

Health Newsletter

April 2010 Issue

Tribal Health & Human Services
Quality Assurance
Fort Hall Indian Health Services



Accreditation Association for
Ambulatory Health Care, Inc.



Child Abuse

Prevention Month

Social Services Program

"Pinwheels for Prevention"

They're popping up in front yards, at community events and in front of City Halls.

They're spinning in the winds of change blowing around the state and nation this April during Child Abuse Prevention (CAP) Month. They're pinwheels and thousands of them have been distributed statewide by the Prevent Child Abuse New York (PCANY) as a demonstration of the fast-growing belief that we can prevent – not just intervene in – child abuse and neglect.

The "Pinwheels for Prevention" movement is bringing the belief in prevention to life in a number of ways in communities around the state. The movement is based on the belief that people must do more than simply respond to cases of abuse through prosecution and intervention – programs and policies need to be provided that focus on the child development process, engage communities and create conditions that allow parents to be the kinds of parents they want to be. These programs and policies include strategies such as home visiting, parent education, mutual self-help support, mental health services and substance abuse treatment.

Throughout April, children's organizations from the far reaches of the state will be planting pinwheel gardens and spreading the message of prevention: Bright Tomorrows and Family Services Alliance in Pocatello, Idaho Children's Trust Fund in Boise, Fort Hall Elementary and many, many more.

"Overcoming the tremendous imbalance between what we invest on the front end to

prevent abuse and neglect before it happens and what we spend as a consequence after it occurs is critical for our children, families and communities," said Christine Deyss, executive director of Prevent Child Abuse New York. "Priorities such as intervention and prosecution are important elements in protecting our children, but it is clear that more and more Americans are taking a stand for the early and comprehensive prevention of abuse, not just responding to it after it occurs."

The \$103.8 billion cost of child abuse and neglect includes more than \$33 billion in direct costs for foster care services, hospitalization, mental health treatment and law enforcement. Indirect costs of over \$70 billion include loss of productivity, as well as expenditures related to chronic health problems, special education and criminal justice services.

Pinwheels for prevention is the grassroots signature campaign for PCAA and its 43 chapters nationwide. The pinwheels has come to symbolize a person's commitment to truly preventative measure, such as home visitation services, parent education and the overall re-prioritization of our policies, programs, and resources to ensure that every child in the United States is provided with a healthy, safe and nurturing home and an involved, supportive and caring community.

For more information, contact Sarah Boyd at 208-478-3949.



Physical Activity Month

Health Education will be kicking off May with a Fun/Run/Walk.

"Exercise is Medicine"

Fun/Run Walk

May 1st, 2010

Starting at

9:00 a.m.

**Soft Ball Field-
Fort Hall, Idaho**

**This will start the
Pedometer walking
program that will run
throughout the summer.
For more information call
Iola Hernandez at 478-3965.**



Blood Drive
April 1, 2010
12:30 p.m. to 4:00 p.m.
Call CHR's
478-3968



The Fort Hall community needs your help to build a healthy and supportive community for our families, elders, and children

Membership is open to anyone who is wanting to support positive coalition goals

Training is FREE and open to ALL community members who want to join together, regardless of who we are and where we've been. Together we can figure out the BEST way to help our community to heal.

TRAINING OUTLINE:

1. HOW WE CAN JOIN TOGETHER TO MAKE OUR COMMUNITY A BETTER PLACE TO LIVE, WORK, AND PLAY
2. HOW WE CAN FIND THE BEST SOLUTIONS AS A GROUP USING TRADITIONAL WISDOM AS OUR GUIDE
3. HOW WE CAN MAKE THE IMPOSSIBLE, POSSIBLE

Fort Hall Community Wellness Coalition Training

Community Training to Promote Wellness, Respect and Positive Goals



For training information call:

Four Directions Treatment Center at 238-1007

Public Relations Office at 478-3828

WHEN: FRIDAY, APRIL 2, 2010 AT 2:00-5:00 PM

SATURDAY, APRIL 3, 2010 AT 9:00 AM TO 3:00 PM

WHERE: FOUR DIRECTIONS - OUTPATIENT BUILDING ON E. AGENCY ROAD

Refreshments and lunch (Saturday) will be served.



There are nearly 19 million new cases of sexually transmitted diseases (STDs) in the U.S. each year, but obvious symptoms often don't develop and many people who contract an STD are unaware they and their partners are at risk. With this in mind the American Social Health Association (ASHA) and National Coalition of STD Directors (NCSD) recognize April as National STD Awareness Month, and emphasize testing as a key component for sexual health.

"We encourage anyone who is sexually active to discuss testing for HIV and other STDs with their health care provider, even if they have no symptoms" says ASHA president and CEO Lynn B. Barclay, who explains that the most commonly reported bacterial STD, chlamydia, often doesn't cause symptoms in women (and sometimes men) but when undetected in women the infection can spread to the uterus or fallopian tubes and cause Pelvic Inflammatory Disease (PID). If untreated, PID can lead to chronic pelvic pain and infertility.

The Centers for Disease Control and Prevention (CDC) recommends routine chlamydia testing for women under age 26, and for women who are pregnant or have new or multiple partners. CDC also recommends routine HIV testing for those ages 13-64. While not a test for STDs, women should also have regular Pap tests.

In addition to testing, Don Clark, Executive Director of NCSD encourages partners to talk about sexual health, and this includes discussing safer sex practices such as condom use. "Condoms have proven value in reducing transmission of chlamydia, HIV, and other STDs," Clark says, and notes that condom use is also associated with lower incidence of cervical cancer.

While STDs are common across all groups, young people are hit especially hard: Approximately half of all new STDs occur in youth ages 15-24 and a recent study presented by the Centers for Disease Control and Prevention (CDC) indicates that 1 in 4 girls and young women between the ages of 14 and 19 have at least one of the more common STDs. "It's fine to talk about abstinence, but we need to face the reality that most individuals are sexually active prior to marriage, and our current approach of abstinence only education for young people clearly isn't working. Teens need accurate information, and research clearly shows comprehensive approaches to sex education that include both abstinence and safer sex messages work in promoting responsible, healthy behaviors."

Fitness Class Schedule April - Happy Easter!				
Mon	Tues	Wed	Thurs	Fri
4 Directions - Fit & Fall - New Fitness - Pilates - Community Fitness C	4 Directions - YOGA CLASS - Y Strength Training Community Fitness B	4 Directions - Fit & Fall - New Fitness - Pilates - Community Fitness C	4 Directions - New Fitness - Y Strength Training Community Fitness C	4 Directions - Community Fitness C
4 Directions - Fit & Fall - New Fitness - Pilates - Community Fitness C	4 Directions - YOGA CLASS - Y Strength Training Community Fitness B	4 Directions - Fit & Fall - New Fitness - Pilates - Community Fitness C	4 Directions - New Fitness - Y Strength Training Community Fitness C	4 Directions - Community Fitness C
4 Directions - Fit & Fall - New Fitness - Pilates - Community Fitness C	4 Directions - YOGA CLASS - Y Strength Training Community Fitness B	4 Directions - Fit & Fall - New Fitness - Pilates - Community Fitness C	4 Directions - New Fitness - Y Strength Training Community Fitness C	4 Directions - Community Fitness C
4 Directions - Fit & Fall - New Fitness - Pilates - Community Fitness C	4 Directions - YOGA CLASS - Y Strength Training Community Fitness B	4 Directions - Fit & Fall - New Fitness - Pilates - Community Fitness C	4 Directions - New Fitness - Y Strength Training Community Fitness C	4 Directions - Community Fitness C
4 Directions - Fit & Fall - New Fitness - Pilates - Community Fitness C	4 Directions - YOGA CLASS - Y Strength Training Community Fitness B	4 Directions - Fit & Fall - New Fitness - Pilates - Community Fitness C	4 Directions - New Fitness - Y Strength Training Community Fitness C	4 Directions - Community Fitness C

Please Instructors: Sh. Hernandez, Sara Thompson, Rebecca Washburn, John Smith, Dale Harwood, and Brantley. Center Director, Janet Hutchinson, Barbara Stone, Shelley Yule - 478

Community Easter Egg Hunt

Saturday, April 3rd
HRDC Parking Lot
Egg runs start promptly at noon!



5000 Eggs, fun and prizes for all ages:

Young 5-13
Kidney 14-17
Teens 18-24
Adults 25 & over

For more information, please contact the Fort Hall Recreation Program @ 478-3720.

Presented by the Fort Hall Recreation Program in partnership with the HRDC.

Join us... FIT & FALL PROOF CLASS

1 of 4 people with a hip fracture remains institutionalized for a year or more.
1 of 3 people over the age of 65 years fall each year! Are you afraid of falling?
Each year in Idaho, ambulances respond to 6,000 calls for falls - avoid being a statistic!
Join our Fit and Fall Proof Class to avoid the above and you don't have to be an Elder.

An active lifestyle can reduce your risk for falling!

PLACE: Elder Services Center
TIME: 10:00 AM
DAYS: Mondays of Wednesdays
STARTING: March 24, 2010

Website: 478 Health Education - 478-3720 or Elder Services - 478-3720

CPR & First-Aid Training

Heartsaver Adult/Child CPR & First Aid

Class	Date	Time
Heartsaver First Aid	Friday, April 16, 2010	8:30 a.m. to 12:00 p.m.
Heartsaver First Aid	Friday, April 30, 2010	8:30 a.m. to 12:00 p.m.
BLS Health Provider	Friday, May 14, 2010	8:30 a.m. to 12:00 p.m.
Heartsaver First Aid	Friday, May 21, 2010	8:30 a.m. to 12:00 p.m.
Heartsaver First Aid	Friday, June 4, 2010	8:30 a.m. to 12:00 p.m.
Heartsaver First Aid	Friday, June 18, 2010	8:30 a.m. to 12:00 p.m.

All classes will be taught in the Fitness Building

American Heart Association
Learn and Live.

Heartsaver First Aid includes: CPR, rescue breathing, choking, stop bleeding, burns, shock poisoning, fractures, seizures, diabetic emergencies, and other life-threatening emergencies. The course is intended for general population.

BLS Health Provider includes: CPR, use an AED, and relieve choking in a safe, timely and effective manner. The course is intended for CNA's, nurses, doctors, and EMT's.



Cards \$3.25 and Books \$10.00
Contact the Health Education Program
@ 478-3720 to Register

