



Spring 2006 - Issue 003

South Dakota Urban Indian Health

Providing Healthcare for the entire family



Help Urban Indian Health Clinics Stay Open

President Bush eliminates funding for Clinics

President Bush proposed eliminating the entire Urban Indian Health Program (UIHP) from the 2007 budget. This is a critical time for all patients who use the clinics as well as our community partners. Without this funding base, clinics in South Dakota will have to reduce medical services and possibly even close. The funds that SDUIH would lose would be over \$ 1 million.

YOU CAN MAKE A DIFFERENCE!! Please sign letters of support asking Congress to restore the funding when they approve the final Budget. [Ask clinic staff about letters available for you to sign.](#) We will send them to our SD Senators and Representative. We need Congress to over-ride this proposed budget cut and continue to fully fund Urban Indian Clinics.

A big "Thank You" goes to everyone who has already signed letters of support for the UIHP.

Welcome April showers and May flowers. Spring arrived March 20th. Celebrate this exciting time of year when the cold temperatures and dark skies of winter are replaced with warmth and more daylight. Get outside for a walk and witness the changes. Use spring-time to refresh your efforts for improved health for yourself and your family.

April is Alcohol Awareness Month.

Alcohol is one of many substances that when used in excess, can affect our physical health, family relationships, and our whole quality of life. Using alcohol beyond occasional social drinking may lead to addiction.

If you or a loved one is struggling with addiction to alcohol or other harmful substance, April is a good time to learn how to prevent of change from that addictive, undesirable, or harmful behavior. Changing your diet, exercise, or smoking habits to more healthy routines can also us the following stages.

Where Are You in the Stages of Change?

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Gaining independence from a harmful behavior can involve changes affecting an individual's entire life, not just changes directly related to the harmful behavior itself. Individuals who have been successful in gaining independence from addictive behavior appear to have made changes in maintaining their motivation for change; for coping with urges; problem solving (managing thoughts, feelings and behaviors), and lifestyle balance.

The following are *Prochaska's Stages of Change*. Which stage are you at as you struggle with changing lifestyle choices? What can you do to move through the stages more efficiently?

1. PRE-CONTEMPLATION: Not ready to change

You may not be aware of the need to change, but perhaps family members, friends, or your doctors have recommended a change. Other people can help the person recognize the need for change.

Important steps at this stage would be to identify the benefits of making the change and to learn about how to complete the potential change.

2. CONTEMPLATION: Thinking about change

You are unsure if you want to make the commitment to start changing. It may seem like more work than it is worth. Total buy-in or acceptance that change is needed has not occurred.

Contemplate what life will be like if you do not make this change. How will it affect your health in 5 years, 10 years? How will it affect your family?

3. PREPARATION: Getting ready to change.

You decide it is time to change and you would like to do so in the next month or so. You prepare.

Before you begin, seek out information and resources you will need. What will you do? How will you do it? Plan for setbacks; be clear on your motivation; get support and identify the skills that you will need to meet your goals.

4. ACTION: Actively making a change

Start making healthy choices. Say “No.” to the urges or avoid areas of temptation that led to unhealthy behavior or consumption. For example, don’t go into bars if you are trying to stop drinking. Avoid restaurants with buffet lines if you struggle with controlling how much to eat. Walk around that first block to become more physically active.

Most people try to start at this step without the planning that working through the other Stages of Change provide. Success may come slower without planning or working through some of the problem solving to identify what triggers the unhealthy behavior and what you can do to avoid those triggers.

5. MAINTENANCE and RELAPSE PREVENTION

Discouragement over occasional “slips” may halt the change process and result in the person giving up. Most people find themselves returning through the stages of changes several times before the change becomes a new healthier habit.

Change is never easy, but people do change every day. Repeating or practicing the new behavior over and over will lead to new lifestyle habits. Many people are living longer, happier lives due to a greatly improved quality of life because they have chosen to change unhealthy practices to healthier ones.

Prochaska JO, DiClemente CC, Norcross JC. In search of how people change. *Am Psychol* 1992; 47:1102-4.

Miller WR, Rollnick S. *Motivational interviewing: preparing people to change addictive behavior*. New York: Guilford, 1991.



May is National Osteoporosis Month

Osteoporosis is a bone disease. The bone structure slowly deteriorates until the bone is “porous” or full of holes. This weakens the bone and raises the risk that the bone will break.

A person can not feel osteoporosis develop. They may first notice its effect when their height declines with age or back pain begins as the vertebrae or back bone collapses and nerves are pinched. They may experience a broken wrist or hip bone from a minor bump or fall. Osteoporosis usually affects the hip, spinal, and wrist bones.

Physical activity along with a diet supplying calcium, vitamin A, and Vitamin D helps prevent osteoporosis. Weight-bearing activity strengthens bone structure. Dairy products are the most common dietary calcium sources and they are fortified with Vitamin A and Vitamin D which are necessary to build bone structure.

June is Safety Month

Do you have a disaster kit? How would you care for your health concerns if a disaster occurred? Do you store your medicines and supplies in a safe area? Could you “grab and go” those supplies if a quick evacuation was needed? Who should your family contact for your medical care or history?

We will never experience the destruction of a hurricane in South Dakota but a major blizzard, tornado, or flash flood may interrupt the normal flow of food and water. What will you eat and drink? Let’s learn from Hurricane Katrina and Rita and prepare ahead of time so if Mother Nature does get wild, your health won’t suffer even more.

Your disaster kit should contain enough food and water for 7 days for each member of the family. Each person should plan for enough medication and diabetes supplies to last 2 weeks.

Diabetes Forecast magazine (February 2006) recommends that you create a disaster kit for your home. It should contain your doctor’s contact information, a list of all medications you take, and a copy of your medical history in a plastic storage bag. Use a plastic storage tub, duffle bag, or other container to store your disaster kit in.

Replace these basic food supplies every year to maintain freshness. Food supply for 1 person:

- Large box of crackers
- Jar of peanut butter
- Small box of powdered milk
- Box of unsweetened cold cereal
- Soft cheese spread or cracker/cheese snacks
- 6 cans regular soda; 6 diet soda; 6 juice
- 6 cans evaporated milk
- 6 cans of water-packed canned fruit
- Canned meat
- 1 gallon water per day per person in home
- Can opener, paper and plastic supplies

Medical Supplies:

(Grab extra insulin if you evacuate)

First-aid kit

Syringes

Alcohol swabs/anti-bacterial wipes

Cotton balls and tissues

Blood glucose log

(Grab your meter if you evacuate!)

Urine ketone sticks

Lancing device and lancets

Insulin pump supplies

Quick-acting carbohydrate

Glucagon emergency kit

Sharps disposal container



SD Urban Indian Health will be closed:

May 29, 2006 – Memorial Day



Add or improve Your Activity Level

The benefits of activity last a lifetime. In children, physical activity aids in the development of strong bones and muscles. It promotes a positive self-image. Organized group activities encourage socialization.

Exercise helps teenagers feel strong, confident, and independent. Activity fights depression. It also reduces the risk for chronic disease - heart disease or osteoporosis - which develops at a younger age.

Adults who are physically active maintain and may even improve their health, have a better sense of emotional well-being, and have more control over their weight. Activity aids digestion, improves sleep, and may boost alertness.

In older adults, physical activity helps to keep bones and muscles strong. Weight bearing exercise and strength-training help improve bone density which decreases the risk of osteoporosis and bone fractures as you get older. It improves balance so the risk of falling lessens. Maintaining a strong healthy body helps elders live longer independently.

Steps for Parents to Make Physical Activity Easier for Your Children

(1) Create Safe Places.

Watch over children's activities. Organize a group of children to play together. Rotate adult supervision.

(2) Set a Good Example.

Be active with your children all year long. Plan a canoe trip, go cross country skiing, hike on state park trails, use community bike paths, or go to the park for a game of catch.

(3) Promote Physical Activity.

Encourage children to be physically active at home, at school, and with friends. Children learn by example. Take a walk while your child participates in their activities. Take the stairs instead of the escalator or elevator when shopping or at work. Park your car away from doorways so you walk further.

(4) Establish a Routine.

Set aside time each day as activity time. Get books on tape/CD to listen to while exercising. Do exercises during TV commercial breaks. "Mute" commercials and focus on the physical activity.

(5) Limit sitting-around Time.

Alternate time spent sitting with time spent moving. Shut off the TV when the program is over. Set a timer when playing computer games.

(6) Coach a Team.

Encourage children to participate in neighborhood sports. Keep it fun and let everyone participate

(7) Set up a Home Gym.

Get children involved in creating a household gym. Canned foods make good weights. Lift those weights when talking on the phone, reading the newspaper or magazine, or while watching TV.

(8) Try aerobic Activities.

Check children's heart rates before, during and after activities to see how hard they are working.

(9) Throw an Activity Party.

Make your child's birthday party activity-centered. Organize fun activities for family gatherings. Go skating, swimming, or dancing.

(10) Work with Your School.

Be sure your school offers physical activity time for all students. Recess and Physical Education time should not be removed from the school schedule.
