

Indian Health Service Health Promotion/Disease Prevention Newsletter

November 2007 Issue 1

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Welcome to the first issue of the Health Promotion/Disease Prevention (HP/DP) Newsletter. The newsletter is designed to update HP/DP efforts, success stories, challenges, and trainings at the national, regional, and local levels. The HP/DP grantee highlights, accomplishments, and challenges are also included in the newsletter.

Many of the challenges facing American Indian and Alaska Native people are increasing health conditions and chronic diseases that are related to lifestyles behaviors such as obesity, physical inactivity, poor diet, substance abuse, and injuries. To help meet these challenges, the Indian Health Service (IHS) has launched a HP/DP Initiative to develop a coordinated and systematic approach to enhance preventive health approaches at the local, regional, and national levels.

The goal of this HP/DP Initiative is to create healthier American Indian and Alaska Native communities by developing, coordinating, implementing, and disseminating effective health promotion and chronic disease prevention programs through collaboration with key stakeholders and by building on individual, family, and community strengths and assets.

2008 Healthy Native Communities Fellowship

Sixteen community teams representing forty-seven individuals have been chosen to participate in the Indian Health Service Healthy Native Communities Fellowship. Selected through a competitive application process, the new group of Fellows represents a cross-section of community life including health care and wellness specialists, substance abuse and social service professionals, Tribal and local government leaders, and community volunteers. Below are teams selected for the 2008 Healthy Native Communities Fellowship program.

Celebrate Families Coalition, Dulce, NM

David Boyle, Prevention Specialist, Jicarilla Behavioral Health
Janet K. Castillo, Probation Officer/Supervisor, Jicarilla Nation Courts,
Taos/Jicarilla/Cheyenne
Ina Montoya, Youth Pastor, Jicarilla Apache Reformed Church, Navajo & Jicarilla Apache

2008 Healthy Native Communities Fellowship

Don't METH with US, Shiprock, NM

Ron M. Curtis, Prevention Specialist, San Juan County Partnership, Navajo
 Lucinda Dale, School Health Coordinator, Northern Navajo Medical Center/HPDP, Navajo
 Raymond Keeswood, Jr., Prevention Specialist, Navajo Nation Dept. of Behavioral Health, Navajo

Eastern Agency Community Health Taskforce, Crownpoint, NM

Beverly Bowman-Yazzie, Health Technician, Community & Preventive Health-IHS, Navajo
 Jimmie Toledo, Jr., Recreation Specialist, Office of Youth Development-Navajo Nation, Navajo
 Rethania S. Yazzie, School Health Coordinator, Community & Preventive Health-IHS, Navajo

Healthy Snowbird Community, Robbinsville, NC

Suzanne Agnes Adams, Community Secretary, Volunteer, Eastern Band Of Cherokee Nation
 Onita Wachacha Bush, Certified Nursing Assistant, Community Health-Health & Medical Division, Eastern Band of Cherokee Nation
 Margaret R. Wachacha, Community Health Representative, Community Health-Health & Medical Division, Eastern Band of Cherokee Nation

Hualapai Health Board, Peach Springs, AZ

Louise Benson, Council Member, Hualapai Tribe
 Monica Q. Romo, Clerk, Finance, Hualapai Tribe
 Sandra Lucille Yellowhawk-Irwin, Hualapai Health Director, Hualapai Tribe

Lac Du Flambeau Center for Fitness,

Lac Du Flambeau, WI

Eva M. Flying, Fitness Manager/Director, Lac Du Flambeau Band of Lake Superior Indian Tribe, Northern Cheyenne/Oneida
 Hope L. Williams, Community Dietitian, Peter Christiansen Health Center

Laguna Colony Health Action Team, Albuquerque, NM

Grace Paisano Andrews, Retired Occupational Health Nurse, Pueblo of Laguna
 Clara Green, Cultural Leader, Pueblo of Laguna
 Roxane Spruce Bly, Facilitator/Trainer, Pueblo of Laguna



Above: The 2007 Healthy Native Communities Fellowship program graduates

Ogitchidaa Equay – Warrior Women, Cass Lake, MN

Charlene Dahl, Elder of Community, Leech Lake Ojibwe
 Jody C. DeVault, Health Educator, Leech Lake Special Diabetes Program, Leech Lake, Ojibwe
 Cynthia Doke, Diabetes Program Director, Leech Lake Band of Ojibwe

Peace of Kake, Kake, AK

Anthony Gastelum, Prevention Specialist, Southeast Alaska Regional Health Consortium, Organized Village of Kake/Pasqui Yaqui
 Lori M. Moore, EMT 1, Cherokee/Caucasian
 Georgina Reese, Community Wellness Advocate III, Southeast Alaska Regional Health Consortium, Tlingit

Restoring the Sacred, Indian Island, ME

Marie Mitchell, Counselor II, Penobscot Nation Counseling Dept., Penobscot/Passamaquoddy
 Natalie Michelle, Volunteer, Penobscot/Passamaquoddy
 Neana M. Neptune, Sales Representative, Maine Indian Basketmakers Alliance, Penobscot Nation

San Carlos STEPP, San Carlos, AZ

George Manynard, Pastor, Apache Assembly of God Church
 Nina Saborie-Bendi, Prevention Specialist, San Carlos Tribe, San Carlos Mountain Apache
 LaToya Tewawina, Health Educator, San Carlos Tribe, White Mountain Apache

The HOPE, Emmonak, AK

Roberta Grace Charles, Registration Technician, Yukon Kuskokwim Health Corporation, Emmonak Tribal Council
 Thomas Billy Kameroff, Shipping & Receiving, Kwikpak Fisheries LLC, Yupik Eskimo
 Marcia A. Leopold, City Clerk, City of Emmonak, Emmonak Tribe

2008 Healthy Native Communities Fellowship

The Leadership Group Staff, Barrow, AK

Dorothy Edwardsen, Leadership Liaison, Arctic Slope Regional Corp/NSB/NSBSD/Arctic Slope Native Association

Marjorie Solomon, Counselor II, North Slope Borough Behavioral Health, Native Village of Barrow/Inupiat Community of Arctic Slope

Ellen Sovalik, Program Sustainability Specialist, North Slope Borough Behavioral Health, Native Village of Barrow/Inupiat Community of Arctic Slope

Tohono O'odham Food Fitness Team, Sells, AZ

Aaran Rose Cordova, Project Coordinator, Tohono O'odham Nation Steps Program, Tohono O'odham Nation

Louise L. Johnson, Family & Community Specialist, Tohono O'odham Nation Division of Early Childhood Development Head Start, Tohono O'odham Nation

Romalda D. Miguel, Coordinator, Tohono O'odham Nation Youth Council, Tohono O'odham Nation

Vision Seekers for Wellness, Crow Agency, MT

Christine Goodluck, Program Director, Apsaalooke Children's System of Care Crow Nation

Myra J. Lefthand, Health Educator, Crow/Northern Cheyenne IHS, Crow Nation

Rosemary Lincoln, Counselor Trainee, Crow Nation Wellness Center, Crow Nation

Youth Development Program, Rapid City, SD

William Isaac Bean, Executive Director, Youth Development Program, Cheyenne River Sioux Tribe/Cherokee/Chickasaw

Brenda R. Mills, RN-Public Health Nurse, Rapid City Indian Health Service, Oglala Lakota/Pine Ridge

Richard Mousseau, Wellness Technician, Rapid City Indian Health Service, Oglala Sioux Tribe

For more information about the HNCf, please contact:

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Email: marita.jones@ihs.gov

Or visit the website at:

<http://www.healthynativecommunities.org>



Youth Leadership Training



Above: Youth Leadership Institute Training, Lac Vieux Desert, Michigan.

The National HP/DP program and the Youth Leadership Institute (YLI) held trainings in Albuquerque, New Mexico and Watersmeet, Michigan to engage youth and their adult mentors to address local issues and concerns. The Institute provides skills to young people and adult mentors to build communities which respect, honor, and support youth health promotion efforts. During the two and a half day trainings, youth identified a community issue and applied the eight-step action planning cycle. Participants were given the opportunity to develop new skills in community building, team building, and creating positive social change.

The Lac Vieux Desert Tribal Nation hosted a youth leadership training at the Dancing Eagle Resort and Casino on August 27-30, 2007. Twenty seven participants representing four tribal communities in Michigan (Keweenaw Bay and Lac Vieux Desert) and Wisconsin (Mole Lake and Lac du Flambeau) attended the training. Youth identified four issues to address: violence, alcohol and drug use, lack of intergenerational support and sexual health issues (HIV and pregnancy).

During September 19-21, 2007, seventeen participants from San Felipe, Crownpoint, Santa Clara, Laguna and Albuquerque, New Mexico participated in the YLI training at the Nativo Lodge in Albuquerque.

Youth Leadership Training Continued

Overall, forty-four youth and adult mentors participated in the YLI trainings. Each team created an action plan to strengthen their communities. Adult mentors were on hand to assist youth in creating and developing implementation strategies. Area HP/DP Consultants will provide teams with on-going technical support and assist in finding other funds for youth led efforts. A one year reunion will be held in 2008 to convene all youth participants to share, reflect, and learn about other community projects.



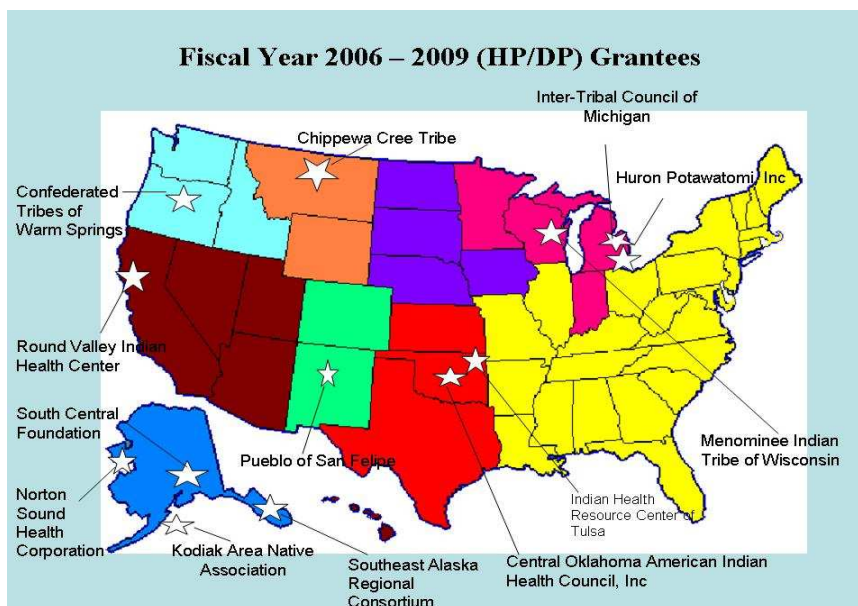
Above: Youth Leadership Institute participant, Albuquerque, New Mexico.

Health Promotion/Disease Prevention Grantees

This newsletter contains the highlights and success stories from the Indian Health Service (IHS), Health Promotion/Disease Prevention (HP/DP) grantees for the 2006-2009 funding cycle. The purpose of the competitive grant is to enhance and expand health promotion and chronic disease prevention to reduce health disparities among American Indian/Alaska Native (AI/AN) populations through innovative and effective community, school, clinic, and work site health promotion and chronic disease prevention programs. Focus efforts include enhancing and maintaining personal and behavioral factors that support healthy lifestyles such as making healthier food choices, avoiding the use of tobacco, alcohol, and other harmful substances, being physically active, and demonstrating other positive behaviors to achieve and maintain good health.

2006 - 2009 HP/DP Grantees

1. Central Oklahoma American Indian Health Council, Inc., OK
2. Chippewa Cree Tribe, Montana
3. Confederated Tribes of Warm Springs, Oregon
4. Huron Potawatomi, Inc., Michigan
5. Inter-Tribal Council of Michigan, Michigan
6. Indian Health Resource Center of Tulsa, Inc., Oklahoma
7. Kodiak Area Native Association, Alaska
8. Menominee Indian Tribe of Wisconsin, Wisconsin
9. Norton Sound Health Corporation, Alaska
10. Pueblo of San Felipe, New Mexico
11. Round Valley Indian Health Center, Inc., California
12. Southeast Alaska Regional Health Consortium, Alaska
13. South Central Foundation, Alaska



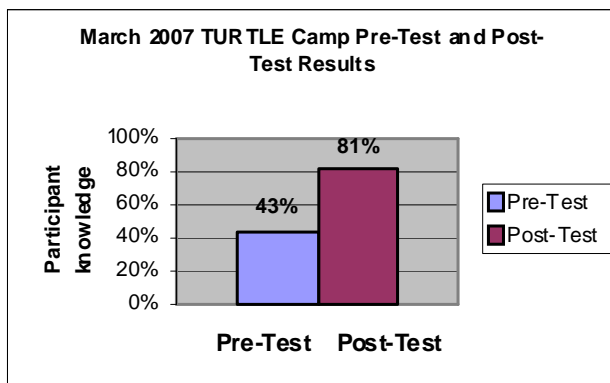
**Mapped 2006-2009
HP/DP Grantees at a
glance**

Grantee Highlights and Accomplishments

The **Central Oklahoma American Indian Health Council, Inc.**, expanded and built on an existing successful diabetes prevention program, *Teaching Urbans Roads to Lifestyle and Exercise* (TURTLE) Camp, for youth and their families to learn about the benefits of physical activity and nutrition, and learn how to change the environment to promote healthier lifestyles.

- Six TURTLE Camps were held for youth ages 7 to 9; and 10-12 year olds. The camp focused on diabetes prevention, physical activity, nutrition and other health topics.
- Parents/guardians attended cooking demonstrations, received healthy recipes, and a set of Eagle Book series.
- Pre/post data were collected. See changes in participant knowledge table below.

Turtle Camp diabetes pre/post test knowledge

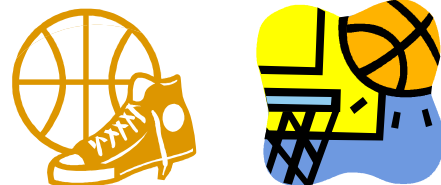


The **Rocky Boy Health Board**, Chippewa Cree Tribe collaborated with the Special Diabetes program and the Children and Youth project to increase physical activity and encourage healthier food choices among youth. Prevention efforts included:

- Screening over 400 youth for height, weight, and family history of diabetes.
- Providing fitness training, basketball leagues, pow wow dancing, round dancing, and recreational activities to increase opportunities for physical activity for youth and community members.
- Over 300 youth participated in the basketball leagues; 20 youth completed the eight-week fitness training; and an average of 40 youth participated in the daily swimming and arts and craft activities.
- The project received the “Outstanding and Creative Contribution toward Native Health Communities” award.

The **Confederated Tribes of Warm Springs** hired a Prevention Coordinator to provide community-wide meth education and awareness program. This effort is in partnership with the Warm Springs Meth Prevention Task Force. Accomplishments included:

- Meth education through the jail system and youth conference reaching 198 participants.
- Monthly Public Service Announcements on meth awareness reaching more than 15,000 people.
- Dissemination of culturally appropriate pamphlets to Tribal organizations/departments to increase meth awareness.
- Tribal Council passed a ‘Zero Tolerance for Meth’ policy.
- Hosted an Indian night out with 250 participants and coordinated a “Meth Awareness Day” with 60 community members in attendance. The purpose of the event is to provide meth prevention education and awareness.



The **Huron Potawatomi, Inc.**, utilized multiple strategies to address risk factors that contribute to heart disease, cancer, and diabetes. Efforts included:

- Implementation of the “Move It & Lose It,” a 16-week program focusing on physical activity and nutrition.
- Implementation of “Healthy Eating Challenge,” a 24-week program.
- “Moving Around the Mit” a 2,015 mile virtual walking program around the state of Michigan. All the participants were screened prior to starting the program.
- Implementation of “Honoring the Gift of Heart Health,” health fairs, and “Burn It Up” programs to increase physical activity, eating healthier, healthy weight maintenance, and printing a monthly newsletter “Turtle Press” to increase participation among community members and their families.

Grantee Highlights and Accomplishments

The **Inter-Tribal Council of Michigan** provided “best practices” training focusing on tobacco, obesity, physical activity, and nutrition to seven Tribal sites in the Michigan area.

- At the end of the training each of the seven Tribes developed action plans to expand best practices. The Tribes selected from the “CDC Best Practice” or the “Guide to Community Preventive Services” targeting tobacco, obesity, physical activity, or nutrition.
- Selected projects included a school-based intervention focusing on physical activity and nutrition.
- Partnered with YMCA to increase participation in physical activity and second hand smoke prevention campaign.

The **Indian Health Resource Center of Tulsa, Inc.**, developed culturally appropriate physical activity, health education, youth development, and family support services for children, youth and families.

- Over 150 individuals received nutrition counseling and education in diabetes prevention, exercise, and weight and stress management.
- Conducted early detection and prevention of pre-diabetes and obesity-related medical conditions.
- 55 children and youth participated in the Wellness Quest Spring Break Camp held on March 19th-23rd. The all day camp incorporated experiential learning and taught kids about healthy lifestyles focusing on nutrition and fitness.
- Provided cooking demonstrations and other nutritional education programs for 30 adults.
- 10 participated in the Community Family Club. The Camp is hosted in partnership with Camp Fire USA and reinforces the Search Institute’s 40 developmental assets. Meetings are held twice a month, where nutrition education and healthy snacks are provided for families.



The **Kodiak Area Native Association (KANA)** is implementing the *Securing Our Future, Preserving Our Past, Cancer Screening Initiative* to reduce the number of cancer related deaths among the Alaska Native population of Kodiak Island. Strategies include:

- Developing a women’s health registry to track pap smears, mammograms, and colorectal screenings.
- Identifying and quantifying the clinic’s target population residing in the City of Kodiak or outlying villages on Kodiak Island
- Providing culturally appropriate educational materials to patients.



The **Menominee Indian Tribe of Wisconsin** is implementing a worksite-based HP/DP Program for 690 employees from 20 tribal worksites; 102 employees of the College of Menominee Nation and 550 at the Menominee Casino-Bingo-Hotel. The Occupational Wellness Program coordinated worksite wellness activities focusing on nutrition, fitness and smoking cessation. Highlights include:

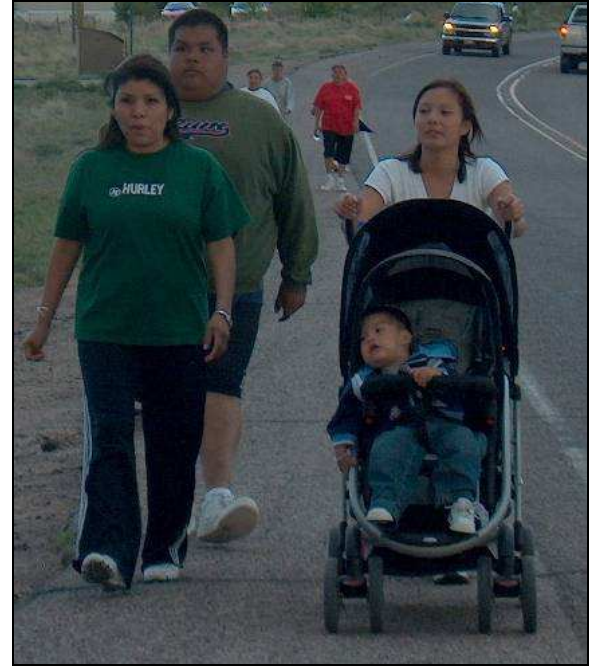
- Nutritional Education Services offering a 10 week Healthy Life Weight Management Program and a 4-week nutrition campaign to encourage healthy eating.
- Employee wellness activities consisting of Menominee Fit Club classes, private fitness consulting, Desk top yoga, and stress management programs.
- 80 employees participated in the “America on the Move” 10,000 steps per day pedometer challenge.
- Establish support systems and activities to reduce tobacco use among employees. Over 40 employees participated in the ‘Great American Smokeout Day.’ An eight-week smoking cessation program was provided for employees.
- The Menominee Nation provided health information at the work site, distributed a monthly Occupational Wellness Newsletter to each employee via email and paycheck stuffer. Other activities included health fairs and luncheons.

Grantee Highlights and Accomplishments

The **Norton Sound Health Corporation, Alaska** has implemented a smoking prevention and cessation project. Varying strategies included school and community-based education; clinic-based smoking cessation program; implementation of tobacco-free policy; and collaboration with the Nome Community Center and Tobacco Free Alliance to promote and educate local organizations and civic leaders about the benefits of a smoke-free environment. Highlights include:

- Over 500 participants received healthy choice education during a basketball tournament.
- The Board of Directors signed a smoke-free campus resolution in November 2007.
- Established a tobacco-free hotline for employees.
- Emailed weekly tobacco factoids to employees.
- Identified and referred individuals to a smoking cessation program.
- Provided a corporate-wide smoking cessation and prevention program reaching over 100 employees.

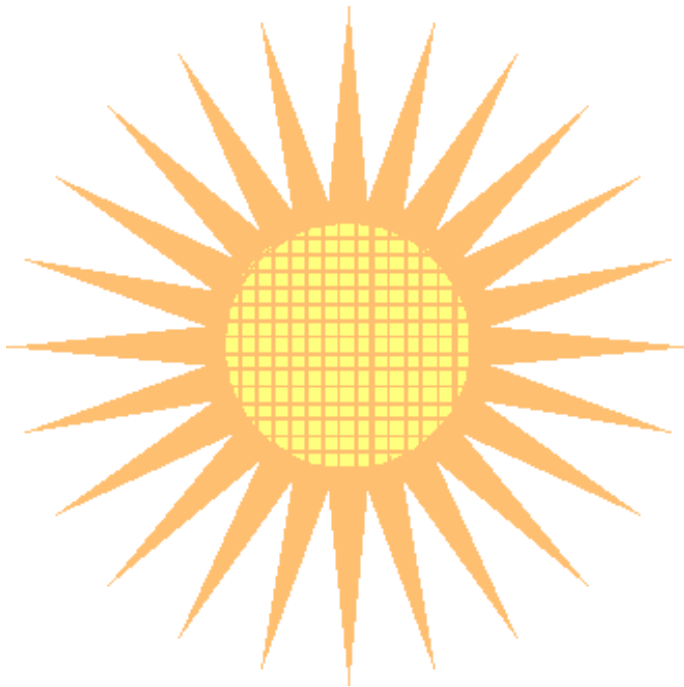
Pueblo of San Felipe



Above: Families participating in the community wellness walk.

The **Pueblo of San Felipe, New Mexico** hired a coordinator to develop a comprehensive health promotion program on nutrition, physical activity, and tobacco, and substance/alcohol prevention in the community.

- Conducted physical health assessments in the schools.
- Implemented the Sports, Play and Active Recreation for Kids (SPARK) Physical Education curriculum at the elementary school to increase physical activity.
- On-going meetings are being conducted with the tribal worksites and schools to identify and implement effective health promotion programs.



Oklahoma Area IHS News Brief

School teachers and volunteers were trained to implement **Hop to Stop Diabetes** program in many of the rural grade schools. The intervention is a one-hour jump rope program to engage children in physical activity.

Salad Sisters is delivering nutrition education to grade school children. A group of 5 adults dress up in food costumes to provide nutritional messages to encourage children to adopt healthier eating behavior.

The 100 mile walk program is underway. Fall season is the time of the year that many of our communities start the 100 mile walk programs. Currently, we have 3 sites that are scheduled to start and end before the New Year.

Worksite wellness is alive and well in Oklahoma City Area Indian Health Service sites. Walking events, fitness events, lunch and learn courses, and fitness challenges are held through out the year. A few sites encourage employees to participate by adding time to break periods or the lunch hour.

Healthy Weight through the Holidays Class Schedule

December 5 11:30	Annual Health Screenings Why Do I Need Them? Renee Cravens	Main Conf Rm
December 12 11:30	Addictive Behavior vs. Healthy Behavior Gertie Lee	Main Conf Rm
December 19 11:30	Body Mechanics/Ergonomics Chuck Tillman	Physical Therapy
December 26 11:30	Yoga/Pilates Verna Wilson	Main Conf Rm
January 2 11:30	Eating Out Kellie Bryant	Main Conf Rm
January 9 11:30	Wrap Up What Have We Learned?	Main Conf Rm

For more information, please contact Freda Carpitcher at (405) 951-3517.

Indian Health Service National Prevention Initiative

"Working together for wellness with
American Indian and Alaska Native
communities"

- **Partnering** with non-profits, state and local governments, corporations, and universities for wellness.
- Developing regional support networks through **Community Wellness Champions**.
- Developing a **wellness website** that includes best practices, resources, and community health assessments.
- Investing in **public health training and capacity building**.
- Implementing a **Healthy Native Communities Fellowship** program to move communities toward wellness.
- Supporting a national **Just Move It** physical activity campaign to get 1 million American Indians/Alaska Natives moving.
- Providing **competitive grants** to support health promotion and chronic disease prevention.
- Supporting local community-based **wellness planning** efforts and initiatives.

For more information about prevention resources, please visit the following websites:

- www.ihs.gov/hpdp
- www.Justmoveit.org
- www.Healthynativecommunities.org

Or Contact:

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2007/2008 National Health Observances

December

1 - 31

Safe Toys and Gifts Month

Prevent Blindness America
211 West Wacker Drive,
Suite 1700
Chicago, IL 60606
(800) 331-2020
info@preventblindness.org
www.preventblindness.org
Materials available
Contact: PBA Consumer
and Patient Hotline

1 - 7

National Aplastic Anemia and MDS Awareness Week

Aplastic Anemia & MDS
International Foundation, Inc.
P.O. Box 613
Annapolis, MD 21404-0613
(800) 747-2820
(410) 867-0242
(410) 867-0240 Fax
help@aamds.org
www.aamds.org
Materials available
Contact: Marilyn Baker

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World AIDS Day

Joint United Nations
Programme on HIV/AIDS

unaids@unaids.org

www.unaids.org/en/default.asp

Materials available
Contact: None designated

January

1 - 31

Cervical Health Awareness Month

National Cervical Cancer
Coalition (NCCC)
6520 Platt Avenue, #693
West Hills, CA 91307
(818) 909-3849
(818) 780-8199 Fax
rbiety@nccc-online.org
www.nccc-online.org/awareness.php

Materials available
Contact: Rachel Biety

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National Glaucoma Awareness Month

Prevent Blindness America
211 West Wacker Drive,
Suite 1700
Chicago, IL 60606
(800) 331-2020
(847) 843-8458 Fax
info@preventblindness.org
www.preventblindness.org
Materials available
Contact: PBA Consumer
and Patient Hotline

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National Birth Defects Prevention Month

March of Dimes
1275 Mamaroneck Avenue
White Plains, NY 10605
(914) 997-4488
(914) 997-4763 Fax
askus@marchofdimes.com
www.marchofdimes.com

Materials available
Contact: Pregnancy and
Newborn Health Education
Center

1 - 31

National Radon Action Month

U.S. Environmental
Protection Agency
Office of Radiation and Indoor
Air
1310 L Street, NW, 4th Floor
Indoor Environments Division
Washington, DC 20005
(202) 343-9370
(202) 343-2394 Fax
www.epa.gov/radon/ractionmonth.html
Materials available
Contact: None designated

Source: 2008 National Health Observances, National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Washington, DC.