



Presentation Objectives

By the end of the session, participants will be able to:

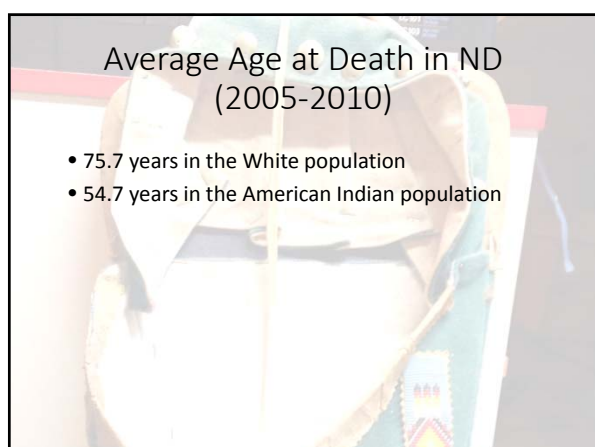
- Describe current conditions and health disparities of tribal communities in North Dakota
- Explain a Native-focused approach to engaging and working with tribes
- List 3 strategies to engaging Native communities in public health efforts



Health Disparities

Infant Mortality in North Dakota

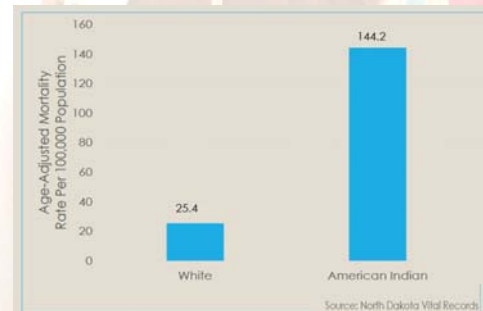
- North Dakota had a 3 year average infant mortality rate of 6.0 deaths per 1,000 live births for 2010-2012
 - The total US rate according to CDC was 5.98 deaths per 1,000 live births in 2012.
- American Indian infant mortality rate in North Dakota was 17.1 deaths per 1,000 live births for the 3-year period of 2010-2012.



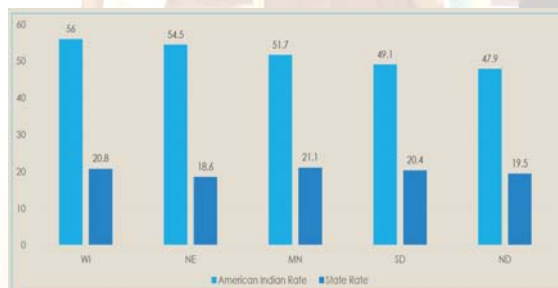
Diabetes Prevalence by Race North Dakota Adults 2005-2008



Diabetes Mortality Rate by Race North Dakota 2000-2007

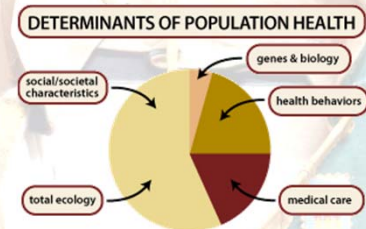


Smoking Disparities by State

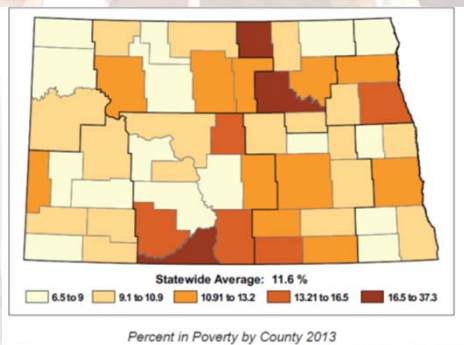


Social Determinants of Health

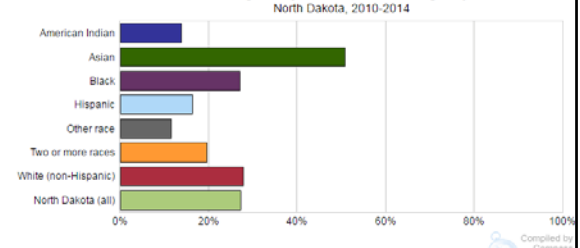
The need for a holistic approach:



Poverty



Percent (age 25+) with a bachelor's degree or higher by racial and ethnic group North Dakota, 2010-2014



Notes:

ACS five-year estimates are based on data collected over a period of five years, and therefore describe average characteristics over that time period.

Sources:

U.S. Census Bureau, American Community Survey

Protective Factors

- Ceremonies and healthy spiritual practices
- Language and traditions
- Sharing knowledge
- Community connectivity
- Strong family support
- Cultural pride
- Strong sense of self
- Connection to the land

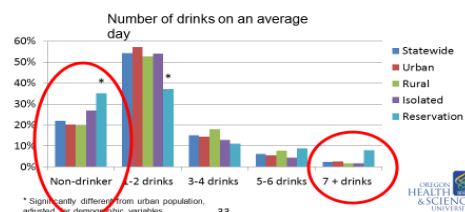
RESILIENCE MODEL



Protective Factors

Prevalence: Alcohol Use

	Statewide	Urban	Rural	Isolated	Reservation
Positive Screen for Alcohol Misuse	42.1%	43.7%	44.9%	36.4%	38.0%



STRATEGIES

The American Indian Public Health Resource Center at NDSU

Four-Pronged Approach:

- Public Health Education
- Public Health Policy
- Public Health Research
- Public Health Services

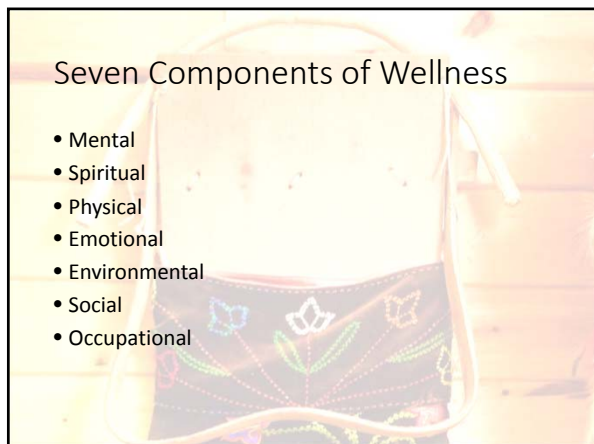


Strategies

- Draw upon cultural strengths for health
- Look at interventions that are holistic
 - Best Babies Zone
 - Language and Cultural Immersion efforts
 - Lakȟól'iyapi Wahóŋpi (Lakota Language Nest)
 - Cradle Boards
 - Healthy Native Babies Toolkits
 - Equine Therapy Tribal Programs
 - Breast Cancer Prevention and Education
 - Ribbon Shirt making, digital stories and keychain beads
 - Restorative Justice

Strategies

- Conduct **walkability** assessments
- Create **GIS Mapping** of health statistics, such as access to healthy foods, playgrounds, fitness centers
- **Partner** with existing programs, such as parenting classes, diabetes program, fitness center, NDSU extension, nutrition, WIC, elders, Boys and Girls Club, Circle of Life
- Stay **connected** by forming coalitions with community champions to generate interest and buy in, and to continue building capacity and engagement
- When conducting an assessment, include community **strengths and assets** and not just health disparities



Seven Components of Wellness

- Mental
- Spiritual
- Physical
- Emotional
- Environmental
- Social
- Occupational



“Don’t get out ahead of us.”

- Work with the tribes and Native communities where they are at
- And work with what their priorities are
- Tribally Driven
 - They are in the driver’s seat
 - Giving the directions
 - Going at their speed
 - But we are still going to the same place!



A CALL TO ACTION



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