

Honoring Traditions of Health and Wellness for Cancer Prevention



North Dakota Comprehensive Cancer Control Program Annual Meeting
Bismarck, ND
May 5, 2016
Clinton Alexander, Fargo-Moorhead Native American Center
Maylynn Warne, North Dakota Public Health Association

American Indian Cancer data

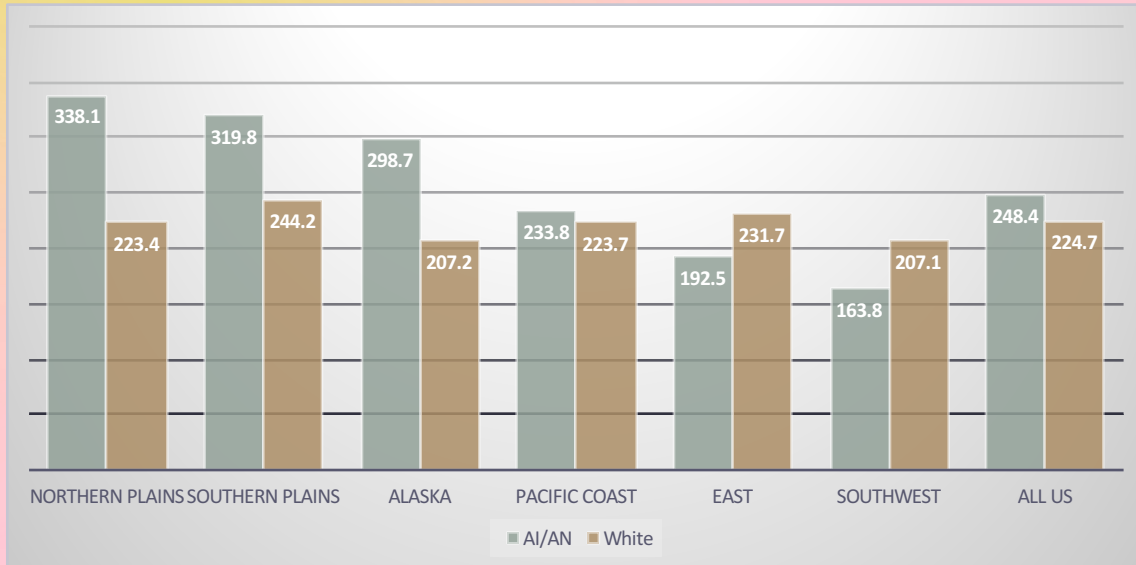
- Indian Health Service – top 2 leading causes of AI deaths (2007-2009) for all ages were heart disease and cancer



- The leading site for cancer deaths among AI in 2007-2009 was lung cancer.
 - » Over 2.9 times as many AI people died of this type of cancer
- Followed by colorectal cancer, liver then breast

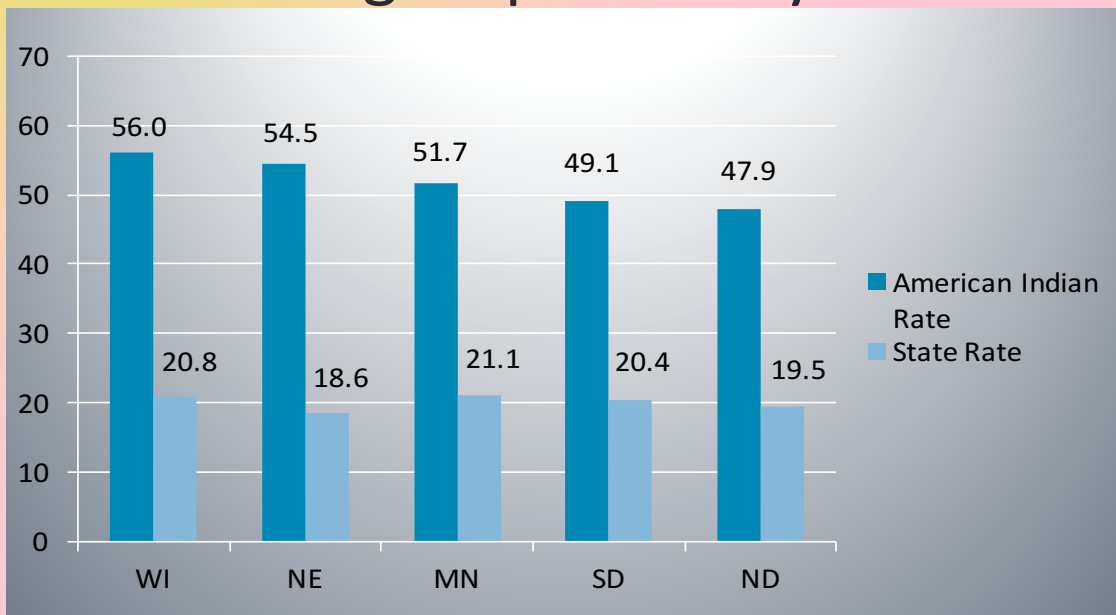
Cancer Death Rates

(Rate per 100,000 population)



White, Espey, Swan, et al. AJPH Supplement 3, 2014, (104): S377-S387

Smoking Disparities by State



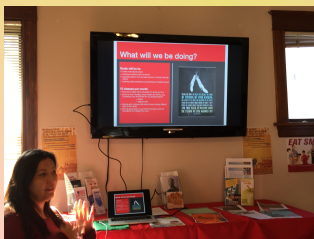


Program Overview

Goal: To increased screening rates among American Indians and decrease late-stage cancer diagnoses

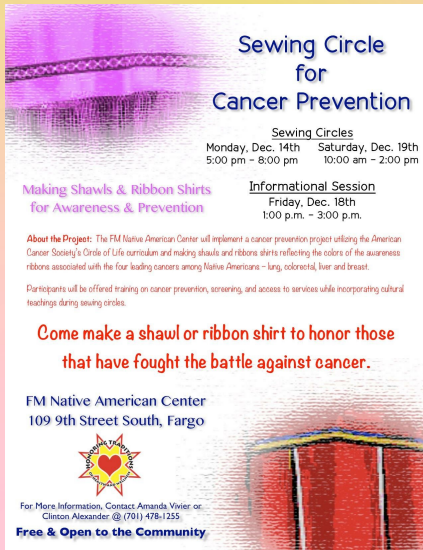
- Project used American Cancer Society's Circle of Life Curriculum spread over 10 sessions incorporating the education into traditional sewing circles
- Provide education of screenable cancers, promotes screening and includes informed/shared decision making in worksites or at the community level

PSE Approach



- 2 of the F-M American Indian programs to develop policies to replace unhealthy food with healthier Indigenous foods
 - Policy effective date 2017
 - FMNAC has implemented policy unofficially

Why a Sewing Circle?



Sewing Circle for Cancer Prevention

Sewing Circles
Monday, Dec. 14th 5:00 pm – 8:00 pm Saturday, Dec. 19th 10:00 am – 2:00 pm

Making Shawls & Ribbon Shirts for Awareness & Prevention


Informational Session
Friday, Dec. 18th 1:00 p.m. – 3:00 p.m.

About the Project: The FM Native American Center will implement a cancer prevention project utilizing the American Cancer Society's Circle of Life curriculum and making shawls and ribbon shirts reflecting the colors of the awareness ribbons associated with the four leading cancers among Native Americans – lung, colorectal, liver and breast.

Participants will be offered training on cancer prevention, screening, and access to services while incorporating cultural teachings during sewing circles.

Come make a shawl or ribbon shirt to honor those that have fought the battle against cancer.

FM Native American Center
109 9th Street South, Fargo

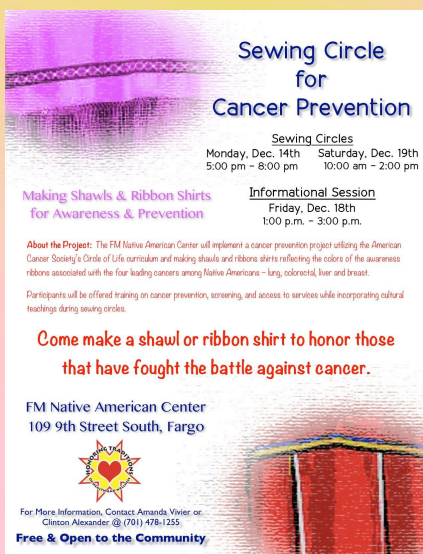


For More Information, Contact Amanda Vivier or Clinton Alexander @ (701) 478-1255

Free & Open to the Community

- Sewing circles are traditional way of sharing information
 - shawl is a symbol of a mother's warm arms
 - Ribbon shirts for men wore at special social gatherings & ceremonies

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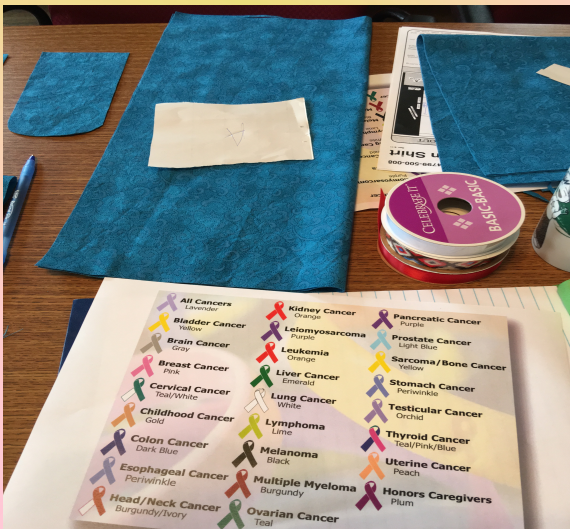
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- Activities need to have an appropriate cultural frame work for effective education

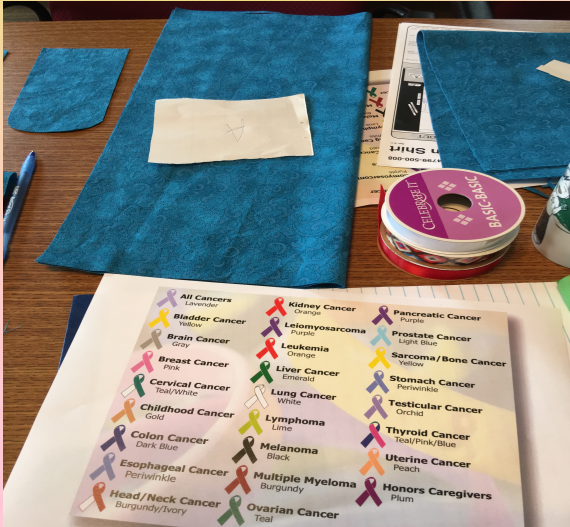


Lessons Learned



- All are affected by many types of cancers – not just the top 4 leading cancer sites
- Heavy topic
- Lack of awareness that some cancers are preventable
- Stigma of cancer – no one wants to talk to about it

Lessons Learned



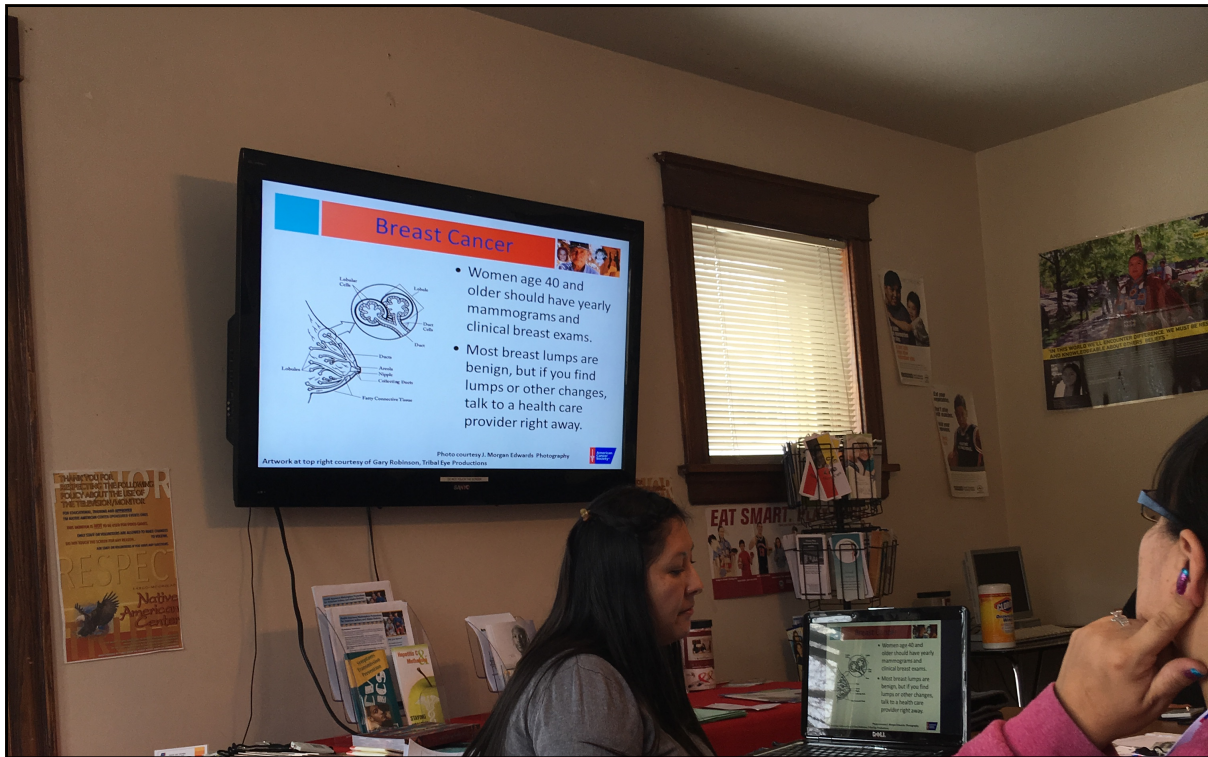
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- Evaluation – pre & post tests isn't the best measure of perceptions of health knowledge gained

Digital Stories

- Great Plains Tribal Chairmen's Health Board
- Northern Plains Cancer Coalition sub-award to develop digital stories
- Goal of digital stories:
 - Increase awareness of cancer
 - Increasing screening











"I think about it, when I have my regular check up each year. I am really hesitant to do it, but I know I have to do it, because I have grandkids now, and I want to be here longer, take care of myself more than I used to. To me family is the most important thing in my life. I want them to know what is going on with me, if it happens again."





Digital Story
April - Survivor



Thank you!

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