd: Brady Tapedo

**Junior Girls' Buckskin and Cloth**
- 1st: Latesha Robertson
- 2nd: Xochitl Vargas
- 3rd: Jamie Colvin

**Junior Girls' Fancy Shawl and Jingle**
- 1st: Alicia Scholfield
- 2nd: Star Her Many Horses
- 3rd: Shaundeen Smith

**Junior Boys' Traditional and Straight**
- 1st: Tristan Lasley
- 2nd: Brycen Whiteshirt
- 3rd: Misan Clairmont

**Junior Boys' Grass and Fancy**
- 1st: Tyrin Lasley
- 2nd: Sunnay Boy Downing
- 3rd: Daniel Scholfield

**Hand Drum**
- One person: Jason Kingbird
- Two person: Mikey Sioux and Sophie Teller

Junior Boys' Grass & Fancy Winners (left to right): Tyrin Lasley, Sonny Boy Downing, and Daniel Scholfield.

Men's Golden Age Winners (left to right): Wayne Pushetonequa, Sidney Keanna, and Tim Robinson.

Women's Buckskin Winners (left to right): Jamie Jon Whiteshirt, Denise Tiger-Haury, and Charish Toehay.

Place Drum Contest: Meskwaki Nation.
In 2013, we were honored to see three of our young scholars graduate with their master’s degrees. Two of our graduates were Susan G. Komen for the Cure scholars who received their Master of Public Health with a concentration in environmental health at the University of Kansas Medical Center. Our other graduate received his Master of Arts in indigenous studies at the University of Kansas.

Tara Hammer (Cherokee Nation): Tara's work focused on establishing a stronger link between breast cancer occurrence, specifically in rural communities. Her final project focused on exposure to atrazine, a commonly used pesticide on corn crops and diagnosis of breast cancer. She collected air, soil, and water samples to test for the presence of atrazine on the Kickapoo Tribe in Kansas’s reservation. Additionally, she collected rates of breast cancer from the Kickapoo Health Center and the Indian Health Services. With the help of the Children’s Mercy Hospital’s Allergy, Asthma & Immunology Lab, Tara analyzed her samples and found the presence of atrazine throughout the reservation. Tara would like to thank the Kickapoo Tribe in Kansas, CMH, and CAICH for support and guidance in her project. Today, Tara is working for The University of Kansas Medical Center’s Department of Family Medicine as a Research Associate. Tara is assisting with multiple projects aimed at getting American Indians screened for cancer.

Joseph Pacheco (Cherokee of Oklahoma and Quechua): Joseph’s work focused on male breast cancer awareness. His final project was to design a brochure and a website focused on male breast cancer. The brochures were created based on requests from local American Indian community members and the educational materials were tailored to fit the local population. Feedback on the brochure and website was collected at pow wows, health fairs, and other community events. The comments were analyzed and major themes were identified. Recurring themes and corrections were incorporated into the educational materials. A graphic and web design expert will be consulted before final dissemination of materials to the AI community. In addition to the creation of the educational brochures, Joseph was instrumental in spearheading CAICH’s first annual Steps to Saving Lives Breast Cancer Awareness Walk. Today, Joseph is a Research Associate with CAICH and serves as the Project Manager for a web-based quit smoking program for tribal college students. This project will be launched with Salish Kootenai College in Pablo, MT.

Ed Smith (Osage): Ed’s work focused on examining history and anthropology texts and museum exhibits on the Osage People to look at how Osage People are represented in these works. His master’s thesis was titled “Who We Were, Is Not Who We Are: Wa.zha.zhe Representations, 1960-2010”. His study’s primary objective was to point out gaps in the overall research available on the Osage and how those gaps have led to misconceptions about who Osage People are today. He hopes to expand his thesis to include works prior to 1960 and to update an annotated bibliography on the Osage that was compiled by Dr. Terry Wilson 20 years ago. This will aid other researchers interested in studying Osage People by providing them with a starting point for future research that can be beneficial to the tribe. Today, Ed is currently employed by CAIS as a Research Project Coordinator. He works on the All Nations Breath of Life Smoking cessation project, the Native 24/7 ethnic identity study, and coordinates the AIHREA community garden at JCCC.

2013 AIHREA Scholarship Recipients:

Renee Cleveland
Matthew Frank
Katy Gorman
Ashley Johnson
Amanda Skenadore
Janelle Cronin
Ashley Johnson
Tanner Mihesuah
WHERE DOES THE MONEY GO?

We are often asked where all of AIHREA's grant money goes and we do not want to hide this information. There are several categories of funding:

- Personnel Salaries – faculty and staff (including fringe benefits)
- Consultant Costs – honorariums and travel expenses for Community Advisory Board members and scientific consultants
- Subcontracts – money that goes outside of KUMC
- Travel – conferences (registration fees & travel expenses), community events, health screening events, travel required for research projects (rental vehicles, mileage)
- Supplies – research project supplies or health screening items, office supplies, postage, computers, AV equipment
- Scholarships – books, tuition, educational training, software
- Community Grants – Building Healthy Communities, It Pays to Be Healthy (grants provided to AI student organizations)
- Community Events – powwows, booth rental, youth events, community give-a-ways
- Other – building rentals for events, postage, website fees, etc.
- Participant Incentives – gift cards, research participant payments
- Research Materials – quit smoking medicine, health screening equipment
- Overhead Costs – administration cost, lights, phone, copier, etc.

The majority of our grant dollars go to KUMC through their Research Institute, who manages the money. 15% of our money is subcontracted to other organizations, including Johnson County Community College and the University of Oklahoma Health Sciences Center. The two graphs on this page represent the percent of our total $2,922,079 that goes to each category. The first graph shows how our total dollars are spent, which includes 27% overhead. This 27% goes directly to KUMC for overhead costs; 80% of these dollars are never seen by AIHREA. The other 20% of them are used for things like phone bills, Internet connections, photocopy machine rental, etc., by AIHREA. These overhead costs that go directly to institutions are typical of most grants, including all grants funded by the National Institutes of Health, our primary funder. The second graph shows our budget after the overhead and how we spend the money.
Academic Publications


Poster Presentations at Conferences and Community Events


Oral Presentations at Academic Conferences


Yeh HW, Gajewski BJ, Choi WS, Daley CM. “Modeling smoking and heaping patterns in self-reported cigarette numbers by a finite mixture approach.” SPEED section, Joint Statistical Meetings, Montreal, Q.C., Canada, August 3 – August 8, 2013.