

Public Health 101—Foundations of Public Health in Indian Country

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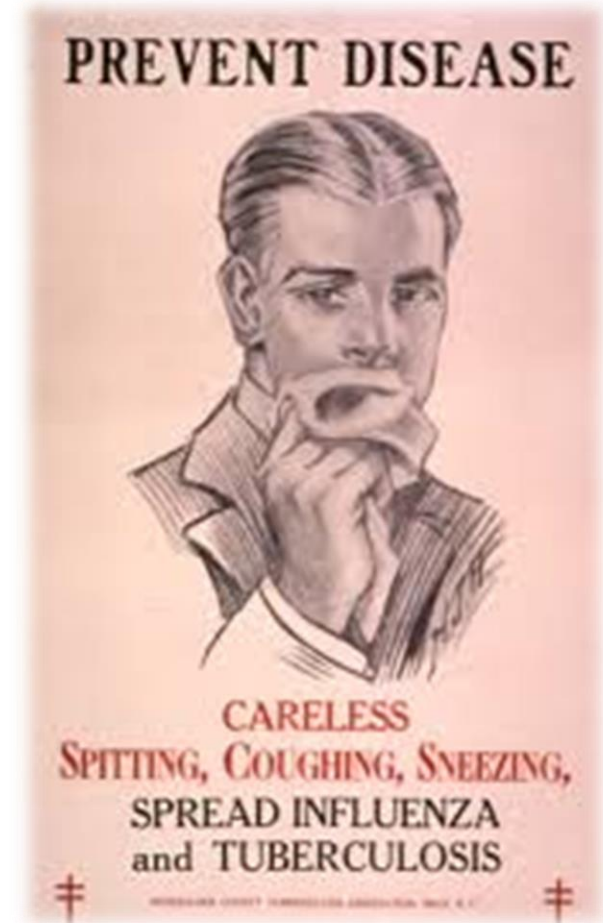
Purpose: To advocate on behalf of all federally recognized American Indian and Alaska Native Tribes to ensure the fulfillment of the trust responsibility to deliver health and public health services as assured through treaties, and reaffirmed in legislation, executive orders and Supreme Court cases.

Mission Statement: One Voice affirming and empowering American Indian and Alaska Native Peoples to protect and improve health and reduce health disparities.



Presentation Overview

- Introduction to Public Health
 - Distinction from Health Care
 - 10 Essential Public Health Services
 - Public Health Disciplines
- Public Health in Indian Country
- Questions



Three sisters walked along a river bank and saw babies in the river helpless and struggling. The first sister, distraught, jumped in and tried to rescue them. The second sister, resolute to save them, jumped in the river and tried to teach them to swim. After looking at the scene, the third sister walked away. Confused, her sisters called out to her, “Where are you going?” She answered “I am going upstream to find out why the babies are floating in the river and to stop it.”



Public Health is...



Public Health
Prevent. Promote. Protect.

“The art and science of preventing disease, prolonging life and promoting health through the organized efforts of society” (Acheson, 1988; WHO).



History of the Field of Public Health

- 1854 Cholera Epidemic in London
- John Snow and disproving “miasma” theory



Health Care



VS.

Public Health



Health Interventions

Primary – to prevent a problem from occurring

Secondary – intervention a stage before health problem is revealed

Tertiary – treatment to reverse health problem



Economic Value of Public Health

- Purchasing dialysis treatment (approximately \$80,000 per year + pain and illness)
- Providing safe places to play and exercise (prevention is cheaper than cure)



10 Essential Public Health Services



Assessment



Systematically collect, analyze, and make available information on healthy communities

1. Monitor health to identify and solve public health programs
2. Diagnose and investigate health problems



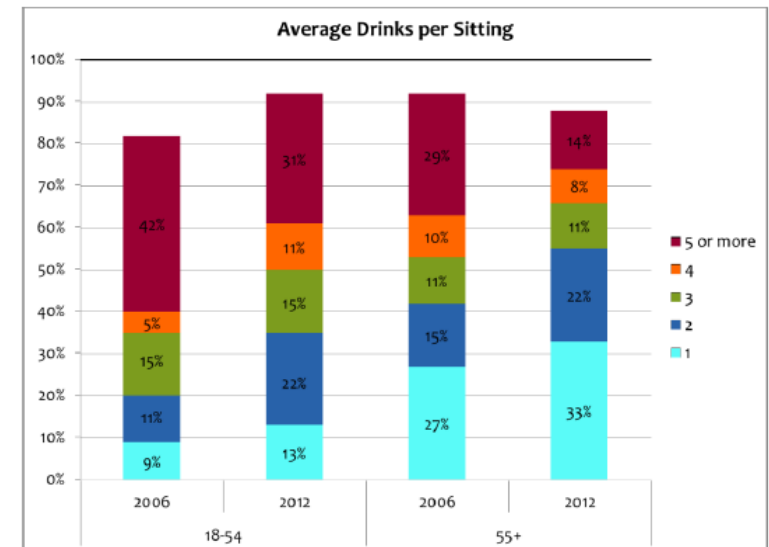
Assessment

Alcohol Consumption



Health Care

- 62% of those aged 18-54 have had an alcoholic drink in the past month compared to 43% of those aged 55+
- The rate of those aged 55+ who have consumed an alcoholic drink in the past month has increased from 35% in 2006 to 43% now
- Respondents aged 18-54 consume more drinks on average per sitting than those aged 55+
- Of those who drank in the past month, only 24% drank 5 or more drinks on average compared to 33% in 2006
- 9% of respondents have driven when they've had too much to drink in the past month



*Remaining respondents don't know

Public Health

Policy Development



Promote the use of a scientific knowledge base in policy and decision making

3. Inform, educate, and empower people about health issues
4. Mobilize community partnerships
5. Develop policies and plans that support individual and community health efforts



Assurance



Ensure provision of services to those in need

6. Enforce laws and regulations that protect health
7. Link people to needed services
8. Assure a competent public health workforce
9. Evaluate effectiveness and quality of services



Research

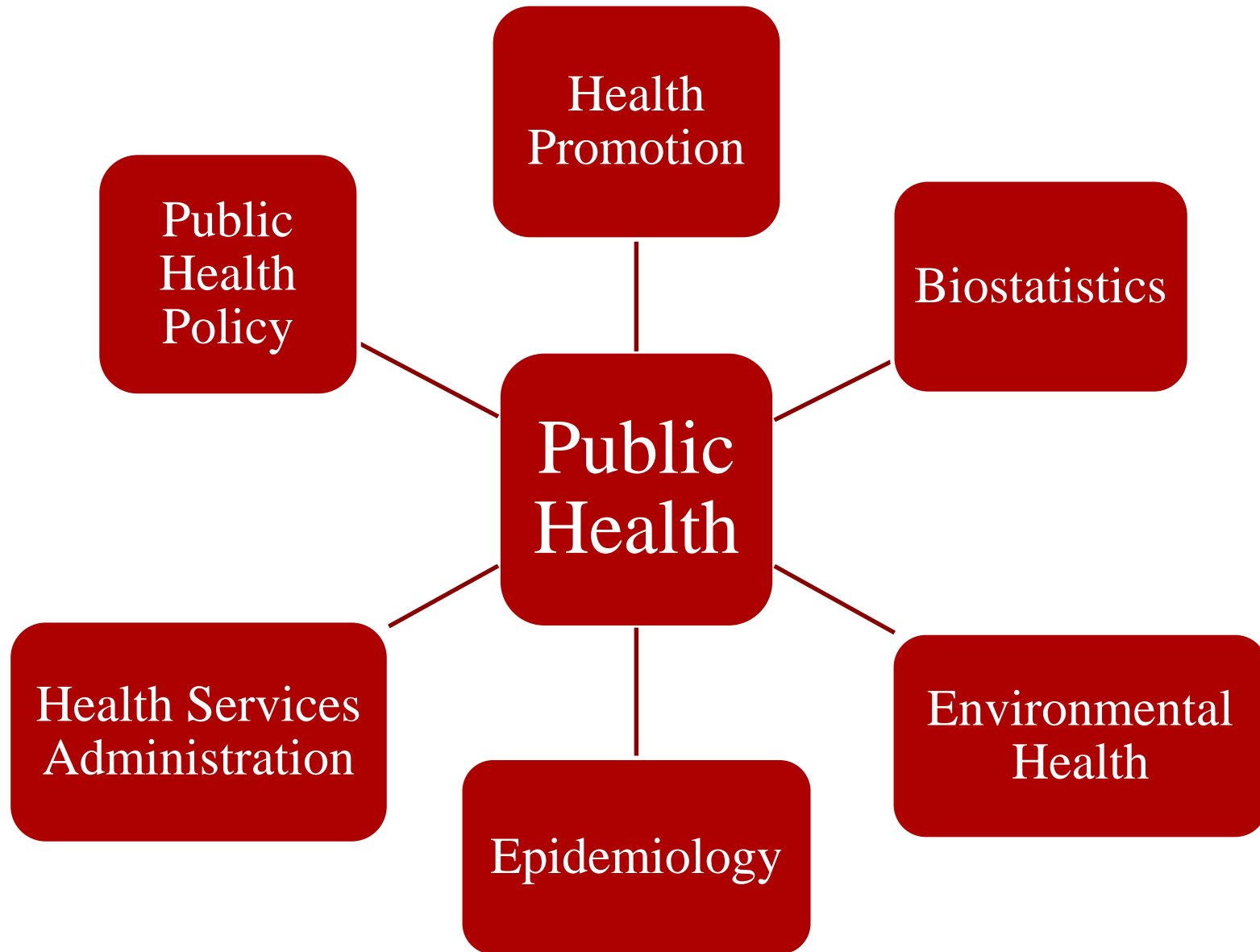


Research for New Insights and Innovative Solutions

10. Are we discovering and using new interventions to improve and promote the community's health?

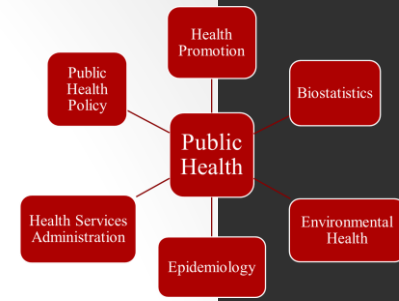


Public Health Disciplines

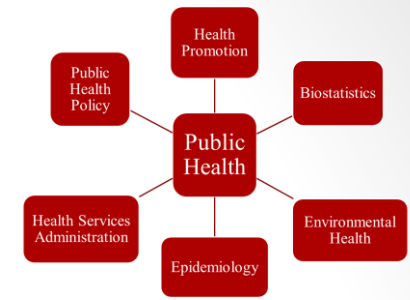


Health Promotion

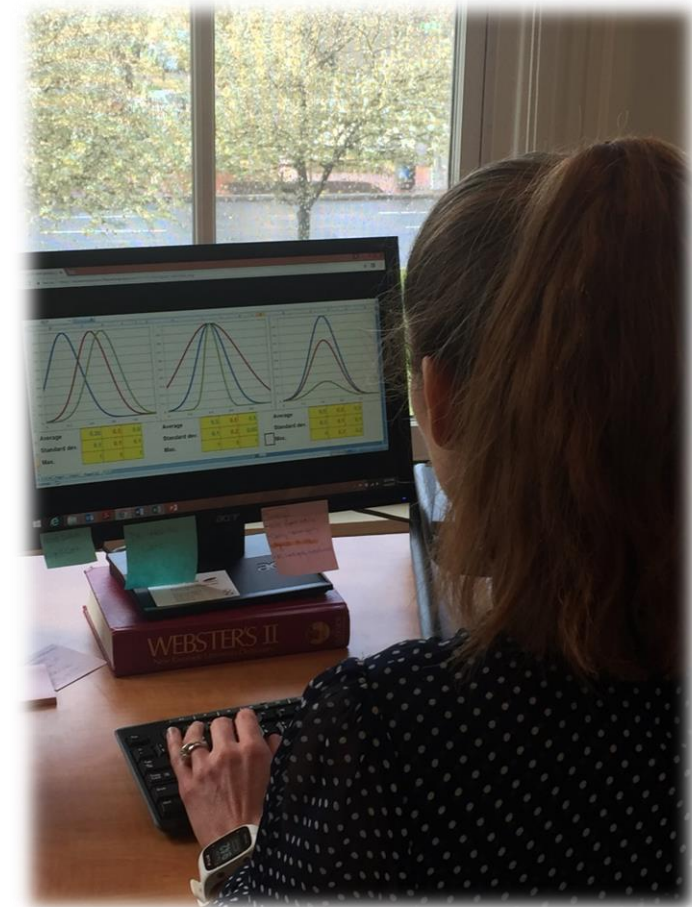
- Encouraging people to make healthy choices
 - Environmental change
 - Community-wide education initiatives



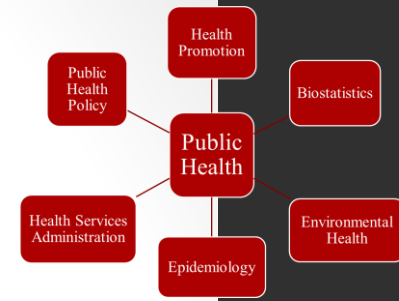
Biostatistics



- The use of mathematical and scientific methods to:
 - 1) Determine the cause of disease and injuries and
 - 2) Identify health trends within communities



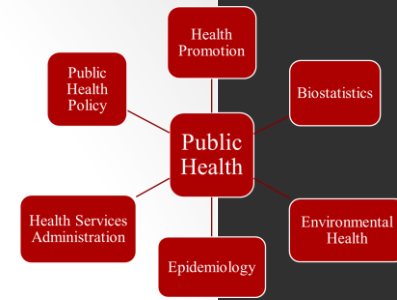
Environmental Health



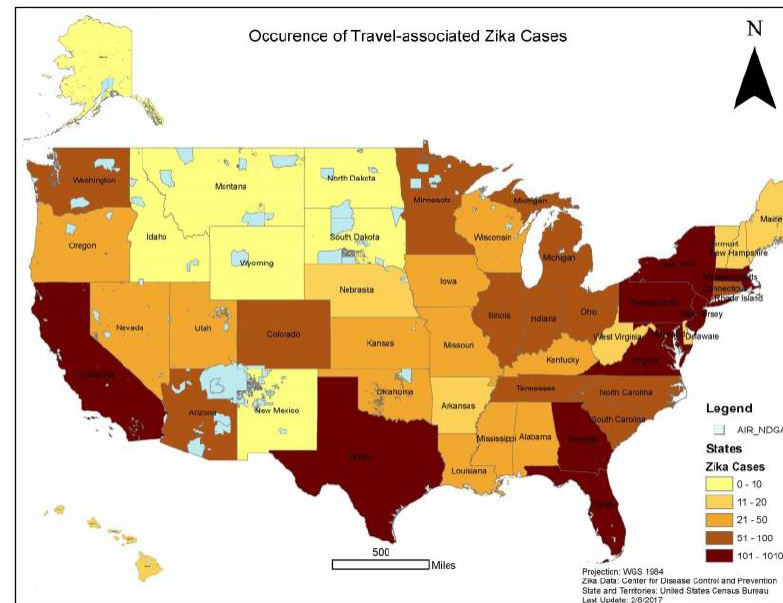
- The prevention and control of disease, injury, and disability related to the interactions between people and their environment.



Epidemiology

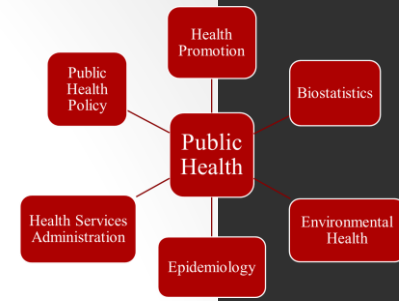


- The study of what causes disease or injury, what the risks are, who is at risk, and how to prevent further incidences.
- Surveillance

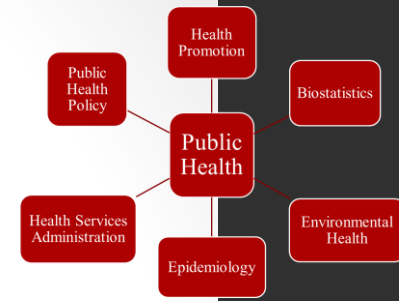


Health Services Administration

- Combines policy, business, and science in managing the human and fiscal resources needed to deliver effective public health services.



Public Health Policy



- Cross-cutting
 - Seat-belt laws
 - No smoking policies
 - Junk food taxes
 - Breastfeeding
 - Sanitation



Our health is affected by more than just health care.
As we **move toward prevention**, we can achieve **health for all**.

Prevention is everyone's job. It takes the **entire community** to address the **social, environmental** and **behavioral factors** that **impact our health**. Here's how **we can work together**.



Everyone has a role in public health



EDUCATION SYSTEM

- Promote school-based health centers
- Support free and reduced-price meal programs



COMMUNITY PLANNING

- Create safe, walkable, rollable, drivable accessible communities
- Promote safe, affordable mixed-use housing with access to transportation and services



FAITH-BASED ORGANIZATIONS

- Educate and offer opportunities for healthy choices and behaviors within congregations
- Provide disaster relief, cooling stations and animal emergency shelter services



BUSINESS COMMUNITY

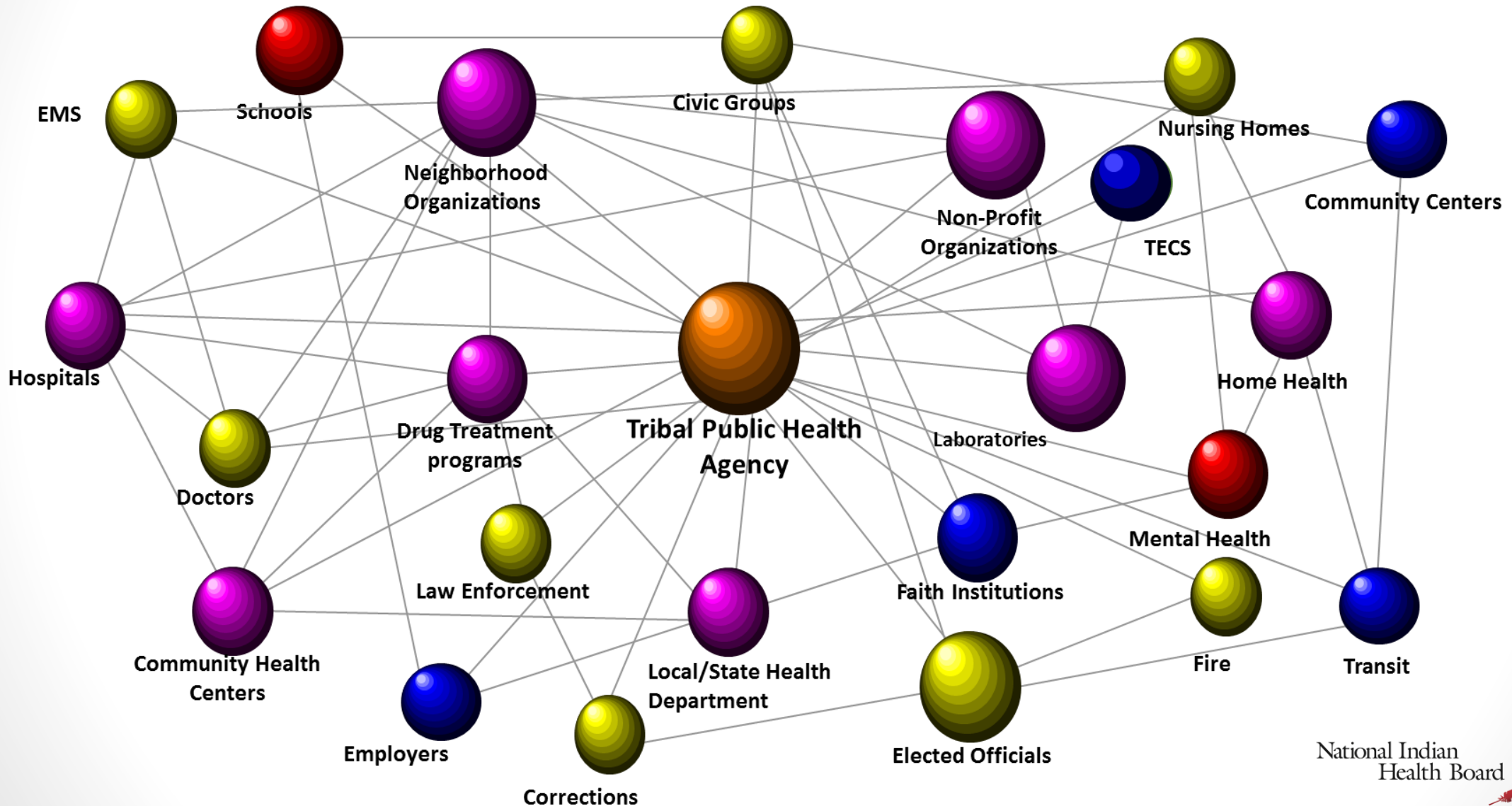
- Promote a living wage
- Support universal paid family leave and sick days



JUSTICE SYSTEM

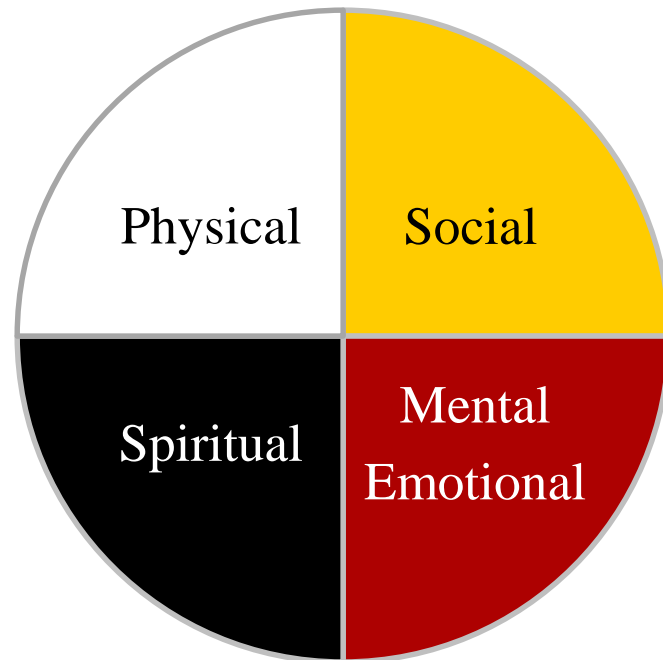
- Encourage mental health sensitivity and support community policing strategies
- Offer violence prevention efforts and common-sense gun safety regulations

Tribal Public Health Example



Public Health in Indian Country

A holistic approach to improve the health and well-being of the entire community





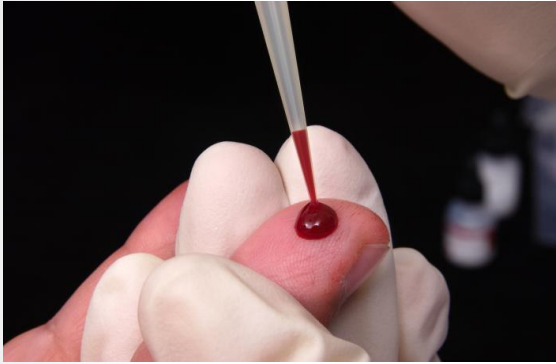
Public Health and Tribes

“In traditional Native American medicine there's a balance between the spiritual, mental, physical, and emotional forces”

~Dr. Donald Warne (Oglala Lakota), MD, MPH

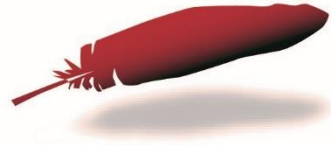


#ThisIsTribalPublicHealth



NIHB's Tribal Public Health Summit





Questions

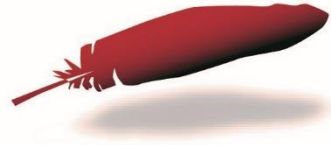


Public Health Resources

- National Indian Health Board
- Area Indian Health Boards
- Centers for Disease Control and Prevention
- American Public Health Association
- Public Health Accreditation Board
- National Network of Public Health Institutes
- Public Health Foundation
- Prevention Institute
- Tribal Epidemiology Centers



National Indian Health Board



Thank you!

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