



**Mission:** To promote the physical and emotional wellness of Native Americans by providing the highest quality of health care.

#### Upcoming Events:

There will be a Blood Drive on Thursday, March 15, 2007 from 10-2 at the Fort Hall Housing Conference Room.



## Shoshone-Bannock Tribes Health Education

March 2007 Newsletter

## Colorectal Cancer Awareness

The U.S. Senate has declared March as National Colorectal Cancer Awareness. The American Cancer Society estimates that, in the United States this year, approximately 153,760 men and women will be diagnosed with colorectal cancer and 52,180 people will die from the disease. Despite its high incidence, colorectal cancer is one of the most detectable, and if found early enough, most treatable forms of cancer.

Over 90% of those diagnosed while the cancer is still localized survive more than five years. Currently, however, only 37% of colorectal cancers are detected while still localized.

Colorectal cancer is the second leading cancer killer in North America, but it does not need to be. When the cancer is found early, through screening, the greater the survival rate is for that person. Many times there are no

symptoms, but others may experience, diarrhea or constipation, rectal bleeding, or blood in stools.

Cancer Patient Navigator Program and Health Promotion & Disease Prevention Joint Committee had a "Brake for Breakfast" on March 6 to promote the awareness for this type of cancer. The more awareness that is raised the better the chances for early detection.

## National Nutrition Month

March is National Nutrition Month. This is a time to promote a healthy eating lifestyle. Not just for the month, but a lifetime of good nutrition for you and your family. Nutrition is a key component of health, along with physical activity.

Diet fads come and go, and some may help you lose weight--in the short term. For National Nutrition Month 2007, the American Dietetic Association says the most

effective long-term way to achieve a healthful lifestyle is to be *100% Fad Free*.

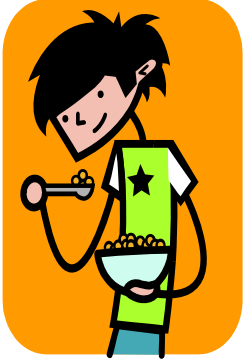
National Nutrition Month takes place in March and focuses the public's attention on the importance of making informed food choices and developing sound eating and physical activity habits.

- Make smart choices from every food group.

- Find your balance between food and physical activity.
- Get the most nutrition out of your calories.
- Stay within your daily calorie needs
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Develop an eating plan for lifelong health. Too often people adopt the latest food fad rather than focusing on overall health.

## National School Breakfast Week



We all need some energy to start our day off right. Experts say that breakfast is the most important meal of the day. School lunchrooms nationwide will open their doors bright and early from March 5 - 9 to welcome children to 2007 National School Breakfast Week (NSBW) celebrations and "A World of School Breakfasts!" This year's theme focuses on

breakfast dishes from around the world and the importance of starting each day with a nutritious breakfast. Area school districts, including Blackfoot will be participating in this celebration, with international flavor for their breakfast menu, like "Belgian Breakfast Bonanza". School Nutrition Association launched

NSBW in 1989 to raise awareness about the importance of breakfast for all students at school and to draw attention to the link between eating a good breakfast and cognitive growth. According to the US Department of Agriculture, School Breakfast Program participation is associated with higher intakes of food energy, calcium, phosphorous, and vitamin C.

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*"Good friends are good for your health."*

Irwin Sarason

## 1<sup>st</sup> National Native HIV/AIDS Awareness

There is an estimated 3,084 American Indians/Alaskan Natives living with AIDS, and have the third highest rate of AIDS diagnoses in 2004. Also there were 1,068 reports of HIV infection among Natives nationwide. There is a great need for our community to become actively informed and prepared:

- Learn more about HIV/AIDS and its

impact on your community.

- Protect yourself against HIV infection. Know the risks associated with sex and drug use.
- Get tested. It's important to know your HIV status to protect yourself and others.
- Get medical care and support if you're living with HIV.
- Educate others about

HIV/AIDS. Talk openly and honestly about prevention and treatment.

- Help end the stigma associated with HIV/AIDS.

On March 21, 2007 will be HIV/AIDS Awareness Day. Although Native Americans, Alaska Natives, and Native Hawaiians make up only 1% of the U.S. population, they suffer higher rates of health disparities.



## American Diabetes Alert Day

The American Diabetes Alert is an annual, one-day call-to-action held on the fourth Tuesday of March for people to find out if they are at risk for diabetes. The Alert's goal is to raise the awareness that diabetes is serious; you can have diabetes and not even know it. Diabetes means that your blood glucose (sugar) is

too high. Your blood always has some glucose in it because the body needs glucose for energy to keep you going. Too much glucose in the blood is not good for your health. Your risk for diabetes increases as your get older, gain too much weight, or if you do not stay active. Diabetes is

more common in Native Americans. Risk factors for diabetes include: having high blood pressure, having a family history of diabetes, having diabetes during pregnancy or having a baby weighing more than nine pounds at birth. Ask your health care provider about your risk for diabetes during your next visit.