



WIHCC Health  
Promotion & Disease  
Prevention Newsletter  
publication dedicated to  
strengthening positive atti-  
tude, action and knowledge  
of health awareness.

## FREE PUBLICATION

SPRING 2019

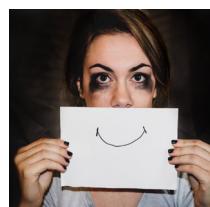
### WHAT IS HEALTH PROMOTION DISEASE PREVENTION ALL ABOUT?

MAY IS 2  
MENTAL 0  
HEALTH 1  
MONTH 9  
**#4MIND4BODY**



ALCOHOL CONSUMPTION IN PREGNANCY

PAGE 4



MAY IS MENTAL  
HEALTH AWARENESS  
MONTH: ANXIETY

PAGE 7



27TH ANNUAL WELLNESS CONFERENCE  
AND 14TH ANNUAL YOUTH WELLNESS CAMP  
PAGE 8

The Winslow Indian Health Care Center Health Promotion Disease Prevention (HPDP) Program is under the Community Health Services. Health promotion and disease prevention focuses on living a healthy lifestyle as well as creating awareness to various health disparities and educate for all community and community members. HPDP markets wellness programs to target WIHCC population by utilizing existing resources. HPDP incorporates and integrates culturally appropriate concepts and activities when delivering health promotion, disease prevention services and primary prevention outreach efforts. HPDP staff plans, coordinates, collaborates, conducts, implements, and communicate with local schools, chapters, stakeholders as well as community and community members.

HPDP Team travels daily to each communities, conducts education on various topics, implements and coordinates various physical/community activities with local schools and stakeholders.

HPDP provides the following:

- Navajo Wellness Model
- Family Culture Events
- Annual Wellness Conference
- Youth Wellness Conference
- Fitness Gram Assessment
- Community Fitness Classes

- School Health Education
- SPARKS/CATCH
- Yá'át'ééh Newsletter
- KTNN Health Minute
- Community Health Fairs
- Community-Based physical acitivites
- HPDP Teams: East, South, West, and North
- Massage Therapy Program
- Traditional Medicine Program
- Prevention Educations
- Vegetable Garden Project
- MSPI Program

The HPDP Program acknowledges and respects the Navajo Traditional Medicine Program as a practice for a primary source of healing, and for the restoration of balance and harmony.

MSPI provides training activities and prevention activities for the youth population as well as communities and schools within WIHCC service area. MSPI raises awareness of substance abuse and suicide prevention by providing education, implementing projects and providing training programs, such as:

- Applied Suicide Intervention Skills (ASIST)
- Question Persuade Refer (QPR)
- Fatherhood and Motherhood is Sacred
- American Indian Life Skills (AILS)
- Gatherings of Native Americans (GONA)

- Postvention Training
- safeTALK Training
- Alcohol: True Stories
- Navajo Wellness Model (NWM)
- Walks/Runs & Bike Ride Series
- Community Outreach
- Youth/Family Conference
- An Apple A Day (AAAD)
- Substance Abuse & Suicide Pre sentations
- Youth Peer Support Project
- Family/Community Resiliency Events

These activities enhance the emotional, mental, physical and spiritual well-being of each person by focusing on the Navajo Traditional Four Cardinal Directions.

**EAST:** Nitsahakese (Thinking)  
The East represents the beginning of life and the process of Nitsahakese (Thinking).

**SOUTH:** Nahat'a (Planning)  
The South represents the process of Nahat'a, the planning and development of physical wellness by learning about healthy life choices.

**WEST:** lina (Living) and K' e  
The West represents the life (lina), the development of social competence and the importance of relationships (K' e).

**NORTH:** Siihasin (Hope)  
The North represents hope (Siihasin) to motivate individuals and families to complete the cycle of life in har mony.

# Voices of Náat'aníí



## Welcome! Alberto L. Peshlakai Our Newest WIHCC Board Member Indian Wells Chapter

**"Nizhóní Yát'eeh!  
Sha'hastooi, sha'zaanii, shi'tse'kii, shi'chi'kii. Tódích'í'nii  
nishli, Kinya'a'nii ba'shichiin, Nash'teezhi Tábaahí  
dashicheii, Tódík'ózhí dashinali. Tóhahadleehí doo  
sha'di'ah To'dik'ozi wolye, aadii naasha doo aadi  
shii'yaahoo'a. Alberto L. Peshlakai daa'shi'jini, ei'ako'tao  
Ni'hokaah Diiyin Dine Bi'la ashdla'ii nishli."**

(It is good, beautifully! I am from the Bitter Water Clan, born for the Towering House Clan, my maternal grandfathers are of the Zuni Edge Water Clan, and my paternal grandfathers are of the Salt Water Clan. I'm from and area called Salt Seep, south of Indian Wells and am called Alberto L. Peshlakai, this is how I distinguish myself as a five fingered spiritual being amongst my people.)

### What do you foresee as a board member representing Indian Wells on the WIHCC Board?

To understand WIHCC, Inc. fundamental governance responsibilities and corporation's purpose that will allow me to discharge those duties effectively in making responsible decisions and providing appropriate oversight. In the spirit of K'e, work alongside the board and management team, to dedicate my membership in advancing excellence, innovation and accountability in health care governance. To familiarize myself with WIHCC BOD governance practices and processes by learning from our experience board members/management team. I'd like to use this opportunity to progressively build knowledge, skills and abilities tailored to this leadership role, environments and needs. To help fulfill its mission the Center is pleased to provide.

### What inspired you to become a board of director for WIHCC?

It was an opportunity to be of service and represent my community of Indian Wells once again. I had the honor and privileged to represent Indian Wells as a Chapter Official for two terms. Also, I am a millennial – and believe that organizations may need younger leadership within their boardrooms. WIHCC, Inc. is embracing and reaching a new audience – new audiences like millennials. Getting more of these folks into boardrooms may help integrate the strategic operations that allow these entities to adapt to a more diverse and connected world.

### What are your accomplishments you want to achieve?

To further my understanding and contribute to the organization's mission, visions and values; understand the economics of health care and the plan and budgets required to achieve the organization's mission; understand community demographics and needs; promote and build partnerships with community and groups; and lastly to fulfill my role as a board member to the best of my ability.

### Hobbies: Favorite things to do? What is your favorite food, color, or type of music? Etc.

Running, hiking, and spending time with family/friends. My favorite color navy blue; My favorite food is Thai Food. I don't have a favorite type of music but do listen to music on occasion. Lately, I've been listening to classical music by Alexander-Cesar-Leopold Bizet, a French Composer.

### Is there a message you want to share with patients and communities of WIHCC?

As a new Director to the Winslow Indian Health Care Center, Inc., Board of Director, our team commits to you an unwavering dedication to our mission, vision and values. I'm tremendously grateful for past/future achievements of our current 400+ employees. Through their compassion, they have created an unparalleled environment for healing. Through their dedication, they continue to provide quality, comprehensive affordable healthcare to all individuals in a comfortable and safe environment. WIHCC, Inc. strives to provide the best Medical, Dental, and Behavioral Health Providers available while supporting them with qualified, culturally competent, compassionate staff. On behalf of the WIHCC Board of Directors, CEO, and Management Team we say ahe'ee nstaagoo (Thank you very much) to our employee's.

*Winslow Indian Health Care is a 638 organization with a policy making Board of Directors, all which present the eight chapters in the southwest region of the Navajo Nation. These chapters include Birdsprings, Dilkon, Indian Wells, Leupp, Teesto, Tolani Lake, Jeddito and White Cone.*

# WIHCC Health Promotion & Disease Prevention | Yá át ééh

## Adverse Childhood Experiences

Traumatic events that can have negative, lasting effects on health and wellbeing



Adverse Childhood Experiences – or ACEs – are defined as early adversity in life, including child abuse or neglect and household dysfunction. ACEs come in a variety of forms which are grouped into seven primary categories:

- (i) psychological abuse
- (ii) physical abuse
- (iii) sexual abuse
- (iv) violence against a parent
- (v) living with household member who is a substance abuser or mentally ill
- (vi) living with a household member who is suicidal; and,
- (vii) living with a household member who has been imprisoned.

Researchers distributed a questionnaire asking about these exposures to nearly 14,000 adult members of a large HMO, and 70.5% of the members responded. It was found that more than half of the respondents reported at least one exposure to an ACE, and 25% reported exposure to 2 or more. Respondents who reported four or more exposures were 12x more likely to attempt suicide than those who were exposed to none.

The study concluded there was a strong, graded relationship between the amount of exposures to ACEs and multiple risk factors for many of the leading causes of death in adults. Basically, the more abuse or household dysfunction a child is exposed to, the more likely they are to experience both poor emotional and poor physical health as an adult.

Understanding that ACEs are associated with diminished health across the life course, and even across generations given the often persistent nature of household dysfunction, needs to be a priority in both the fields of medicine and public health. Preventing early adversity through increased awareness and education regarding ACEs is necessary for children to grow up healthy. Assuring healthy development

is essential for all children to achieve their full health, economic and social potential.

Families and the communities we live in, our organizations and our governments, our healthcare providers and our stewards of children all have a role to play in this goal. Our society needs to better understand and give attention to the underlying reasons for disease and poor health. It needs to be known that certain segments of the population, such as children who have exposure to abuse or household dysfunction, are at a greater risk for negative health outcomes later in life. Efforts made by the medical and public health communities to intervene and reduce or eliminate exposure to early adversity will greatly benefit our society.

### Resources:

Felitti, V.J., Anda, R.F., Nordenberg, D., Williamson, D.F., Spitz, A.M., Edwards, V., Koss, M.P., & Marks, J.S. (1998). Relationship of child abuse and household dysfunction to many leading causes of death in adults: the adverse childhood experiences (ACE) study. *Am J Prev Med* 14, 245-258.

Metzler, M., Merrick, M.T., Klevens, J., Ports, K.A., & Ford, D.C. (2016). Adverse childhood experiences and life opportunities: shifting the narrative. *Children and Youth Services Review* 72(2017), 141-149.

Submitted by Martin Taxera, BSN, MPH, RN IHS,  
Navajo Area, Winslow Service Unit, Senior Public Health Nurse.

# WIHCC Health Promotion & Disease Prevention | Yá át éeh

## Alcohol use during pregnancy can lead to lifelong effects.

Up to 1 in 20

US school children may have FASDs.



People with FASDs can experience a mix of the following problems:

### Physical issues

- low birth weight and growth
- problems with heart, kidneys, and other organs
- damage to parts of the brain

Which leads to...

### Behavioral and intellectual disabilities

- learning disabilities and low IQ
- hyperactivity
- difficulty with attention
- poor ability to communicate in social situations
- poor reasoning and judgment skills

These can lead to...

### Lifelong issues with

- school and social skills
- living independently
- mental health
- substance use
- keeping a job
- trouble with the law

Drinking while pregnant costs the US \$5.5 billion (2010).



SOURCES: CDC Vital Signs, February 2016. American Journal of Preventive Medicine, November 2015.

## ALCOHOL USE IN PREGNANCY

According to the Centers for Disease Control, there is **no amount of alcohol in pregnancy that has been proven safe for the developing infant**. So, it is best, for a woman considering pregnancy to stop any alcohol consumption even before conception. Many couples, planning on having a baby, start such pre-pregnancy behaviors about 3 months before attempting conception for baby's health.

One alcohol-related diagnosis that can be completely avoided by such avoidance is Fetal Alcohol Spectrum Disorders (FASDs). FASDs effects can include:

- Small head
- Low birth weight
- FASD distinctive facial features
- Learning Difficulties
- Hyperactivity behaviors
- Attention deficit behaviors
- Speech/language Delays
- Lower Intelligence Quotient (IQ)
- Decision, Judgement, and reasoning difficulties

**Question:** I just found out I am pregnant. I have stopped drinking now, but I was drinking in the first few weeks of my pregnancy, before I knew I was

pregnant. What should I do now?

**Answer:** The most important thing is that you have completely stopped drinking after learning of your pregnancy. It is never too late to stop drinking. Because brain growth takes place throughout pregnancy, the sooner you stop drinking the safer it will be for you and your baby.

If you drank any amount of alcohol while you were pregnant, talk with your child's health care provider as soon as possible and share your concerns. Make sure you get regular prenatal checkups.

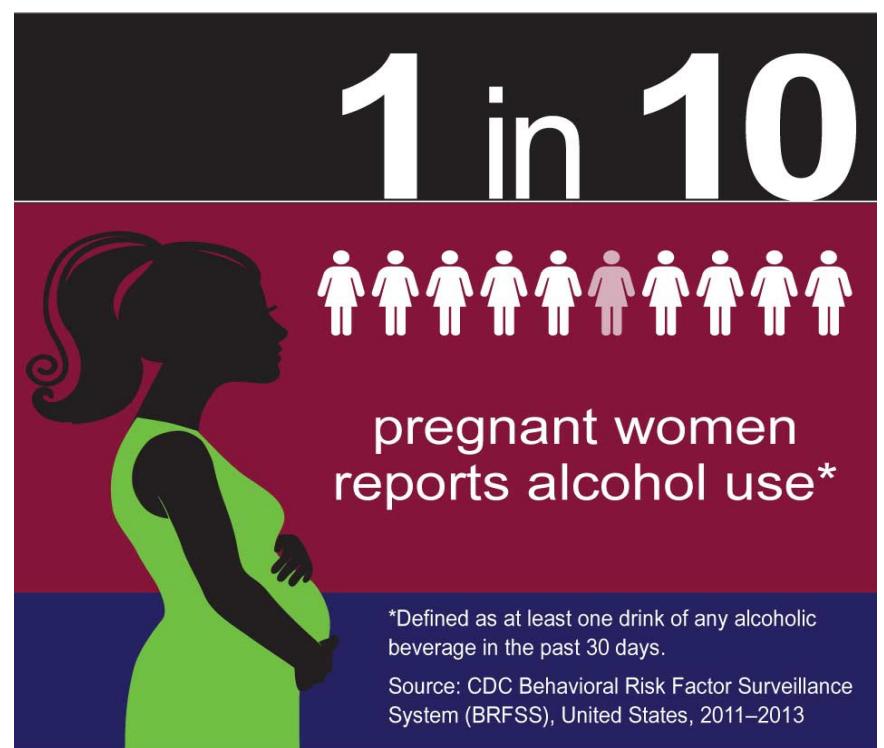
**Question:** What is a "drink"? What if I drink only beer or wine coolers?

**Answer:** Drinking any type of alcohol can affect your baby's growth and development and cause FASDs. This includes all wines, beer, and mixed drinks. A standard drink is defined as .60 ounces of pure alcohol. This is equivalent to one 12-ounce beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80 proof distilled spirits (hard liquor). Some drinks, such as mixed alcoholic drinks or malt liquor drinks might have more alcohol in them than a 12-ounce beer. There is no safe kind of alcohol. If you have any questions about your alcohol use and its risks to your health, talk to your health care provider.

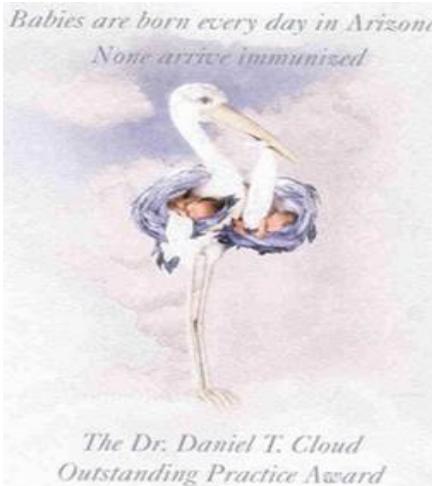
Should you have any questions, ask your provider. Or, if you think your baby may exhibit some of these behaviors, ask your provider for a referral. **There is help available.**

Submitted by the WIHCC PHN Department.

Resource: Alcohol Use In Pregnancy. Center for Disease Prevention. Retrieved from <https://www.cdc.gov/ncbddd/fasd/alcohol-use.html>



# WIHCC Health Promotion & Disease Prevention | Yá át ééh



The Winslow Indian Health Care Center organization was awarded the Daniel T. Cloud Outstanding Practice Award on April 17th, 2019. This award recognizes outstanding practices and clinics that show leadership and dedication in the field of immunization that focus on educating their patients about the importance of vaccination. This award is available to any nominated practice reaching 90% immunization coverage levels and WIHCC has surpassed that. It takes a team to vaccinate a child & there are multiple departments within our organization who contribute. Thank you for all you do to ensure the health & safety of our pediatric patients through immunizations. **Congratulations WIHCC!**

2019 TIER INCENTIVES ITEMS (YOUTH/ADULTS MAY DIFFER)	
11	NIKE DUFFLE BAGS
9	NIKE DRI-FIT SHIRT
6	NIKE HATS/VISORS
3	WATER BOTTLE
1	2019 JUST MOVE IT T-SHIRT

#EVENTS COMPLETED (Supplies Limited)

ALL EVENTS WILL FOLLOW MOUNTAIN STANDARD TIME (MST)

DATE	LOCATION	REGISTRATION	START TIME
MAY 9	Grand Falls	5:00PM	6:00PM
MAY 16	Leupp School Inc.	5:00PM	6:00PM
MAY 23	Birdsprings Chapter House	5:00PM	6:00PM
MAY 30	Tolani Lake Chapter House	5:00PM	6:00PM
JUNE 6	Teesto Chapter House	5:00PM	6:00PM
JUNE 13	Jeddito Elementary School	5:00PM	6:00PM
JUNE 20	Whitecone Multi-Purpose Building	5:00PM	6:00PM
JUNE 27	Dilkon Chapter House	5:00PM	6:00PM
JULY 2	Twin Arrows Casino Flagstaff	5:00PM	6:00PM
JULY 11	Indian Wells Elementary School	5:00PM	6:00PM
JULY 18	NAVAJO COUNTY COMPLEX "Nizhoni Trail"	5:00PM	6:00PM
JULY 25	WINSLOW CITY PARK "Color Run"	3:00PM	6:00PM

PLEASE BRING ENOUGH WATER FOR YOURSELF AND FAMILY

## WIHCC Non-Emergency Transportation Program



Providing expedient, professional transportation service for patients needing transportation to their medical appointments.

### LET US DRIVE YOU TO YOUR NEXT WIHCC APPOINTMENT

#### Why Choose WIHCC Transport Services:

- Drivers are background checked and hand picked for excellent ethics.
- Drivers are trained with strict code of professionalism.
- Vehicles are regularly cleaned and well maintained by WIHCC.
- The transportation staff are fluent in Navajo.
- Na'ílbǟṣi dinékeji yałt'i (Our drivers speak Navajo)
- No Insurance? No problem!

**CALL US at (928) 928-6281**

For more information visit [wihcc.com](http://wihcc.com) or visit our office at WIHCC 500 North Indiana Avenue Winslow, AZ 86047



# WIHCC Health Promotion & Disease Prevention | Yá át ééh



## Salmonella

by Kay Bassani, NE

**Salmonella is a bacterial disease that causes typhoid fever.** The bacteria also causes Salmonellosis which, for the most part, also affects the GI tract, causing diarrhea, abdominal cramps and fever (gastroenteritis/food poisoning).

The disease becomes evident 12 to 72 hours after contracting the microorganisms. The illness may last 4 to 7 days.

The severity of the disease varies. Diarrhea, at times, can be so severe that the affected person may need to be hospitalized and aggressively treated especially, with fluid/electrolyte replacement.

Salmonella infection may spread from the intestines to the blood stream and on to other body tissues. When Salmonella becomes severe, death can occur, unless treatment with antibiotics is administered promptly.

Like many other diseases of this kind, we must take keen notice of the elderly, infants and those with immune system disorder.

### Signs and symptoms:

Stomach cramps, bloody stools, chills, diarrhea, fever, headache, muscle pains, nausea, vomiting, dizziness. Some people experience joint pain, known as reactive arthritis. It can last for months or years, and it can become chronic arthritis.

### Risk Factors:

- Salmonella infection is more common in the summer months (June, July, and August) than winter.
- Children under 5 years old are the most likely to get a Salmonella infection.
- Infants who are not breast fed are more likely to get a Salmonella infection.
- Adults over 65 years old, and people with weakened immune systems are the most likely to have severe infections.

- Certain medications (for example, medications to reduce stomach acid) can increase the risk of Salmonella infection (CDC).

### Causes:

People become infected mostly through contaminated water, foods, especially meats like poultry or beef that are not properly cooked. Foods can also get contaminated with animal feces contaminating fruits and vegetables. Some birds also carry the microorganism.

Animals such as reptiles including those cute turtles for pets give cause for good hand washing. Most reptiles and amphibians carry salmonella in their gut without becoming ill. They shed the bacteria in their droppings. These can quickly spread onto their skin and then anything they come in contact with, including cages, toys, clothes, furniture, and household surfaces.

**Salmonella can be found in many foods**, including sprouts and other vegetables, eggs, chicken, pork, fruits, and even processed foods, such as nut butters, frozen pot pies, chicken nuggets, and stuffed chicken entrees. Contaminated foods usually look and smell normal, which is why it is important to know how to prevent infection.

**Salmonella also can spread from animals to people and from people to people.** Always wash your hands after contact with animals. Also wash your hands after using the toilet, changing diapers, or helping someone with diarrhea clean up after using the toilet.

**Salmonella illness is more common in the summer.** Warmer weather and unrefrigerated foods create ideal conditions for Salmonella to grow. Be sure to refrigerate or freeze perishables (foods likely to spoil or go bad quickly), prepared foods, and leftovers within 2 hours (or 1 hour if the temperature outside is 90°F or hotter).

### Prevention:

1. Do not eat raw or undercooked eggs
2. Cook foods until they are well done
3. Avoid raw or unpasteurized milk or other dairy products.
4. Wash or peel produce before eating it.
5. Avoid cross-contamination of food
6. Wash your hands before handling any food and between handling different food items.
7. Wash counter top extremely well after preparing chicken, shrimp or any other raw meats
8. Wash, wash, wash!!

**Resource:** Salmonella. Center for Disease Control, 2017. Retrieved from: <https://www.cdc.gov/salmonella/general/prevention.html>

# MAY IS 2019 MENTAL HEALTH MONTH

## #4MIND4BODY

### Anxiety

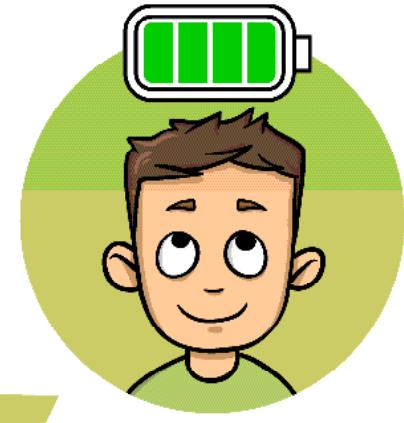
Many of us have felt it. It can manifest in multiple ways, from the feeling of a pit in your stomach, to worries of impending doom or failure, shaking, an inability to sleep, fear, palpitations, and even nausea and diarrhea. Some anxiety is rational – wired into our brains to keep us safe by anticipating danger, and learning from experience. But sometimes anxiety takes on a life of its own and becomes excessive, and irrational. It is not a choice, and can be terrifying. It is true that life changes can precipitate the onset of anxiety, but some people don't ever seem to get that anxious over anything.

On the other hand, some people develop anxiety disorders, which are harmful and should be taken seriously. Stress and anxiety, particularly over the long haul, can cause the release of chemical messengers in the body that can eventually cause harmful changes.

If you love someone with (who has) anxiety, believe what they are telling you. This is called validation and it will mean the world to them. Anxiety comes in many forms, and some people don't even know that it is happening to them, because it can be interpreted as a purely physical feeling. If you don't feel right, please go to the clinic and see a medical provider. If it is determined that you have anxiety, come see us in behavioral health.

It is worth mentioning that there is a connection between anxiety and alcohol use, because sometimes drinking seems like an easy remedy for anxiety, but it is not. It can damage your body, mind, and spirit. For example, it can make your brain and your liver sick, and it can cause erectile dysfunction,

### HOW TO REDUCE STRESS AND ANXIETY



interfering with intimacy.

Psychotherapy is a powerful tool that helps with the “re-wiring” of the faulty circuits in the brain causing the anxiety. The skills learned in these sessions can be lifelong remedies. Diet and exercise can help as well, by increasing the “feel-good” naturally occurring chemicals in our brains, and by helping us function better and stay much healthier. Anxiety is often treated with antidepressants and other medications. Sometimes a little medication can get you over the initial hurdle of your work with a therapist, and can then be tapered off later.

By no means is medication necessarily lifelong. Natural remedies, like herbs and nutritional supplements are used as well. And self-help techniques can be immensely valuable: things like meditation, guided imagery, and yoga have been shown to be effective antidotes to anxiety.

Each day you only have a limited amount of time and energy. Don't waste it stressing about things you cannot control.

*Karen Salmansohn*

A final note, sleep is imperative for healing. If sleep is difficult for you, talk to your provider. Sometimes evaluation can identify the issue, or a short term medication can restore healthy sleep patterns. Also, beware of caffeine: it stays in your system at fairly high levels for 6-8 hours, and half is still left at that point, so minimize caffeine later in the day if possible.

Be well, drink water!

William Devine PMHNP-BC, WIHCC Mental Health Department

# WIHCC Health Promotion & Disease Prevention | Yá át ééh



Winslow Indian Health Care Center  
Health Promotion and Disease Prevention

**SAVE THE DATE**  
**June 11 & 18, 2019**

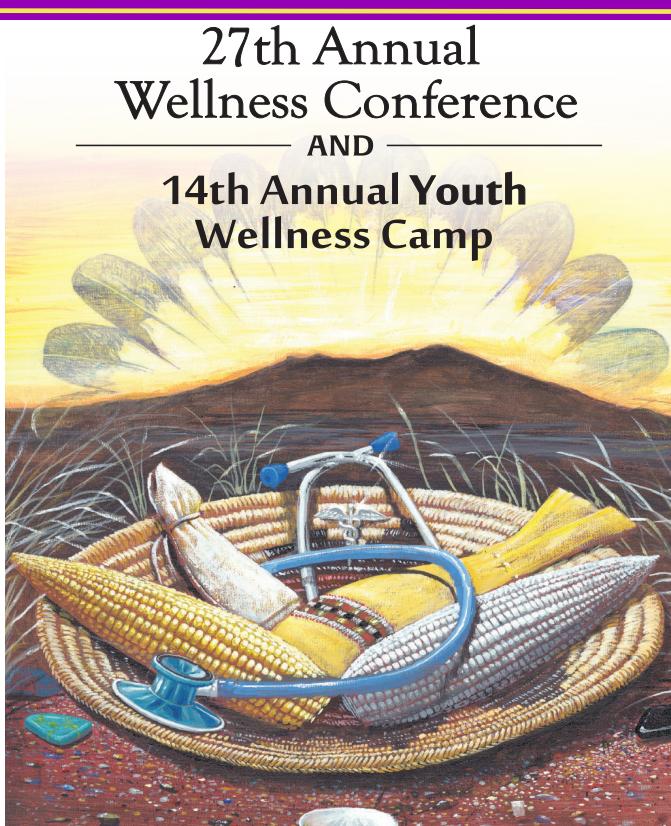
**Ádáhodílzin dóó Hózhóqogo  
bee nijiighá**

Being in Reverance and Walk in Beauty

June 11 at Holbrook High School  
Youth Wellness Camp at Hulet Elementary School  
Holbrook, Arizona

June 18 at Whitecone Multi-Purpose Building  
Youth Wellness Camp in the same area  
Whitecone, Arizona

500 North Indiana Ave Winslow, AZ | HPDP Program (928) 289-6164 | [www.wihcc.com](http://www.wihcc.com)



This year's 27th Annual Wellness Conference will include a variety of topics focusing on the South direction of the Navajo Wellness Model. The **west direction**, Ádáhodílzin, of the four cardinal directions in the Navajo Wellness Model, Shábik'ehgo As'ah Oodáál, A Journey with Wellness and Healthy Lifestyle Guided by the Journey of the Sun. This year's conference theme is **"Ádeehániih dóó Bá Hózhóqgo Iiná: Think and Have Concern for Yourself Through the Beauty Way of Life."** The conference objectives are to have the participants:

- Learn and gain knowledge of Respect and reverence - Ádáhodílzin
- Gain knowledge of Introduction - Ádééhoolzíjh
- Learn and practice Planning – Nahat’á
- Learn and gain knowledge of the concept of Daylight – Nohodeetł'iizh.

The conference is designed to share information and health education based on the Navajo traditional philosophy of Hózhóqgo Iiná. Cultural integration with Western concepts of health promotion is important and by promoting Navajo cultural values and using the four cardinal directions as reference. HPDP aspires to elevate thoughts and concerns for self awareness and kinship in every day decision-making which leads to an improved quality of life.



The Health Promotion Disease Prevention Program has adopted the Navajo Wellness Model that encompasses the Navajo philosophy of four directions including the four sacred mountains. These four directions as described represent the philosophy and values to promote healthy lifestyle including the WIHCC Vision of a healing and harmonious environment in partnership with communities.

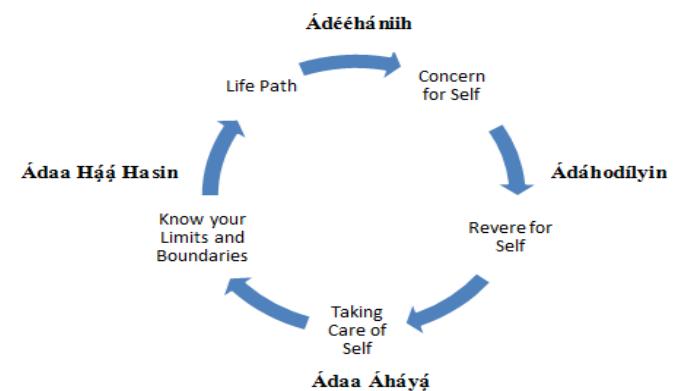
This year's Annual Wellness Conference presenters include the Navajo Nation First Lady Phefelia H. Nez, Navajo Nation Second Lady Dottie Lizer, Pax Harvey, Tom Chee, and Lyle Harvey. Again presenters will focus on the west direction of the Navajo Wellness Model.

The 14th Annual Youth Wellness Camp will also be taking place in the same locations of Holbrook, Arizona and Whitecone, Arizona. The Holbrook location, the youth wellness camp will be at the Hulet Elementary School which is directly east of the High School. The presenters include Brown Performance Strength and Conditioning (BPSC), Louanna Benslow of the WIHCC MSPI Program, will concentrate on art therapy; Lyle Harvey who will concentrate on the concepts of weaving; and Pax Harvey who will concentrate on suicide prevention.

Submitted by the WIHCC HPDP Program.

## Navajo Wellness Model

Shábik'ehgo As'ah Oodáál  
(A Journey with Wellness and Healthy Lifestyle Guided by the Sun)



SPRING 2019

# WIHCC Health Promotion & Disease Prevention | Yá át ééh

## T'AA'AKWIIJIGO 5-4-3-2-1+10! DAILY HEALTHY LIFESTYLE CHOICES FOR EVERYONE!

The WIHCC Hozhoogoo Iina Youth Wellness Program and Pediatric Wellness Task Force aims to prevent diabetes and chronic disease among American Indian youth. The current childhood obesity rate in our Winslow service area schools is approximately 30%. Many of our youth from toddlers to teen are experiencing high blood pressure, prediabetes and type 2 diabetes. T'aa'kwijigo 5-4-3-2-1+10 is a wellness tool for families to refer to.

### "5" Fruits and Veggies a Day

Eating 5 servings of different fruits and vegetables everyday has health benefits. They can be fresh, frozen, or dried. Potatoes don't count because they mainly contribute starch to the diet.

Fruits and Veggies give your body good sources of vitamins and minerals, including folate, vitamin C and potassium and fiber to prevent constipation, other digestion problems, bowel cancer, and reduce cholesterol levels; reduces your risk of heart disease, stroke and some types of cancer; and are low in fat and calories if you don't fry them or roast them in lots of oil.

### "4" Big Cups of Water a Day

Your body depends on water to survive and it makes up 60% of your body weight. Every cell, tissue and organ in your body needs water to work properly. Water gets rid of wastes through urination, perspiration and bowel movements. Water keeps your temperature normal and cushions joints. Lack of water can lead to dehydration which can drain your energy and make you sick. Recommended daily water intake should be a minimum of:

- 3.7 liters or 115 ounces for Men or (4) 32 oz. cups
- 2.7 liters or 85 ounces for Women or (4) 24 oz. cups
- 1 liter or 32 ounces for 5 to 8 year olds or (4) 8 oz. cups
- 1.5 liters or 48 ounces for 9 to 12 year olds or (4) 12 oz. cups
- 2 liters or 64 ounces for 13+ years or (4) 16 oz. cups

### "3" Good Laughs

Laughter releases a chemical called serotonin into our



brains, which is our 'feel good' hormone. Laughter relieves stressful feelings and leads to our bodies working better and feeling relaxed. Laughter can also help our immune system work well, meaning we can fight diseases better. Pay attention to whether your youth is laughing and smiling daily and watch for signs of bullying.

### "2" Hours of Screen Time or Less

Too much screen time can impact physical health by leading to the following: obesity; poor sleep; eye strain; red or dry eyes; increased amount of headaches; developmental delays and more behavior problems in youth. Avoid allowing children to have screen time until they are at least two years old. For children 2-5

years old, limit them to less than one hour of educational and high-quality shows, e.g. Sesame Street. For children who are 5 years old+, limit them to less than two hours of screen time per day. Encourage youth to play outside or read a book. Adults should limit their own screen time. Instead, be physically active with your children. Have specific "no screen time" rules, such as at the dinner table or 1 hour before bedtime.

### "1" Hour of Physical Activity

Improves cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, & reduce the risk of developing health conditions. Youth need 60 minutes (1 hour) or more of moderate-to-vigorous physical activity daily. Vigorous-intensity should be included at least 3 days a week. Youth should include muscle & bone strengthening physical activity on at least 3 days of the week. Adults need at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity.

### "+10" hours of Sleep

Sleep helps your brain work properly. Sleep enhances your learning and problem-solving skills to help you pay attention, make decisions, and be creative; helps your heart and blood vessels heal and repair; decreases risk of heart disease, kidney disease, high blood pressure, diabetes, stroke and obesity.

However, lack of sleep can result in a higher than normal blood sugar level, which may increase your risk for diabetes. The amount of sleep you need each day will change over the course of your life.

Submitted by Sausha Nells, RN, BSN, Youth Wellness Nurse  
<https://www.cdc.gov/obesity/childhood/>; <https://www.nhs.uk/live-well/eat-well/why-5-a-day/>; <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>; <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>; <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/American-Academy-of-Pediatrics-Announces-New-Recommendations-for-Childrens-Media-Use.aspx>; <https://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm>; <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/American-Academy-of-Pediatrics-Supports-Childhood-Sleep-Guidelines.aspx>

## PREPARING A FIRST AID KIT

Almost everyone will need to use a first aid kit at some time. First aid kits may be basic or comprehensive. What you need depends on your medical training and how far you are from professional medical help. Ready-made first aid kits are commercially available from chain stores or outdoor retailers but you can make a simple and inexpensive first aid kit yourself. A well-stocked first aid kit can make the difference in a medical emergency.

To be prepared for emergencies, here are some things to remember regarding first aid kits:

- Keep a first aid kit in your home and in your car.
- Carry a first aid kit with you or know where you can find one.
- Find out the location of first aid kits where you work.
- Include any personal items such as medications and emergency phone numbers or other items your health-care provider may suggest.
- Check the kit regularly.
- Check expiration dates and replace any used

You can create your own by first deciding the purpose for the kit. Will it be available for daily use in home, at work, in your car, or for an outdoor adventure like hiking or camping?

Try to keep your first aid kit small and simple. Stock it with multi-use items. Almost anything that provides good visibility of contents can be used for a first aid kit.

1. If your kit will be on the move, a water-resistant, drop-proof container is best.
2. Inexpensive nylon bags, personal kits, fanny packs, or make-up cases serve very well.
3. You do not need to spend a lot of money on a fancy "medical bag." Use zip-lock sandwich bags to group and compartmentalize items.

### 4. Put wound supplies in one bag and medications in another.

First aid medical supplies can be purchased at pharmacies, online, or at stores.

A basic first aid kit should include these items:

- Ace bandages
- Adhesive bandages
- Adhesive tape
- Bandages
- Emergency First Aid guide or pocket manual
- Gloves (medical exam type) for protection against blood-borne pathogens
- Medications
- Non-adhesive pads
- Pocket mask for CPR

- Safety pins
- Scissors
- Splints
- Stop the Bleed kits
- Triangular bandage
- Tweezers
- Zip-lock bag

In case of a medical or trauma related emergency, a list of family member's medical history, medications, doctors, insurance company, and contact persons should be readily available.

**Author:** Dr. Teri Rada NMD, MSN, RN provided emergency care for patients as an ER nurse and a paramedic for over 20 years. She now teaches emergency response courses for healthcare providers.

## "REAL" FIRST AID KIT INCLUDES:

 1 Pack 2x6" Burn Free" Burn Gel Dressing	 1 12" Cardboard Arm Splint
 24 oz. of Emergency Sterile Water	 1 First Aid Care Tweezer
 2 2" rolls of Gauze	 1 Thermal Blanket
 3 5x9 Trauma Dressings	 2 Triangular Bandages
 10 4x4 Dressings	 15 Antiseptic Wipes
 20 Band-aids	 2 pr. Vinyl Gloves
 2 Antimicrobial Wipes	 1 CPR FACE SHIELD/MASK
 1 Cold Pack	 1 roll of First Aid Tape
 1 EMT Trauma Shears	 1 First Aid Guide.

For re-stock call Disaster Survival Skills, LLC **1-888-705-2184**

## Herbal Preparations Using Plants as our Medicine

If you are new to the world of medicinal herbs, the terms and variety of plants available can be overwhelming! In this series of articles, Dr. Teri Rada Naturopathic Physician, will introduce the basics of incorporating medicinal herbs into your daily routines. The first article in the series discussed the use and preparation of teas, infusions, and decoctions. In this article, we will be discussing tinctures and topical preparations.

### Tinctures

A tincture is a concentrated liquid form of an herb where the active constituents of the plant are extracted in an alcohol, vegetable glycerin, or vinegar. Tinctures are considered the most convenient way to use herbs and they remain the preferred way to produce herbal extracts. In years past, chemist shops or apothecaries had a row of herbal tinctures in fancy glass bottles, which were called Galenicals. The British Pharmacopoeia Codex in 1911 gives a definition of tinctures used by the medical herbalist:

*Tinctures, properly so-called, are preparations obtained by macerating or percolating crude drugs in alcohol, by dissolving definite chemical substances or proximate principles in alcohol, or by diluting extracts of drugs with alcohol. The processes of maceration and percolation are those described earlier, while the processes of solution and dilution vary according to the nature of the substances dealt with. Ethereal tinctures are prepared from certain drugs by substituting pure ether for alcohol and are useful where quicker absorption is desired.*

Alcohol is the most effective solvent and therefore most commonly used. The type of alcohol used will depend on the intended use of the herbal preparation. Any herbal preparation that will be used orally must use ethyl alcohol or drinking alcohol such as vodka, brandy, and Everclear. Rubbing alcohol (isopropyl alcohol) or Methyl alcohol (wood alcohol) may be used for topical preparations only as these forms of alcohol are toxic if taken internally.

Vinegar can be used where there is a reason not to use alcohol, such as for children. Apple cider vinegar is a good choice for tinctures that will be taken internally but any quality vinegar may be used.

Vegetable glycerin can also be used but that it does not extract as many constituents as alcohol so the medicinal properties of the herb will not be captured as well as with alcohol or vinegar.

Different herbs will require different alcohol concentrations to extract their active constituents. Since the list of possible herbs to use is extremely length and will not be included here, I recommend looking up the alcohol percentage required for the herbs you choose online. There are numerous reputable sources for this information.

A tincture can be made from leaves, roots, seeds, and stems. If you use fresh herbs to prepare a tincture, double the quantity of dried herbs so you are using 2-oz for every 1-oz of dried herb called for in your recipe. An alternative formula is to add one part herb to five parts of alcohol.

If stored correctly, apple cider vinegar tends to last for approximately six months; alcohol based tinctures will last indefinitely.

### Basic Tea Recipe:

- 1-oz dried powdered or chopped herb or 2-oz fresh
- 1-pt alcohol such as vodka or even cider vinegar

Mix herb with alcohol or cider vinegar in a glass jar with a tight fitting lid, such as a canning or preserving jar.

Keep the tincture in a tightly closed jar in a warm spot (not in direct sunlight), for approximately two weeks. Shake the tincture two to three times every day. After two weeks, strain the tincture through pharmaceutical filter paper, a coffee filter, cheesecloth, or muslin. You may need to strain your tincture two or even three times to remove all of the herb solids. Leaving solids in your tincture may lead to mold and spoilage. Store your tincture in a dark bottle or cupboard. Dropper bottles like the one shown are very helpful for dosing. The dose is small, approximately 20-40 drops three times a day, although this can vary with each herb. Dilute in approximately one quarter of a cup of water to take. Tinctures can be used topically in water for bathing wounds, soaking feet, in the bath, or as a household disinfectant.



### Fomentations

Fomentations are used for topical application of herbs. They may be applied either hot or cold depending on the condition. Cold fomentations are very useful for sprains and bruises. Hot or warm fomentations are used for aches, pains, menstrual cramps, abscesses, and boils. Prepare fresh as needed.

### Basic Recipe

- Hot or cold decoction of your choice of herb
- Cloth or towel

Dip the cloth or towel in the hot or cold decoction, wring out, and apply locally to affected area. If applying a hot fomentation, change when cool. This administration is useful for sprains, bruises, strains, pulled ligaments, and aches and pains in general. To prepare a cold fomentation, prepare a decoction as usual and cool before using. If a very cold preparation is required, prepare ice cubes with the decoction and add, or wrap in the towel or cloth.

\*see previous article for instructions on preparing a decoction

### Poultice

A poultice is an effective way of applying herbs directly to the skin. The fresh leaves can be bruised or mashed but dried herbs or powders may also be used. Pour over just enough boiling water to wet the mixture. Ground flaxseed, white bread, or bran can be added to give the poultice bulk and help retain the warmth. Apply the mixture, wrapped in a cloth such as cheesecloth, over the area and cover with a hot, wet cloth. Replace the cloth with another when it gets cold. Repeat this process, keeping the poultice hot. Poultices are useful for drawing inflammation to the surface and easing painful joints. Wash the area treated with chamomile or calendula infusion to ease any inflammation or irritation.

Dr. Teri Rada NMD is Naturopathic Physician, a Registered Nurse, and a Graduate Professor of Botanical Medicine.



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