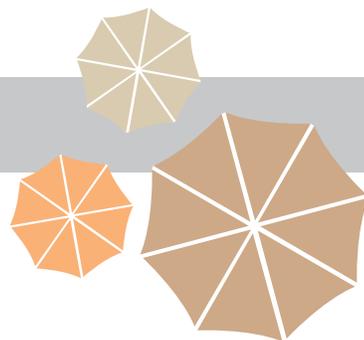




December 2012



In this Issue

Page 1-2, 4-5
What's New at the
Center

Page 3
Message from the
Director

Page 6
Special Feature

Page 7
Up Close &
Research Update

Page 8-11
Research Update

Oregon Health & Science University Center for Healthy Communities

3181 SW Sam Jackson
Park Rd., CB669
Portland, Oregon
97239
503.494.1126
Fax 503.494.7536
www.oregonprc.org
oregonprc@ohsu.edu



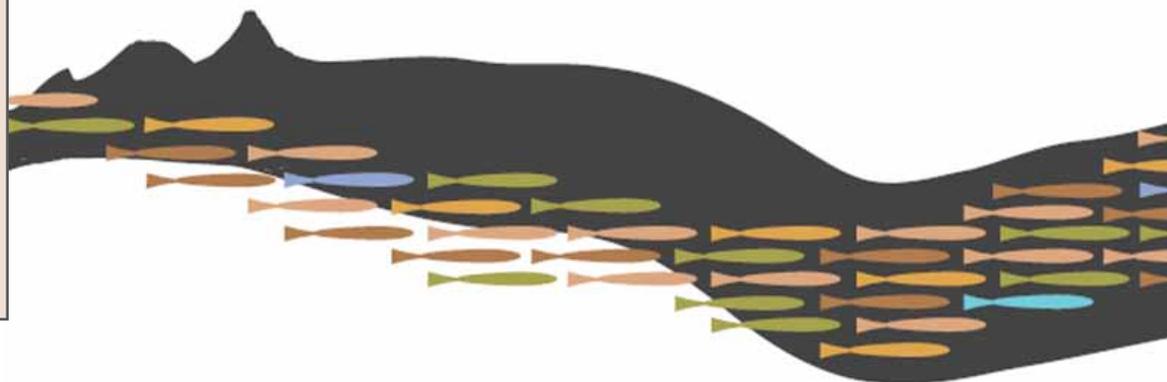
What's New at the Center

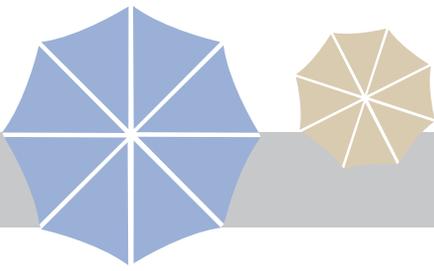
2012 Summer Research Training Institute for American Indian and Alaska Native Health Professionals, June 11-28, 2012

Contributed by Jessica RB Kennedy

Once again, the Center for Healthy Communities, in partnership with the Northwest Portland Area Indian Health Board (NPAIHB), can celebrate another successful Summer Institute! In June, our Summer Institute hosted 90 individuals from around the country to participate in the three-week training. 78% of participants were tribally-affiliated and all were working on Native health issues. Course evaluations and student feedback were quite positive and plans for the upcoming year are already underway.

Thirteen classes were offered over the three-week period at NPAIHB and OHSU. Each participant was able to pick-and-choose their own, individualized course schedule. Course instructors were diverse in their areas of expertise of Indian health and included faculty and staff from the State Health Department, Indian Health Service, Portland State University, University of New Mexico, National Indian Child Welfare Association, University of Kentucky, Native American Cancer Institute, Seattle Indian Health Board, NPAIHB —*Continued on next page*





Continued from previous page— and OHSU. This year we were lucky to have the Honorable Elizabeth Furse, former House of Representatives member and champion for American Indian policy, co-instruct the Indian Health Policy and Emerging Issues class.

We thank all our instructors, staff, volunteers, and students for contributing to another great year. Save the dates for the next Summer Institute, June 10-28, 2013!

Photos from the 2012 Summer Research Training Institute for American Indian and Alaska Native Health Professionals



Kevin Winthrop, MD, MPH, instructing Outbreak Investigation Epidemiology



Jim Roberts, NPAIHB, and the Honorable Elizabeth Furse instructing the course, Indian Health Policy and Emerging Issues



John Stull, MD, MPH instructing the course, Epidemiology Methods



Students in the course, Questionnaire Design & EpiData, instructed by Bill Lambert, PhD



Thomas M. Becker, MD, PhD,
Director

Message from the Director

Dear colleagues:

I wanted to share some experiences with you from two conferences in Alaska I recently attended, as we do not often get to see public health research that has a focus on health issues in such remote locations.

The first conference in Anchorage was sponsored by the Association for American Indian Physicians and the Center for Native and Pacific Health Disparities Research. It included a substantial number of people with interests in both clinical medicine and public health affecting native peoples. For Alaska Natives, the challenges are enormous, since most of the remote villages are without major medical centers or even roads to connect the villages to each other. Some of the solutions to clinical challenges and public health concerns include provision of advanced training to lay people in the villages. This strategy seems to be very successful, and prevention has become one of the thrusts for the remote village-based providers in clinical and public health settings.

At the Circumpolar Health Conference in Fairbanks, researchers and Inuit participants came from all of the circumpolar nations, including the Scandinavian countries, Russia, Greenland, Canada, and Alaska. Approximately 550 attendees participated in a lively six day symposium that had a strong focus on environmental changes and circumpolar health of humans and animals. I have rarely seen such passion among researchers at any medical or public health meeting, and would encourage you to attend the once-every-three-year meeting if you get the chance. I was fascinated to learn that 4 million people live above the Arctic Circle, struggling with public health problems such as substance abuse, suicide, mental health issues, frostbite and other temperature-related injuries, snowmobile injuries, and occasional run-ins with bears and other creatures that are higher up on the food chain than humans!

Clearly, putting prevention programs into place in these remote Arctic villages adds a further dimension of difficulty for public health practitioners. Similarly, epidemiologic researchers must be particularly committed, and especially tenacious, to conduct health-related research at the ends of the earth. Some of the participants' stories made things sound very tame here in Oregon!

On the way back home, I stopped in Denali National Park, and avoided being attacked by the local grizzlies. While there, however, the food chain hierarchy situation did not escape me; hiking in Denali Park was the first hiking experience that I ever had when I spent more time and energy looking over my shoulder than in watching the trail.

I hope you enjoy this version of our newsletter.

A handwritten signature in black ink that reads "Becker".

Tom Becker

Centers for Disease Control and Prevention Site Visit September 17-19, 2012

Our Center hosted Program Officers from the CDC office in Atlanta from Monday, September 17th through the 19th. We were excited to share our projects and collaborations with our Project Officers: Danielle Ross, Health Scientist; Michele Hoover, Public Health Advisor; and Diane Green, Health Scientist.

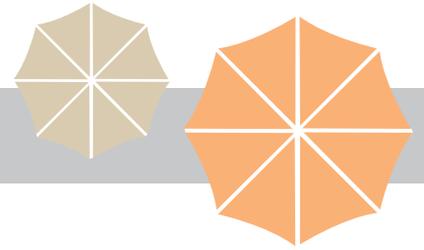
We started our day by introducing our CDC guests to our newest partners at the Native American Youth and Family Center (NAYA)

where they learned about our partnership implementing our Core research project and where we see opportunities for future collaborations. Matt Morton, Executive Director, and Cori Matthews, Education Director presented the organizational history and vision of NAYA and then escorted the CDC staff on a tour of the NAYA campus, where they were able to experience the depth of their services.

After meeting with Jeannette Mladenovic, OHSU



Left to right: Linda Howarth and Carol Sahme hang a Listen for Life project banner during the site visit on the reservation.



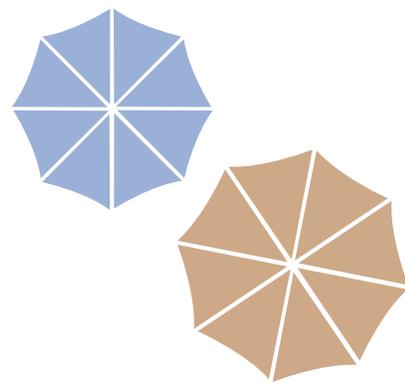
Provost, we headed to the Northwest Portland Area Indian Health Board (NPAIHB), our Center's main partner. There, we introduced Administrative Officer Jacqueline Left Hand Bull and Project Directors over a round table discussion on the Center's Collaborative projects with NPAIHB including the Native CARS project, Native VOICES Adaptation project, Colorectal Cancer Screening toolkit, and the HEY project. We also shared success stories from our NARCH training programs.

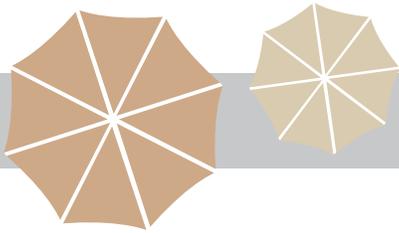
Day two of the site visit consisted of a trip to our first intervention community here in the Pacific Northwest. Bill Lambert, Billy Martin, Linda Howarth, Ga-lo Vann, and Susan Griest accompanied our three guests to the reservation where they learned more about our Core research, the Listen for Life campaign. The group met at the new casino where the CDC project officers were introduced to our two community champions who have been involved with the program since its inception and now lead efforts in the community to continue the Listen for Life campaign. A visit to the Tribal Museum wrapped up the afternoon before the journey back to Portland.

On day three of the site visit we were joined by the Devers Eye Institute team, Steve Mansberger, Cory VanAlstine, and Gordon Barker. The day was devoted to our Comparative Effectiveness of Telemedicine to Detect Diabetic Retinopathy project. We spent the day discussing the wrap up of data collection, preliminary results of the

long-term effectiveness of telemedicine to detect diabetic retinopathy, and the cost-effectiveness of the telemedicine system. We also presented the final results of the Compliance with Annual Diabetic Eye Exams Survey. As a group, we planned future dissemination efforts of the telemedicine system. Our site visit concluded with a visit with Legacy Research Institute leadership and a tour of Devers Eye Institute.

We had a great time hosting our CDC officers and look forward to their next visit.





Special Feature: Partnership with Knight Cancer Institute

Thomas M. Becker, the Center's director, is serving as the first recipient of the Charles and Velma Sharp Professorship, offered through the Knight Cancer Institute at Oregon Health & Science University (OHSU) School of Medicine. The professorship is offered to a physician who is interested in public health with a particular emphasis on cancer prevention. During the past year, Dr. Becker has been involved in several different activities related to cancer prevention, while maintaining the mission of the Center to address health promotion and chronic disease prevention among tribal peoples in the Northwest. His activities include the following:

- Completion of data collection for a tribal cancer risk factor study among members of a large Oregon tribe
- Analysis of data for a second tribal cancer risk factor study in a Washington tribe
- Examination of colorectal cancer survivorship among tribal people in the three Pacific Northwest states
- Design and implementation of a summer cancer prevention and control course for tribal researchers and tribal health workers, with Dr. Charles Wiggins of University of New Mexico
- Assisting the Northwest Tribal Comprehensive Cancer Program with a clinicians' cancer update, aimed at Indian Health Service and clinicians in the Northwest
- Assisting with cancer community outreach events locally at tribal and other venues
- Participation on a statewide working group on cancer prevention and control
- Collaboration on analysis of nationwide data on cervical cancer among tribal people, nationwide
- Assisting with recruitment of a cancer prevention and control program leader for the Knight Cancer Institute

Dr. Becker is honored to receive this award and hopes to make great strides in cancer prevention. He strives to live up to the expectations of Dr. and Mrs. Sharp and family who made this award possible.

For more information on the Knight Cancer Institute, please visit www.ohsu.edu/cancer.



Up Close with Gordon Barker



Gordon Barker is the newest member of the research team at Devers Eye Institute, and he is involved in the telemedicine research with OHSU and Dr. Mansberger. Gordon was born and raised in Portland, Oregon and earned his bachelor's degree in psychology at Pacific University. After college he worked at an inpatient drug and alcohol rehabilitation clinic for teenagers in Pocatello, Idaho. Prior to starting work at Devers Eye Institute, Gordon obtained his master's degree in experimental psychology from Western Washington University. Gordon currently lives in Hillsboro, Oregon with his wife and their new kitten. In his spare time he enjoys watching sports, hiking, and cooking.

Research Update:

Comparative Effectiveness of Telemedicine to Detect Diabetic Retinopathy

Contributed by Christina Shepler

The main goal of the Comparative Effectiveness Research (CER) Project is to determine whether our innovative telemedicine system is effective in increasing the proportion of patients with diabetes that are screened annually for diabetic retinopathy when compared to traditional methods, such as having an eye exam in an eye care provider's office. The project also aims to identify the health belief factors related to receiving annual diabetic eye exams and to determine whether the telemedicine approach to screening is more cost-effective than traditional surveillance.

The CER Project is now more than 90% complete. Our two partners completed the data collection phase of the project in June. We have begun data analysis, and are currently in the process of preparing several manuscripts for publication. While the project was scheduled to end in July, we received a nine-month no-cost extension to ensure

an orderly close out of study-related activities. We also recently held four community forums (two at each site) to share the preliminary study results. Approximately 70 participants, clinic staff, and medical providers attended our Pacific Northwest site, and approximately 160 attended our Midwest site.

While the CER Project is coming to a close, we plan to continue our efforts to prevent vision loss in patients with diabetes. Our future goals include acquiring additional grant funding that will allow us to implement our telemedicine system in primary care clinics. We believe that offering diabetic retinopathy screening exams via telemedicine in primary care clinics will increase the proportion of diabetics that are screened each year. We are also hoping that the results of this study will contribute to changes in national and state guidelines in the delivery of diabetic eye exams.



Noise-induced Hearing Loss Prevention Project

The primary goal of this five-year project is to present a community-wide hearing loss prevention campaign titled Listen for Life to three Native communities in the Pacific Northwest. An important part of that goal is to support and assist each community to take control of their own hearing health campaign for future sustainability. The activities developed and evaluated by the Dangerous Decibels program are used throughout the project.

In each community the project team has gone to the classrooms to teach 4th and 5th grade students about hearing health and protecting hearing. A community event took place to bring parents, friends, and students together to learn about protecting hearing. At

the same time the local media was used to broadcast through radio, newspapers, and newsletters about the issues. Throughout this time, baseline, post-intervention, and followup surveys have been done.

Two community members have been trained in our first intervention site and will present the Dangerous Decibel classroom program to students for the second year. This community continues to provide hearing protection education through health fairs and in the classroom by using a table-top interactive exhibit called How Loud is Too Loud. The community has also strategically placed three large Listen for Life banners throughout the area as well as airing our PSAs continually throughout the last

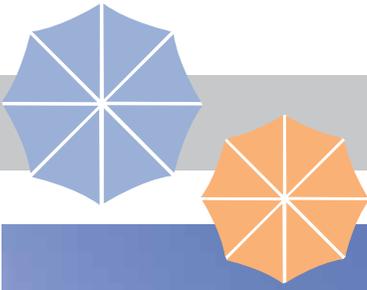


two years when we had just requested one month each year. We are excited to watch this community take ownership of the Listen for Life campaign and look forward to working with our other two communities to do the same.

The Dangerous Decibels program presents an Educator Training Workshop several times a year at various locations around the country. The Portland workshop takes place in August each year. Last year, project scholarships enabled two members from our first Pacific Northwest community to attend the training. This August, two members of our second

community attended the two-day training and with just a little more practice will be ready to present the classroom program in their community schools. We will work with and support them to continue the project in their community with banners and display boards and any other assistance they request. We hope to have volunteers from our newest community attend the next Portland Workshop.





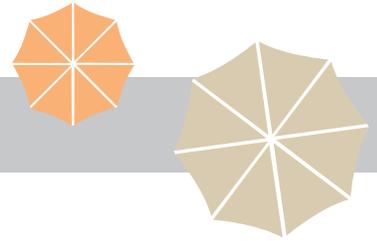
Native STAND Finishes a Successful Three Years

By Bill Lambert, Project Director

Early pregnancy and STDs, including HIV, too frequently mark turning points in the lives of American Indian youth. The Healthy & Empowered Youth (HEY) Project is a health promotion and life skills curriculum that combines classroom activities with filmmaking to enable tribal youth to learn and share their knowledge and experience with peers. The youth development activities are lead by Nichole Hildebrandt, the project manager, and Angela Mendez of Tribal Health and Human Services. Carol Grimes and Stephanie Craig Rushing of the Northwest Portland Area Indian Health Board provide program evaluation. HEY uses an enhanced version of the Native STAND curriculum – Students Together Against Negative Decisions – which incorporates American Indian tradition and culture to address STDs, HIV, healthy relationships, and teen pregnancy, while focusing on healthy decision-making. This validated curriculum is available to any group that wishes to use it at <http://www.nativestand.com/>, including downloadable copies of

the Facilitator’s Manual, Peer Educator Manual, and a Resource Manual.

The youth who participated in the 3-year long HEY Project showed positive changes in their behaviors. Girls reported increases in use of condoms, as well as testing for STDs. Boys too were more likely to get tested for STDs after completing the program. Junior high boys reported more condom use, though no difference was observed in high school boys before and after receiving the program. Overall, the curriculum raised awareness and got youth thinking about sexual health in ways that had meaning for them. One of the health education teachers said, “The STD quiz [was especially effective]... myths and misconceptions are always kind of eye opening for the kids... it generates a lot of discussion and they are kind of surprised by some of the information.” A junior high school girl remarked, “It affected my cultural identity, like who I am. We did Native American stories, like Butterfly Man - that’s about



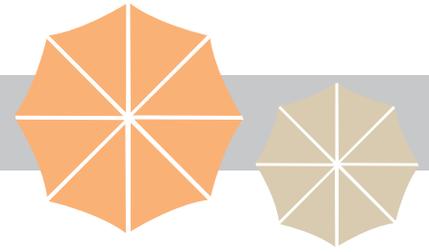
teen pregnancy.”

Teaching filmmaking to the youth provided them with opportunities to express themselves and to share messages with other youth. In total, over 50 short films were produced, and they continue to be posted on YouTube (see “HEYProject1”), Facebook (look for Healthy and Empowered Youth), and the web pages NativeSTAND.org and We R Native. Nichole Hildebrandt noted the power of filmmaking for the HEY Project youth, “The youth first learn healthy practices in the classroom in the Native STAND. Then they think about how to share this knowledge with other youth, and how to tell this story on film. Then they write the script, act, and edit the videos. So they really think about the health messages four times, not just once in the classroom.”

At the end of the school year, the HEY Project youth, their families and friends, and tribal leadership celebrated the success of the program at a special screening of the student films at a local movie theater. The students proudly shared their films at this evening event with families, friends, and tribal leaders. The accomplishments of the students were highlighted, including stories of personal growth, success in school, and aspirations for the future. Although grant funding from the DHHS Office of Minority Health has ended, the tribe and school are planning ways to continue the HEY Project as part of their curriculum and student programs.

For more information on the HEY Project, please contact Bill Lambert at lambertw@ohsu.edu.





The Team

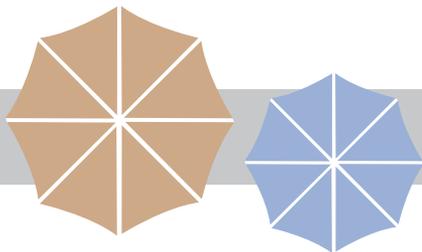
DirectorThomas Becker, MD, PhD
 Associate DirectorWilliam Lambert, PhD
 Program ManagerTosha Zaback, MPH
 Research Assistant.....Jessica Kennedy, BS
 Investigator, NIHLP Project.....William Martin, PhD
 Program Manager, NIHLP Project.....Linda Howarth, BA
 Research Assistant, NIHLP Project.....Ga-lo Vann
 Investigator, CER Project.....Steven Mansberger, MD, MPH
 Research Associate, CER Project.....Christina Sheppler, PhD
 Research Assistant, CER Project.....Cory VanAlstine, BA
 Research Assistant, CER Project.....Gordon Barker, MS
 Investigator, Native CARS Project.....Jodi Lapidus, PhD
 Investigator, VOICES.....Stephanie Craig Rushing, PhD, MPH
 Project Manager, VOICES.....Wendee Gardner, MPH

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Oregon Health & Science University
Center for Healthy Communities
 3181 SW Sam Jackson Park Rd, CB669
 Portland, Oregon 97239



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