Best and Promising Practices in American Indian Public Health

Notah Begay, III Foundation
North Dakota State University
National Indian Health Board

Welcome and Introduction of Facilitators
Learning Objectives

By the end of the institute, participants will be able to...

• Describe at least 4 public health strategies that are commonly being implemented in Indian Country
• Explain the role of evaluation in public health practice
• Describe prevalent public health technical assistance needs among Tribes
• Describe the technical assistance resources available to Tribes

Agenda

• Foundational Elements of Public Health
• What is Meant by “Evidence-based Practice”?  
• Need for American Indian Public Health “Evidence-based Practices”
• NBIII Foundation Approach
• Starting the Conversation on Best Practices & Technical Assistance
• Evaluations & Next Steps
Housekeeping

• Lunch and Breaks
• Bathrooms
• Philosophy
• Participation

Overview of Ten Essential Public Health Services

2015 NIHB Public Health Summit
Palm Springs, CA
April 7, 2015

Donald Warne, MD, MPH
Oglala Lakota
Chair, Department of Public Health
Mary J. Berg Distinguished Professor of Women’s Health

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Traditional View of Public Health

What is Public Health?

- “the fulfillment of society’s interest in assuring the conditions in which people can be healthy”¹

- Achieved through the application of health promotion and disease prevention technologies and interventions designed to improve and enhance quality of life²

¹Institute of Medicine, The Future of Public Health
²Association of Schools of Public Health
Public Health vs. Medical Care

- **Medicine** is concerned with *individual patients* where as Public Health regards the “community” as its patient

- **Public health** has many disciplines (nursing, nutrition, social work, epidemiology, environmental sciences, health education, health services administration, behavioral sciences), its activities focus on entire *populations* rather than on individual patients

What does public health do?

- Ensure clean air and water
- Promote healthy lifestyles
- Prevent injury / disability
- Identify and control diseases (chronic and infectious)
- Prepare for and respond to emergencies
- Inspect nursing homes, hospitals and hospice programs
- Advocate and develop policies (Data)

*How does public health do these activities?*
Ten Essential Services

What is an Intervention?
A public health intervention seeks to create or facilitate positive behavior change. At the individual or community level, systems, policy and environmental level change still seeks to ultimately impact individual or community behavior.
Evaluation...

Helps us to understand the relationship and effectiveness of this intervention design

Evaluation also...

- Improves implementation
- Creates Accountability
- Demonstrates Effectiveness
- Helps to Manage Resources
- Document Achievements
- Ensures Services Are Reaching Population(s)
- Justifies Spending
- Charts Program Development
- Creates Evidence Base
Levels of Evaluation

- **Formative**
  - Assessment of who is at risk, what are they doing, and why
- **Process**
  - Assessment of your service delivery, including to whom and the quality of service delivery
- **Outcome**
  - Assessment of the changes that have taken place
- **Impact**
  - Assessment of longer term changes

Process

- **Process Monitoring**
  - Describing who received your services and the resources it took
  - “How many...?”
- **Process Evaluation**
  - Seeks to understand if your intervention was delivered as intended and the quality of delivery
Today, we want to focus on creating an evidence base for AI/AN programming.
Evaluation in a Cultural Context

Helps us to understand the relationship and effectiveness of intervention design

MEDICINE WHEEL

NORTH

WEST

EAST

SOUTH
MEDICINE WHEEL

MENTAL

PHYSICAL

SPIRITUAL

EMOTIONAL

MEDICINE WHEEL & Determinants of Public Health

EDUCATIONAL

ENVIRONMENTAL

CULTURAL

SOCIAL
MEDICINE WHEEL

DECISIONS

VALUES

ACTIONS

REACTIONS

MEDICINE WHEEL & Evaluation of Public Health

PLAN

ENVISION

IMPLEMENT

EVALUATE
What Works in Public Health?

- **Evidence Based Practice**—using the best available evidence to make informed public health practice decisions.

- **Best Practice**—PH programs, interventions, and policies that have been evaluated, shown to be successful, and have the potential to be adapted and transformed by others working in the same field.
What Works in Public Health?

- **Emerging Practice**—Incorporates the philosophy, values, characteristics, and indicators of other positive/effective public health interventions.

- **Promising Practice**—Has strong quantitative and qualitative data showing positive outcomes, but does not yet have enough research or replication to support generalizable positive public health outcomes.
Best Practices Can Refer to Activities

• Documenting what services and methods work best with different populations
• Documenting how different styles or activities produce better outcomes
• Documenting how cultural practices and Western practices may work together
Questions?

BREAK

Let’s take 15 minutes
Need for AI PH “Evidence-Based Practices”

• Whose evidence is it?

• Do current EBPs work in tribal communities?
Need for AI PH “Evidence-Based Practices”

- Whose evidence is it?
- Do current EBPs work in tribal communities?
- Examples from Tobacco Control and Diabetes Prevention.

Tobacco Control Strategies

- 100% Tobacco & Smoke Free
Need for AI PH “Evidence-Based Practices”

Tobacco Control Strategies

• 100% Tobacco & Smoke Free

Spirituality & Tobacco

- We are spirits living in the human experience
- Tobacco helps us communicate with the spirit world and the Great Spirit.
Traditional Uses of Tobacco

- Help in the journey back to the spirit world
- Offerings/gifts to Elders and others
- Offered back to Mother Earth
- Blessings
- Ceremonial pipe
- Prayer

Need for AI PH “Evidence-Based Practices”

Tobacco Control Strategies

- 100% Tobacco & Smoke Free

  - Is this culturally competent?

  - Does one-size fit all?
**Need for AI PH “Evidence-Based Practices”**

**Tobacco Control Strategies**
- 100% Tobacco & Smoke Free
- Tobacco Taxes
- Facilitate access to cessation programs

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[Image of a protest sign saying “SAVE OUR JOBS!” and a crowd of people]

[Image of a box labeled “SENECA FILTERED CIGARS Distinctively Smooth”]

[Image of a box labeled “CHANTIX (varenicline) tablets” and “CODERM CQ”]

[Image of a phone number] 1-800-QUIT-NOW (1-800-784-8669) Quitline.com
Need for AI PH “Evidence-Based Practices”

Diabetes Prevention Strategies
• What are they?

Need for AI PH “Evidence-Based Practices”

Diabetes Prevention Strategies
• Access to healthy food?
Need for AI PH “Evidence-Based Practices”

**Diabetes Prevention Strategies**

- Access to healthy food?
- Access to safe places to exercise?

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Need for AI PH “Evidence-Based Practices”

**Diabetes Prevention Strategies**

- Access to healthy food?
- Access to safe places to exercise?
Need for AI PH “Evidence-Based Practices”

Diabetes Prevention Strategies

• Access to healthy food?
• Access to safe places to exercise?
• Cultural factors?

Need for AI PH “Evidence-Based Practices”

How do we know what works in Indian Country?

• Research
• Evaluation
• How?
Turning Point

PUBLIC HEALTH PERFORMANCE MANAGEMENT SYSTEM

http://www.phf.org/resourcetools/pages/turning_point_project_publications.aspx

Native Strong: Healthy Kids, Healthy Futures

Olivia Roanhorse, MPH, Director
Renee Goldtooth, MPH, Associate Director
Notah Begay III Foundation (NB3F)

In 2005, 4-time PGA TOUR winner and current NBC Sports/Golf Channel Analyst and Nike N7 Fund Ambassador, Notah Begay III, established the Notah Begay III Foundation (NB3F), a 501(c)3 non-profit organization.

OUR MISSION
To reduce the incidences of childhood obesity and type 2 diabetes and promote the leadership development of Native American children through evidence-based sports, health and wellness programs, strategic grantmaking, research and advocacy.

OUR WORK
- NB3 Junior Golf
- Native Strong: Healthy Kids, Healthy Futures

Turning the Tide For Native American Children

- Combatting Childhood Obesity and Type 2 Diabetes in New Mexico
- A Project Supported by the Robert Wood Johnson Foundation and PNM Resources Inc.
- Published by NB3Foundation November 2012
Native Strong Framework

Native communities have the inherent knowledge, assets, values and ability to address issues and solve their problems.

OUR STRATEGIES

Grantmaking
Capacity Building
Knowledge Building
Collaboration

Grantmaking

- Launched in 2013
- Promising Program Grants (up to $40K) for 1 year
- Capacity Building Grant (up to $20K) for 8 months
- $6.7 million in grant requests from 270 tribes and nonprofits in 23 states

- Awarded 40 grants. $1,185,379 to 39 tribes and Native nonprofit organizations in 8 states (grants in the Upper Midwest $300,000; Southwest $543,084; Southern Plains $210,987; and other states $131,300).
Promising Program Grantees

"I would like to learn how to make a lot more traditional foods. Because I believe that traditional foods are very important part of our culture."

Capacity Building Grantees
Building our TA Approach

• To meet the communities where they are
• To strengthen their capacity to manage and evaluate their strategies
• Communities are on a continuum
• Grantees must complete a TA Assessment Tool (~9 pages)
• TA Tool used to determine regional trainings, individualized TA, webinars, conference planning
Capacity Building

Regional Technical Assistance

- Data (identify, collect and evaluate)
- Asset mapping
- Digital storytelling
- Program evaluation

Individualized Technical Assistance

Capacity Building

Annual Grantee Conference

“The networking and examples of the work happening in Indian Country always enriches our work at home”

“Excellent quality and broad range of information presented. Tons of great “take home” concepts that can be put into practice”
A Few Grantee Insights

• Develop strong partnerships with tribal representatives, community organizations, community members and field experts;
• Leverage additional resources to support their action plan (CBG);
• Confirmed, using, BMI data, high levels of overweight/obese youth (for those able to access the data) (CBG);
• Make youth engagement and intergenerational collaboration a high priority; and
• Emphasize traditional Native food systems, agriculture, tribal history, community food sovereignty and enhancing the built environment.

Collaboration

Annual Grantee Conference

IHS-NB3F MOU Signing

Institute of Medicine
Knowledge Building

- Build on existing research, evaluation, knowledge.
- Participatory framework
- Place matters! And the social determinants of health/indigenous indicators
In our first year and a half…

- Investment in 40 Native communities!
  - $6.7 million in requested applications
  - $1.19 million awarded to grantees in 8 states
- Technical assistance provide to grantees through:
  - “Visiting and Learning Grantee Conference”
  - Monthly webinars, newsletters and regional trainings
  - Individualized TA
- Research into the social determinants of health in Indian Country

Looking forward…

- Clearinghouse to share best and innovative practices, tools, measures, research, data opportunities and gaps, etc.
- Inform policy, systems and environmental change at the local, tribal, state and national levels
- Continue to bridge the gap between public health, philanthropy, private sector and policy makers to be inclusive of Indian Country.
- Expand grant making and research to include more regions with high Native American populations
Contact Information:
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For more information about future funding opportunities and resources:

• http://www.nb3foundation.org (sign up for e-news)

http://twitter.com/nb3foundation
https://www.facebook.com/notahbegayfoundation

THANK YOU!

Native Strong: Healthy Kids, Healthy Futures
Technical Assistance

• Research and Evaluation
• Data Collection, Coordination, Analysis
• Information Dissemination

Resources:
• National Indian Health Board
• Notah Begay, III Foundation
• North Dakota State University / American Indian Public Health Resource Center
NDSU MPH Program Mission

The program’s mission is to promote health and well-being in diverse populations with an emphasis on American Indian and other underserved populations by providing educational, practical, and research opportunities for public health professionals.

Specializations/Tracks

NDSU MPH Program

- Health Promotion (CHES)
- Management of Infectious Diseases
- Public Health in Clinical Systems
- American Indian Public Health
## Core Coursework

<table>
<thead>
<tr>
<th>CEPH Core Area</th>
<th>Course</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>Biostatistics</td>
<td>MPH 731: Biostatistics</td>
<td>3</td>
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<tr>
<td>Epidemiology</td>
<td>MPH 751: Epidemiology</td>
<td>3</td>
</tr>
<tr>
<td>Environmental Health</td>
<td>MPH 720: Environmental Health</td>
<td>3</td>
</tr>
<tr>
<td>Social and Behavioral Sciences</td>
<td>MPH 741: Social and Behavioral Sciences in Public Health</td>
<td>3</td>
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<tr>
<td>Health Services Administration</td>
<td>MPH 710: Health Care Delivery in the U.S.</td>
<td>3</td>
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<td>MPH 704: Leading and Managing Public Health Systems</td>
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**Total Core Credit Hours** 18

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## Specializations/Tracks

**American Indian Public Health**

- **Required Courses**
  - American Indian Health Policy
  - American Indian Health Disparities
  - Cultural Competence in Indian Health
  - Research Issues in Tribal Communities
  - Case Studies in Indian Health
AIPH Competencies

1. Analyze key comparative health indicators for American Indians.
2. Describe American Indian health in historical context and analyze the impact of colonial processes on health outcomes.
3. Describe the unique challenges in implementing the Ten Essential Public Health Services in Tribal communities.
4. Critically evaluate public health policy, research, and programs for their impact on AI populations.

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How do we Build an American Indian Evidence Base in Public Health?

• Research and Evaluation
  • Challenges? Opportunities?
• How do we identify potential programs?
• What are the priority areas?
  • Diabetes, tobacco, research, cancer…
• How do we disseminate information?
  • Publications? Conferences? (NIHB PH Summit?) Websites?
• Next Steps?

Questions?

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Thank you for your time and energy!