

# Sacred Life

Wiconi Wakan



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## SAVE THE DATE

**September 10  
9AM-12PM MST**

The 6th Annual Good Health and Community Wellness Symposium will be hosted virtually this year. This year's symposium will feature Great Plains tribes approaches to health promotion and disease prevention through strategies that include increased purchasing of healthy foods, increased access to breastfeeding, reducing the prevalence of commercial tobacco use, and reducing the incidence of type 2 diabetes to help reduce the burden of chronic disease and improve health in the Great Plains tribal communities. Alongside Great Plains tribal program spotlights, this event will also feature guest speakers in the featured topics of health promotion and disease prevention.

Please direct all questions to Shannon Udy at [shannon.udy@gptchb.org](mailto:shannon.udy@gptchb.org)

### APPLY NOW for the Great Plains Good Health and Wellness Grant

The Great Plains Good Health and Wellness (GPGPWH) Program is pleased to announce they are taking applications to award up to two new projects to reduce and prevent the occurrence of heart disease and stroke and type 2 diabetes among the American Indians in the Great Plains region. This funding opportunity will be used to increase the number of tribes within the Great Plains area who implement evidence-informed and culturally adapted policy, system and environmental change, or community clinical linkage to; prevent and control commercial tobacco use, support type 2 diabetes prevention and support heart disease and stroke prevention. It is anticipated that two awards will be available for the 2020-2021 funding cycle. APPLICATIONS ARE DUE SEPTEMBER 18, 2020. If you are interested in applying or have questions, please contact Program Manager Jennifer Williams at [jennifer.williams@gptchb.org](mailto:jennifer.williams@gptchb.org).



# Tribal Partners Making Policy, System & Environmental (PSE) Changes

## Santee Health and Wellness Center



The Santee Sioux Nation is headquartered in Niobrara, Nebraska and is home to the Santee Health and Wellness Center. Director of Community Outreach and Registered Nurse Jennifer Cole and Wellness Center Director Michael Henry, Jr. shared their community-clinical linkage (CCL) work recently as part of the Great Plains Good Health and Wellness Program Community Health Webinar Series.

When the COVID-19 pandemic disrupted traditional work plans and work flows, the Santee Health & Wellness Center innovatively adapted their health education efforts to increase connections between their community and clinical sectors. This collaborative team consisting of a wellness center director, nurse, health educator/lifestyle coach, strength and conditioning coach/motivational speaker and culinary food and wellness instructor who re-prioritized community clinical linkages to effectively approach chronic disease prevention.

The Santee Sioux Tribe COVID-19 response had schools shut down, cancelled group gatherings/social distance enforcement and boarder security. Due to this adjustments were needed as the original initial subaward work plan

and activities were built on group and/or community events, hands on education, interactive in-person learning platforms, and home visits.

The power of a team has several qualities including vision, dedication, redesign, power to face challenges and positive change. Integration had favorable results with greater reach and increased collaboration. Tools and technology that were used included digital evaluation (Survey Monkey and Google Docs), social media outreach (Facebook and YouTube), and mobile applications (Train Heroic, Map My Walk, My Fitness Pal). This led to the development of an online video series of cooking healthy meals and snacks. A cookbook with these recipes and more will be distributed to tribal members for healthy meal planning. Commodity center resources are encouraged.

New ways to train with health goals remaining the same resulted in a junior program for youth, fitness/athletic program for kids, adult programs, mature adult programs, education and empowerment via video creation, Facebook Live Events, Train Heroic application, Teambuilder application, educational PDF's, classes and finally community outreach.

Santee Health and Wellness Center looks to the future with possibilities, progress and programs. A possibility of breaking down traditional dance to relate to specific physical training. Progress of building a sidewalk around the Wellness Center, complete with "fitness stations" around the path. Programs such as developing more nutritional videos, using a Facebook Live program and community gardens.

## Oyate Teca Project



The Oyate Teca Project and Medicine Root Garden now have fresh produce ready for distribution in the Kyle, SD area. They have adjusted steps during their process to fit COVID-19 guidelines by delivering food boxes and leaving them on the porches for contactless delivery. They have recently finished 41 garden tours of the students taking the Gardening Classes offered via Zoom. However, a few gardens are damaged by significant hail and wind storms. Small refrigeration units will be purchased for stores in Kyle and Manderson to stock fresh vegetables for the community. Oyate Teca Project is staying busy this summer despite the challenges during the pandemic.



Photo Taken By: Norma Tibbitts "Beets"



Photo Taken By: Rose Fraser

## Missouri Breaks



Missouri Breaks held an art contest on health and received 35 beautiful entries. Winning entries are being used for billboards, posters, and signs so far. The CRST Tribal Council passed a Public Health Code in May and we are working to propose a Chronic Disease Prevention chapter. The first policy we're going to work on is one to promote breastfeeding promotion in tribal workplaces. We're working with two summer interns who are proposing a plan to add healthy foods and beverages to their school's concession stands. The Canli Coalition has finished a Cansasa (traditional tobacco) Community Garden and the trees are off to a great start!

**Diabetes is Preventable**  
*Be Warrior Strong*  
**Grow a Healthier Tiwahe**

CRST Diabetes Program 605-964-0745

CRST Youth Diabetes Prevention Program 605-964-7777

Sponsored by Missouri Breaks  
 "Creating Opportunities for Health"



**Breastfeeding Room Available**

Please ask staff for assistance to access the room.



**azínkhiya**  
**"TO NURSE"**  
**GOOD FOR MOM, BABY, AND THE COMMUNITY**

LACTATION CONSULTANT  
 CRST WIC | 605-964-3947 CRST IHS | 605-964-0548

Sponsored by Missouri Breaks,  
 "Creating Opportunities for Health"



# HONORING NATIONAL BREASTFEEDING MONTH



**Breastfeeding**  
Awareness  
Month  
August

August is National Breastfeeding Month! To celebrate, we hope to shed some light on the essential and amazing art of breastfeeding. Breastfeeding protects your newborn from many illnesses. This is possible by the antibodies that are present in human milk. Antibodies are made by your body's immune system and are particular molecules that help you fight each illness. When babies are born, their immune systems are very immature, and they have less ability to fight illness-causing germs. Through your breast milk, you give your baby immunities to illnesses to which you are immune and those you have been exposed to. Nursing also allows your baby to give germs to you so that your immune system can respond and can synthesize antibodies to help them! This means that if your baby has come in contact with something you have not, he will pass these germs to you at the next nursing; during that feeding, your body will start to manufacture antibodies for that particular germ. By the time the next feeding arrives, your entire immune system will be working to provide immunities for you and your baby.

Breastfeeding has been shown to be protective against many illnesses and conditions for babies, including:

- Painful ear infections
- Upper and lower respiratory ailments
- Allergies
- Intestinal disorders
- Type 2 diabetes
- Certain childhood cancer

Steps your organization and community can take to support breastfeeding mothers include increasing continuity

of care and community support for breastfeeding by establishing culturally appropriate and accessible lactation support services such as support groups, walk-in clinics, and baby cafes. Other ways to support breastfeeding is incorporating services into existing community support services. For example, early care and education centers or home visiting programs and providing breastfeeding support training to health care providers, community health workers, and peer support providers that work with mothers and babies.


The outbreak of COVID-19 can be especially stressful for mothers who are breastfeeding and are concerned

about their baby's health. However, new moms can successfully start and maintain breastfeeding during the pandemic. If someone who is breastfeeding becomes ill, it is important not to interrupt breastfeeding unless it becomes medically necessary. When any member of the family has been exposed, the infant has been exposed. Any interruption of breastfeeding may increase the infant's risk of becoming ill. Mothers who become too ill to breastfeed should be supported in expressing or pumping so that the baby can still be given the milk. If that is not possible, donor milk is recommended by the WHO as the next best feeding option. Donor milk will contain immunological components not available in human milk substitutes.

For further information on the benefits of breastfeeding and breastfeeding during the Coronavirus pandemic, visit the La Leche League website at [llli.org](http://llli.org).

**GREAT PLAINS TRIBAL CHAIRMEN'S HEALTH BOARD**  
**RECOGNIZED**  
as Breastfeeding-Friendly Business

Great Plains Tribal Chairmen's Health Board (GPTCHB) has been recognized as a Breastfeeding-Friendly Business by Healthy South Dakota. By taking the Breastfeeding-Friendly Business Pledge, GPTCHB works to demonstrate a sincere and important commitment to mothers, children, and families in our community and provide a welcoming environment where mothers can sit anywhere and enjoy a welcoming attitude from staff, management, and other patrons while breastfeeding. When a worksite endorses this initiative and takes this pledge, a kit with information on current best practices and resources to assist in creating a breastfeeding-friendly environment is provided. Tools such as a breastfeeding support model policy, staff training with education and expectations of a Breastfeeding-Friendly Business, Breastfeeding Welcome Here window clings, and informational flyers and posters of the benefits of a breastfeeding-friendly work environment and general information on the break time requirements for nursing mothers in the Patient Protection and Affordable Care Act is provided. You can find more information and see our commitment along with other South Dakota businesses who have taken the pledge at <https://healthysd.gov/category/breastfeeding+workplace/>

Healthy South Dakota 



# SEPTEMBER IS NATIONAL CHILDHOOD OBESITY MONTH

It is no secret American Indian/Native American (AI/NA) youth are the future leaders in establishing and maintaining tribal sovereign nations. With this goal in mind we discuss a major public health issue impacting AI/NA youth.

## Defining Childhood Obesity

Childhood obesity is a complex health issue. It happens when a child is well above the normal weight for his or her age and height. Specifically, body mass index (BMI) is a measure used to determine childhood overweight and obesity. Overweight is defined as a BMI at or above the 85th percentile and below the 95th percentile for children and teens of the same age and sex. Obesity is defined as a BMI at or above the 95th percentile for children and teens of the same age and sex. About 1 in 5 (19%) children in the United States has obesity.

This obesity epidemic is also

disproportionately affecting certain groups in the community. Before 10 years of age, 40 percent to 50 percent of American Indian children of many tribal communities are classified as either overweight or obese by modern definitions in contrast to data from a century ago in which Caucasian and Lakota children were equivalent in weight and body mass index.

## Major Public Health Problem

Children with obesity are at higher risk for having other chronic health conditions and diseases, such as asthma, sleep apnea, bone and joint problems, and type 2 diabetes. They also have more risk factors for heart disease like high blood pressure and high cholesterol than their normal weight peers. Children with obesity can be bullied and teased more than their normal weight peers. They are also more likely to suffer from social isolation, depression, and lower self-esteem.

time spent being inactive, lack of sleep, lack of places to go in the community to get physical activity, easy access to inexpensive, high calorie foods and sugary beverages, lack of access to affordable, healthier foods. Food deserts exist in many tribal communities making these variables a reality.

## How Can Parents & Grandparents Prevent Obesity & Support Healthy Growth?

Be involved in your child(ren) or grandchildren's growth by making and attending well child visits to address healthy weight gain and other concerns. Serving more fruits and vegetables in place of high sugar, high fat foods will help too. Always having water available as a no calorie drink is a good idea and encourage healthy sleep habits that allow for adequate sleep at the various developmental levels.


Children with obesity are more likely to have obesity as adults. This can lead to lifelong physical and mental health problems. Adult obesity is associated with a higher risk of type 2 diabetes, heart disease, and many types of cancers.

## Influenced by Many Factors

Eating and physical activity behaviors, genetics, metabolism, family and home environment, and community and social factors can all have an impact on childhood obesity. For some children and families, obesity may be influenced by the following: too much

**Individual Activities**  
*Try it*

Aim for daily 60 minutes of physical activity for children ages 6-17 years of age.



Archery

Canoeing

Swimming

Walking

Running

Football

Basketball


Volleyball

Traditional Dancing

Biking

Do each exercise as many times as possible for 60 seconds

**PHYSICAL ACTIVITIES FOR KIDS BENEFITS**

Helps maintain a healthy weight 

Builds strong bones, muscles & joints 

Impacts academic performance & improves social skills 



# UPCOMING EVENTS AND FUNDING OPPORTUNITIES

## Good Health & Wellness Program Community Health Webinar

Breastfeeding & Vending Machines:  
How To Create PSE Change  
**AUG 12 @ 1 PM MST | 2 PM CST**  
Presented by: SDSU Extension & SD  
Department of Health

**REGISTER TO ACCESS**

**WEBINAR:**

Save the Date for future webinars:  
**SEPT 9 @ 1 PM MST | 2 PM CST**  
**OCT 14 @ 1 PM MST | 2 PM CST**

## USDA-Food Nutrition Service FY 2020 NSLP Equipment Assistance Grants for School Food Authorities

The purpose of the Equipment Assistance Grants is to distribute funding allocations provided by the Agriculture Appropriations Act to State Agencies to competitively award equipment assistance grants to eligible school food authorities (SFAs) participating in the National School Lunch Program (NSLP). These funds will allow SFAs to purchase equipment to serve healthier meals and improve food safety.

## Free CNA Class



### FREE CNA CLASS

Aug. 18-Sept 15, 2020

**APPLICATION DEADLINE: AUG. 10**

Please scan QR code for Application:



Online learning, must have a PC or Laptop and have internet access.  
**To have an application sent to you  
Email: [sarah.beare@gptchb.org](mailto:sarah.beare@gptchb.org)**

## National Indian Health Board

### Funding Opportunity: Supporting Tribes to Increase Commercial Tobacco Cessation

Applications due Friday, August 28,  
2020 at 11:59 PM ET

The National Indian Health Board (NIHB) is pleased to announce **Supporting Tribes to Increase Commercial Tobacco Cessation**, a funding opportunity for Tribal governments, Tribal health departments, and Tribal health care facilities/health systems seeking to implement projects to increase commercial tobacco cessation, electronic nicotine delivery systems (ENDS) cessation and 'quit smoking' attempts by promoting evidence-based services and activities, and/or adapting evidence-based health systems changes. [Read more here.](#)

## USDA-Rural Development, Water & Waste Disposal Loan & Grant Program

This program provides funding for clean and reliable drinking water systems, sanitary sewage disposal, sanitary solid waste disposal, and storm water drainage to households and businesses in eligible rural areas. [Fact Sheet](#) [Currently Open](#)

## USDA Rural Development, Rural Business Development Grants

This program is designed to [USDA-Rural Development, Water & Waste Disposal Loan & Grant Program](#) This program provides funding for clean and reliable drinking water systems, sanitary sewage disposal, sanitary solid waste disposal, and storm water drainage to households and businesses in eligible rural areas. [Fact Sheet](#) [Currently Open](#)

## HHS Health Resources & Services Administration (HRSA)

Offers the opportunity to apply for funding under the [Women's Preventive Services Initiative \(WPSI\)](#).

WPSI's purpose is to improve women's health across the lifespan. **Application Deadline: October 5, 2020.**

HHS Health Resources & Services Administration (HRSA) offers the opportunity to apply for funding under the [Healthy Tomorrows Partnership for Children Program \(HTPCP\)](#). The purpose of this program is to support innovative, community-based initiatives to improve the health status of infants, children, adolescents, and families in rural and other underserved communities by increasing their access to preventive care and services. **Application Deadline: October 6, 2020.**

## NIMH Suicide Prevention Research FOAs

The National Institute of Mental Health (NIMH) Division of Services and Intervention Research intends to publish the following funding opportunity announcements (FOAs) surrounding suicide prevention research. These FOAs will be released as part of the NIMH's initiative to reduce the rate of suicide in the US by 20% by 2025.

- [NOT-MH-20-068](#): FOA for Service-Ready Tools for Identification, Prevention, and Treatment of Individuals at Risk for Suicide RPG **Estimated publication date: Monday, November 16, 2020**



## COVID-19 Weekly Call

**COVID-19 Weekly Call**  
Every Wednesday, 10 AM MST  
**Zoom:** <https://zoom.us/j/290838361>

Bringing together Tribal, State, and Local stakeholders for weekly updates on COVID-19 in the Great Plains Area. Each has an opportunity to provide updates, with up-to-date information on what is happening at the Great Plains Tribal Epidemiology Center and across Tribal Nations and Health facilities.

**If you are unable to attend and have questions or updates please**  
Email: [brooke.mcpherson@gptchb.org](mailto:brooke.mcpherson@gptchb.org) for questions

## Workwell Virtual Summit



WorkWell is excited to announce the six week virtual summit registration! Agenda attached. Join us virtually for six weeks of learning! Don't miss these FREE 60-90 minute Zoom sessions every Tuesday at 10:30 a.m. CT:

- August 4
- August 11
- August 18
- August 25
- September 1
- September 8

[Register Here](#)

After registering, you will receive a confirmation email containing information about joining the meeting.

# UPCOMING TRAININGS

## Great Plains Tribal Casinos and the Benefits of Reopening Smoke-free

**Aug 27, 2020**  
**9 AM MST | 10 AM CST**

**Hosted by:** Great Plains Tribal Chairmen's Health Board & American Nonsmokers' Rights Foundation (ANFR)

### Speakers include:

- Dr. Patricia Nez Henderson, Navajo & BHCAIH
- Stephanie Jay, Turtle Mountain
- Brian Christopher & Britt from BCSLOTS
- Brandon Maui, Tribal Councilman from Standing Rock
- Clinton Isham, ANRF



**BETTER CHOICES**  
**better health**  
GOOD & HEALTHY SOUTH DAKOTA COMMUNITIES

**FREE Workshops you can join from ANYWHERE!**

View Workshop Details Online or Call 1-888-484-3800

Better Choices, Better Health® SD offers free self-management education workshops that are designed to help adults living with ongoing physical and/or mental health conditions, and caregivers, understand how healthier choices can improve quality of life, boost self-confidence, and inspire positive lifestyle changes.



- Self-Study mailed Toolkit
- Weekly 1-hour Check-in Calls
- 6-weeks
- Up to 6 workshop participants

Program Offerings
Chronic Disease Self-Management
Chronic Pain
Diabetes
Walk With Ease

<https://bcbh-sd-toolkit.questionpro.com>



- Virtual participation (Zoom)
- 6 weeks, 2 ½ hours
- Up to 12 workshop participants

Program Offerings
Cancer: Thriving and Surviving
Chronic Disease Self-Management
Chronic Pain
Diabetes
Small Steps to Healthy Living
Take a Step and Walk with Ease

<https://bcbh-live.questionpro.com>

Contact us at 1-888-484-3800  
<http://www.betterchoicesbetterhealthsd.org>



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# COVID-19 AND CANCER SCREENING

**WHAT IS A CANCER SCREENING?**  
A TEST OR PROCEDURE THAT CAN DETECT PRE-CANCEROUS ABNORMALITIES BEFORE A PERSON FEELS SYMPTOMS

FINDS ABNORMALITIES AT EARLY STAGE; THIS INCREASES CHANCES OF SUCCESSFUL TREATMENT AND RECOVERY <sup>1</sup>

**CERVICAL CANCER**

**PAP / HPV TEST**

SCREENING

**BREAST CANCER**


**MAMMOGRAM**

SCREENING

**COLORECTAL CANCER**

**STOOL TEST/ COLONOSCOPY**

SCREENING



**WHY DOES COVID-19 CHANGE MY SCREENING SCHEDULE?**

UTILIZE TELECOMMUNICATION TECHNOLOGY FOR SCHEDULING, AND PRE/POST QUESTIONS & CARE <sup>3</sup>

REDUCES RISK OF SPREADING VIRUS <sup>2</sup>

SAVE NECESSARY EQUIPMENT

TALK TO YOUR HEALTH CARE PROVIDER ABOUT THE RISKS AND BENEFITS OF BEING SCREENED DURING THIS CURRENT PANDEMIC AND IF IT WOULD BE NECESSARY TO POSTPONE. CANCER SCREENING SAVES LIVES, SO IT'S IMPORTANT NOT TO FORGET ABOUT IT.

## ABNORMAL FOLLOW UPS TO SCREENING

FOLLOW YOUR PROVIDER'S RECOMMENDATIONS. WHEN IT COMES TO SAFETY PRECAUTIONS WHILE VISITING THE FACILITY.

ABNORMAL RESULTS ARE COMMON, AND JUST MEAN THAT THE PROVIDER NEEDS A SECOND LOOK.

YOU MAY NEED TO GO IN IF YOU NEED A FOLLOW-UP TO AN ABNORMAL RESULT FROM A CANCER SCREENING.

**PREVENT THE SPREAD OF COVID-19**



WASH YOUR HANDS




USE HAND SANITIZER



DON'T TOUCH YOUR FACE. COVER YOUR COUGH/ SNEEZE



WEAR A MASK THAT COVERS YOUR NOSE AND MOUTH WHEN IN PUBLIC SPACES



STAY HOME. ONLY INTERACT WITH PEOPLE WHO LIVE WITH YOU



PRACTICE SOCIAL DISTANCING IN PUBLIC. STAY 6 FEET AWAY.



2611 ELDERBERRY BLVD.  
RAPID CITY, SOUTH DAKOTA  
1-800- 745-3466  
[HTTPS://HEALTH.GPTCHB.ORG/](https://health.gptchb.org/)



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Sources: 1. <https://www.cdc.gov/cancer/dpcp/prevention/screening.htm> 2. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/ambulatory-caresettings.html> 3. <https://www.cancer.org/healthy/find-cancer-early/cancer-screening-guidelines/cancer-screening-during-covid-19-pandemic.html>

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