

Choctaw Nation Of Oklahoma

Healthy Lifestyles

Task Force

2004

Activities/Outcomes

Goal #1: Implement the Indian Health Service Standards of Care for Diabetes

- Dr. Bonin has provided initial education and continuing education will be provided
- IHS standards of care distributed to all providers and posted in exam room
- Provide In-service to Providers on IHS Standards of Care: Dr. Bonin has give one in-service and more education will be provided in November 2004.
- Provide Diabetes Audit and review every quarter: Individual provider audits for baseline distributed to providers in December 2003. Quarterly audits continue without full distribution as we are reexamining provider list to include those responsible for diabetes care (i.e. Family Practice, Internal Medicine, and DWC). March – July 2004 will be distributed October 2004. July – October will be distributed December 2004.
- Perform diabetes audit for: CNHSA, Primary Care Clinics, Primary Care Providers: Done and continues quarterly. See Above
- Case Management at each Primary Care Clinic: Family Practice case manager should be on board by the first to middle of August. Will start November 2004
- Implement “Best Practices” for Cholesterol control, blood sugar control and blood pressure control: Dr. Orfino is currently working on Clinical Pathway for Cholesterol. Will institute guideline for hypercholesterolemia in November 2004. More Evidence Based Medicine (EBM) guidelines will be instituted system wide, hopefully by January 2005.

Goal #2: Develop and enhance community activities

- Health Screenings for Walk this Weigh events, which is a social marketing campaign in partnership with the Oklahoma Turning Point Coalition to promote physical activity and weight loss.
- 5K Runs in Talihina, Durant, Hugo, Tuskahoma, Skullyville (WTW)
- Drug Education programs in area communities (Antlers, Coalgate, Atoka)
- Community Coalition Member which allows Choctaw Nation to partner with other state agencies, business owners, community members in providing events and education to develop a healthier community. (ABC Community Coalition, Partnership for Change, Choctaw County Coalition, Believers in Boswell, Push County Turning Point Coalition)
- Community Coalition-Summer Arts Camp educating youth on the fundamentals of arts.
- Developed strategies on forming new community coalitions through out the Choctaw Nation
- Involvement with communities on developing and enhancing walking trails, skateboard parks, baseball fields all areas promoting physical exercise.
- Through the Push County Turning Point Coalition partnership, a program was developed to better educate our communities on the effects of alcohol. This program utilizes a golf cart and drunk driving goggles to show individuals the effect that alcohol has on them. This program will be utilized through out the Choctaw Nation.
- Developed walking programs with area community centers.
- Partnered with area coalitions for applications of Tobacco Settlement Endowment Trust Grants.
- Involvement with communities for health education booths at County Fairs

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Goal #3: Implement Project Child, a school based preventative health program

- Funding was secured for Project Child with 2 employees, Todd Baughman and Martina Hawkins
- The program was first implemented in the Tuskahoma School and a total of 46 students participating.
- Schools to participate this year: Soper, Caddo, Eagletown, Stuart, Calvin, Kiowa, Frink, (waiting on response from Haywood & Haileyville)
- Pre & Post test will be given and teachers will be supplied with literature for the future in regards to curriculum discussed.
- The curriculum is as follows:

k-2nd Grade

Infection Control/Stop the spread of germs
Hygiene/Dental, hand washing and bathing
Bullying/Why not to be a bully

3rd – 4th Grade

Bullying/What to do about bullying
Physical Activeness
Tobacco/Why not to start

5th – 6th Grade

Tobacco Use/Risks and reasons not to start
Alcohol and Drug Awareness
Peer Pressure

7th – 8th Grade

Drug and Alcohol Awareness/Facts
Tobacco Use
S.T.D.s
Teen Pregnancy
Peer Pressure

Goal #4: Implement Diabetes Detection Initiative (DDI)

A total of 73,252 surveys were dispersed through health fairs, communities, and the Bishinik. The Community Diabetes Educators held DDI events at 85 sites in Choctaw Nation areas.

- 1690 Native Americans responded at the events
- 725 scored greater than 10 on the survey with 986 performing the FSBS
- 68 individuals were mailed follow up letters to be seen by a physician
- 11 were diagnosed with Diabetes
- 11 saw physicians and not diagnosed with Diabetes
- 8 with pending appointments. Due to no insurance, 1 individual was unable to see a physician. Individual was provided with information on free clinic and services in her area. 1 refused to see physician. 28 people have not responded to follow-up after three attempts to contact them regarding diagnosis.

Labor Day Results:

- 409 Surveys dispersed
320 Surveys completed
128 Scored greater than 10
192 Scored less than 10
7 individuals were mailed a letter, needing follow-up with physician

Diabetes Detection Initiative Symposium will be held in Washington, D.C. in November, individuals involved in the project will discuss successes and failures. Choctaw Nation was a pilot site for the DDI and the successes and failures learned will assist in future DDI initiatives.

Choctaw Nation Youth Advisory Board

- Choctaw Nation Youth Advisory Board meets quarterly to develop ideas on promoting healthier lifestyles for our youth. These individuals have become an active role in community events and a role model for other area youth.

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- Members of the Youth Advisory Board were mentors and helpers with the Leadership Through Traditions Youth Camp that was at Jones Academy this past summer.
- Members assisted with the Drug Seminar that was held at the Choctaw Community Center in Antlers.
- Members have assisted with area walks promoting exercise in the communities.
- Members played an active part in Project Falummichechi:(partner with Choctaw Nation Children and Family Services and Claire Richard (Oklahoma City Youth). Claire developed this project, which will raise awareness of 2nd grade students that hitting is not right and that resources are available to help if they experience or know of such abuse. Area students will be trained to provide messages to 2nd grade once a month through out the school year. This project will be implemented in October at the following schools: Bennington, Atoka, Broken Bow, Caddo, Wright City, and Hugo. Some members of the Youth Advisory Board will be acting as mentors for area school.

Other Projects implemented by the Task Force:

- Chief Pyle Fitness Challenge: This initiative educates and promotes to employees of the Choctaw Nation the importance of exercise and nutrition. There are a total of 16 teams with 10 members on each team.
- Media Campaigns to raise awareness of the importance of healthy living through television, radio and currently developing billboards.
- Diabetes Cookbook: This cookbook was developed thru a recipe contest and will provide individuals with tools necessary in preparing a diabetic meal.
- Poster Contest: K-12th grade students through out the Choctaw Nation participated in this contest. The winning posters of the contest are displayed in facilities throughout the Choctaw Nation which allows the awareness to be raised on the importance of a “Healthy Lifestyle”
- Placed playground equipment at each health care facility to promote physical activity.
- Implemented diabetes prevention program in the public school systems for 5th grade students.
- Trail of Tears virtual walk
- 3rd grade school program
- Implemented nutrition and exercise program at Jones Academy
- Strengthened relationships/collaborations with outside entities. Ex. OUHSC, OSDH, Turning Point, CDC, and IHS
- Health fairs
- Health Education Sessions for employees (WTW)
- Fitness Rooms in Community Centers
- Leadership Through Tradition Youth Camp: Targeted children ages 10-15, educating them on abstinence, drugs/alcohol, morals, and Choctaw Traditions.
- Monthly Bishinik Article promoting healthy lifestyles Monthly Healthy Lifestyles Newsletter

Future Plans

- Expand Partnerships
- Communication
- Community Involvement/ Community survey of existing coalitions on developing healthy lifestyle combating CVD, Cancer, Diabetes.
- Education & Training/Develop curriculum for CVD, Diabetes, and Cancer to be utilized by all Choctaw Nation Health System.
- Clinical/Establish baseline data for CVD, Diabetes, Cancer & Implement Evidence Base Medicine
- Funding/Establish ongoing funding committee
- Promote Physical Fitness & Nutrition Initiative Programs/Initiative

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Participants

- Chief Gregory E. Pyle
- CN Headstart
- CN Indian Child Welfare/Family Services
- CN LIHEAP
- CN WIC
- CN Food Distribution
- CN Community Health Representatives
- CN Adult Education
- CN Upward Bound
- CN Public Relations
- Bishinik/Tribal Newspaper
- CN Higher Education
- CN WIA
- CN Child Care Assistance
- CN Nutrition Elderly Service
- CN Johnson O'Malley
- CN Diabetes Nurse Educators
- Oklahoma State Department of Health
- REACH 2010
- Core Capacity
- CN Nutritionist
- CN Marketing
- CN Operations & Management
- CN Community Based Social Workers
- Chi-hullo-li
- CN Recovery Center
- CN Vocational Rehabilitation
- CN Diabetes Wellness Center
- CN Preventative Health
- Project Child
- CN Housing Authority
- CN Director of Nursing
- Choctaw Nation Hospital Administrator
- Choctaw Nation Executive Director of Health
- Choctaw Nation Tribal Council Member
- Choctaw Nation Youth Advisory Board
- VISTA Volunteer
- Deputy Administrator of Southern Region of Choctaw Nation Health Services
- Deputy Administration of Northern Region of Choctaw Nation Health Services
- Choctaw Nation Grants Coordinator
- CN Health Service Authority Physicians