

# Health Newsletter

March 2010 Issue

Tribal Health & Human Services  
jointly accredited with  
Fort Staff Indian Health Services

Accreditation Association for  
Ambulatory Health Care, Inc.



7<sup>th</sup> Annual

## Getting Through Grief



### CONFERENCE

**Tuesday, March 23, 2010**

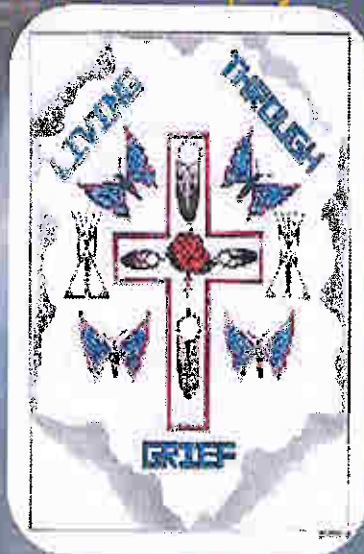
8:00 AM - 4:30 PM @ SHO-BAN JR/SR HIGH SCHOOL

**LUNCH AND SNACKS PROVIDED!!!**

Bring at least three pictures of your loved ones  
to use on the projects!

#### COMMUNITY WELCOME

- For those who are grieving for a loved one
- For those with family or friends struggling with grief
- For those who would like to learn more about grief
- For everyone!



#### Break Out Sessions

- Hands on Grief Project
- Survivor Panel
- Grief Work through Media

**FREE T-SHIRTS  
AS INCENTIVE  
REWARD FOR  
ATTENDING  
ENTIRE  
CONFERENCE!**

5:30 pm Sweat Lodge

@ Counseling and Family Services

Dinner to Follow



Life is  
a delicate  
balance



Your flu vaccine protects me. My flu vaccine protects you.  
When you get your seasonal and H1N1 flu vaccines, you can keep yourself healthy  
and keep from spreading the flu. Protect the cycle of life.

Flu shot made possible and 2009 H1N1 flu vaccine by    

#### PLEASE GET YOUR VACCINATION TO PROTECT YOURSELF AND OTHERS

The Community Health Nursing Clinic will continue to hold walk-in H1N1 vaccination clinics at the Not-Tsoo Gah-Neer health care facility throughout March on Tuesdays and Wednesdays from 9:00 a.m. to 3:00 p.m. with the Clinic closed for the lunch hour. The H1N1 vaccinations are available to all community members and are not restricted to IHS eligible clients. Also, remember second doses for your children 9 years old and younger are needed. If your child has received their first dose they will need the second dose for full immunity. For more information please call the Community Health Nursing Program and ask for Julie Christensen R.N. or Kristina Kniffin LPN at 208-238-5435 extension 3954.



**Kick Butts Day is  
March 24, 2010.**

The Tobacco Project is sponsoring Wiley Petersen (PBR). He will be presenting at different schools within Blackfoot & Pocatello (this time).

We are reaching out to as many schools with Native American Students to influence them to stay away from drugs and alcohol. We will hold another outreach at the end of the year for those schools we did not reach. Plus schools in American Falls. To reach us call (208) 478-3965. for more information.



## March is Nutrition Month

Submitted by  
Iola Hernandez



Nutrition is the important part of our lives. March is a great start on reducing sugars and preventing long term illness.

Everyone should know more on Sodas and Energy Drinks. You probably already know that sodas aren't good for you. Sometimes called "Liquid Candy", sodas provide a lot of empty calories, about 10 teaspoons of sugar per can, and almost no nutrition. Just how bad is soda?

**Drinking soda can cause weight gain.** Taking in more calories than your body needs causes weight gain. Say you drink a can of soda every day. Over a week, that's more than 1,000 extra calories. Unless you burn those calories off with more activity each and every day, you'll gain weight. How much weight? About 12 pounds a year.

**The sugar in soda harms teeth.** Soda contributes to tooth decay. Think about it – every time you take a drink, you bathe your teeth in sugar. The acid in both regular and diet soda can also weaken tooth enamel.

Reduce your sugar.

- Drink water. It's the best thirst quencher known and it's usually free.
- Drink low-fat milk. Milk, soy milk and rice milk provide calcium and protein.
- Limit the amount of soda, energy drinks and "fruit drinks" you consume. If you drink a lot of these, gradually replace them with water or low-fat milk.

### **Soda may contribute to diabetes.**

Drinking soda regularly puts you at risk for being overweight. Being Overweight puts you at higher risk for type 2 diabetes (and a lot of other chronic health problems, too!). Even if you're not overweight, research shows that drinking just one can of soda a day can put you at risk for diabetes.

What about diet sodas, fortified sodas and "energy" drinks?

Are diet sodas, fortified soft drinks and energy drinks any better for you? Not much.

Energy drinks and fortified sodas have sugar just like regular soda. Many sodas, diet sodas and energy drinks also have caffeine. Too much caffeine can cause:

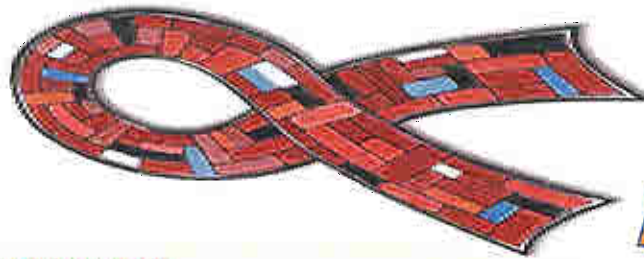
- Irritability
- Problems sleeping
- Headaches
- Anxiety



You're better off drinking water and milk and getting your vitamins and minerals from real food.

Thirty years ago, a young person likely drank twice as much milk as soda. Now, many kids drink twice as much soda as milk. People who drink soda regularly often take in less calcium and fiber and fewer vitamins and minerals.

If you need help getting a plan for exercise or a personal trainer. Please call Iola Hernandez at 208-478-3965.



March 20th, 2010 marks the fourth annual National Native

HIV/AIDS Awareness Day (NNHAAD). HIV continues to increase

among Native people as it has over the past decade. This day

will challenge us to work together, in harmony, to create a

greater awareness of the risk of HIV/AIDS to our Native

communities, to call for resources for testing and early detection

and for increased treatment options, and to eventually decrease

the occurrence of HIV/AIDS among Native people.

Every ethnic and racial group in America has been affected by

HIV/AIDS, but individual experiences, impacts, responses, and

the legacy of the disease are distinctively different. This day is a

day that brings national attention to the plight of Native

communities and their struggles against the epidemic. We hope

this date will raise awareness of HIV/AIDS among Native

people—Native Americans, Native Alaskans, and Native

Hawaiians. Protect our future! Protect our people! Celebrate life!

Every year, NNHAAD has grown and more events have been held

across the country. We encourage you to take time to think

about how you can raise awareness in your community, support

local efforts, talk to your leaders, or attend an event. Please

contact NNAAPC to obtain more information on National Native

HIV/AIDS Awareness Day events in your area, or to learn how to

host an event in your area. The materials and resources below

were created so that communities can begin to spread the word

and "Protect our People".

To find out more information about National Native HIV/AIDS

Awareness Day, please contact Robert Foley, at (720) 382-2244 X

303 or by email at [rfoley@nnaapc.org](mailto:rfoley@nnaapc.org).

## National Poison prevention week



March 14th - 20th



## World TB Day

March 24, 2010



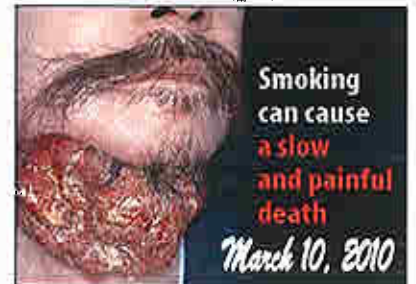
World TB Day is March 24. This annual event commemorates the date in 1882 when Dr. Robert Koch announced his discovery of *Mycobacterium tuberculosis*, the bacteria that cause tuberculosis (TB).

World TB Day provides an opportunity to communicate TB-related problems and solutions and to support worldwide TB-control efforts. CDC and our partners are committed to eliminating TB in the United States.

In the United States, the theme for World TB Day 2010 is "TB elimination: Together We Can!"

Stop TB USA

No Smoking Day



## Childhood Obesity

Do you know when to be concerned about your child's weight? Of course, all children gain weight as they grow older. But extra pounds — more than what's needed to support their growth and development — can lead to childhood obesity.

Childhood obesity is a serious medical condition that affects children and adolescents. It occurs when a child is well above the normal weight for his or her age and height. Childhood obesity is particularly troubling because the extra pounds often start kids on the path to health problems that were once confined to adults, such as diabetes, high blood pressure and high cholesterol.

One of the best strategies to combat excess weight in your child is to improve the diet and exercise levels of your entire family. This helps protect the health of your child now and in the future.

