



## IMPROVING RURAL HEALTHCARE

*Living in our Tribal community comes with a lot of beauty and benefits—from the Blue Mountains to the tight-knit community, there is much to appreciate about living rural. However, it is also important to know that living rural can have a large impact on your health. The Center for Disease Control and Prevention states, “People who live in rural areas . . . are more likely than urban residents to die prematurely from all of the five leading causes of death: heart disease, cancer, unintentional injury, chronic lower respiratory disease, and stroke.” Much of this disparity in health comes from less access to healthy foods, less access to healthcare, and higher rates of unhealthy behaviors.*

*Improving healthcare in rural areas can be difficult. To address these gaps, Yellowhawk has implemented many programs to meet the needs of our community. This National Public Health Week, we encourage everyone to be aware of their health, and to reach out and engage in our health programming.*

*For instance, Yellowhawk offers the following services:*

- *The Self-Measured Blood Pressure Program (SMBP) which helps individuals monitor and manage their blood pressure, and provides education to patients.*
- *Cancer screenings like our Smarter CRC program, through our Medical Department, allows for early detection of colon cancer. Comprehensive cancer control programs focus on cancer prevention, education, screening, access to care, support for cancer survivors, and overall good health.*
- *Physical fitness classes and healthy cooking classes are aimed at reducing obesity. Obesity has been linked to a variety of serious chronic illnesses, including diabetes, heart disease, cancer, and arthritis.*
- *Smoking cessation resources and information are available at the Pharmacy and Public Health departments.*

*These programs are just a small selection of what Yellowhawk can offer to help you improve your overall health and wellness. To find out more about programming, drop in any time to Yellowhawk and the Public Health desk!*

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**APRIL 3-9, 2023**

## PUBLIC HEALTH WEEK DAILY THEMES

**MONDAY: COMMUNITY | TUESDAY: VIOLENCE PREVENTION**

**WEDNESDAY: REPRODUCTIVE & SEXUAL HEALTH | THURSDAY: MENTAL HEALTH**

**FRIDAY: RURAL HEALTH | SATURDAY: ACCESSIBILITY**

**SUNDAY: FOOD AND NUTRITION**

***Centering and Celebrating Cultures in Health***

# MENTAL HEALTH & YOU

Mental health is a vital and interconnected piece of our overall wellness. Taking care of your mental well-being is just as important as engaging in your physical and social health. The American Public Health Association estimates that “one in five U.S. adults experience mental illness each year,” and that “Indigenous people in America report experiencing psychological distress 2.5 times more than the general population over a month’s time.”

**To focus on your mental health, challenge yourself this week to do the following:**

- Practice 10 minutes of meditation or mindfulness
- Exercise for 15-30 minutes
- Go to bed early—get 8 hours of sleep!
- Make one healthy meal at home

If you or someone you know is experiencing a mental health crisis, there is help. For immediate assistance, dial **988** to reach the Suicide & Crisis Lifeline or call our Behavioral Health Department at 541.240.8670.



**Support Survivors**  
during Sexual Assault Awareness Month



## PUBLIC HEALTH WEEK SUPPORTS VIOLENCE PREVENTION

### **Support Survivors during Sexual Assault Awareness Month**

April 4 - Wear Teal Day | 1-4 PM | Wellness Table | Yellowhawk

April 15 - “Rez Walk” | 10-11:00 AM | Lunch provided | Wetlands Park

April 26 - “Wear Denim Day” | Event, 4-7 PM | Walk 6-7 PM | Roy Raley Park

### **CTUIR’S Family Violence Services Program Mission Statement:**

To provide Confederated Tribes of the Umatilla Indian Reservation culturally appropriate support services to victims of intimate partner violence, intimidation, sexual violence, rape, elder abuse, teen dating violence, and stalking. We strive to maintain sovereignty of individuals by eliminating all forms of oppression while facilitating honor and respect through direct services, systems and social change.

**CTUIR’s Family Violence Services Tribal Advocate | 1.541.240.4171 or 1.541.429.7414**

“ Maybe with more awareness for victims they will find the inner spirit to report and stand against their families to protect the next victim of this. But it will take culture change as it is generational and has had the blind eye of change for so very, very long. ”

## COMMUNITY

Community encompasses every aspect of our lives - it’s where we live, work, learn and play. Over these past 2 years we have been isolated due to the pandemic. Being isolated for too long may have long-term effects like depression or impaired immunity. To be more engaged in the community try the following:

- Attend Yellowhawk community events, like our Community Garden classes or Community Clean-Up
- Be outdoors – try 15 minutes a day
- Join a club or try a physical wellness class



# YOUTH HIV AWARENESS DAY

April 10th is National Youth HIV Awareness Day - a day to raise awareness on the impacts of our youth diagnosed with HIV. Some challenges young people may face when diagnosed with HIV include missing medical appointments, needing but not receiving other important health care services, or missing doses of HIV treatment. This initiative seeks to reduce the number of new HIV infections in the United States by 75% by 2025, and by at least 90% by 2030, for an estimated 250,000 total HIV infections.

**Who is at risk for HIV?** According to the CDC, 68% of HIV diagnoses were among gay and bisexual men, transgender women who have sex with men, and people who inject drugs.

**How can I get tested for HIV?** Ask your healthcare provider for an HIV test, use the HIV Services Locator, or purchase a home testing kit at a pharmacy or online. Early testing is critical for optimal care and survival. The three stages of HIV infection are acute HIV infection, chronic HIV infection, and AIDS. There is no cure for HIV, but treatment with HIV medicines can slow or prevent HIV from advancing from one stage to the next.

Due in part to late testing, AI/ANs have the lowest AIDS survival rate of any group, with just 1 in 4 individuals living more than 3 years after their diagnosis. People in the first stage of an HIV infection may notice symptoms that are more severe than those of a typical flu and will last from several days to several weeks. People with these symptoms who feel they may have come into contact with the AIDS virus should get tested as soon as possible.

**Preventing Infection:** Do not share IV drug needles, syringes, or other drug injection equipment. Correctly and safely use a condom while having sex; both vaginal and/or anal.

“ 2019  
21,000  
AGED 13-34  
DIAGNOSED  
WITH HIV ”

# REPRODUCTIVE & SEXUAL HEALTH

In 2022, reproductive and sexual rights were tested to their limit with the overturning of *Roe v. Wade*. LGBTQ+ inclusive sex education increased in several states, while being banned in others. The role of Public Health in promoting reproductive education and sexual health goes back decades. From Human Papillomavirus (HPV) vaccinations, to contraception, to gender affirming care, the Public Health workforce cares for and represents those marginalized and disproportionately affected populations in clinics, advocacy groups, and governments across the nation.

## SELF-CARE INTERVENTIONS FOR SEXUAL AND REPRODUCTIVE HEALTH



# FOOD & NUTRITION

The Women, Infants, and Children (WIC) Program is a Public Health nutrition program. WIC is an income-based supplemental nutrition program that helps support the growth of infants and children up to the age of 5. This program increases access to healthy foods, nutrition education, breastfeeding education, health screenings, and connections to community resources.

**Applicants must meet four criteria to be eligible for WIC:**

- Live in Oregon.
- Be a pregnant, postpartum or breastfeeding woman, an infant or a child under 5 years old.
- Have a household income less than 185% of the federal poverty limit. **(Individuals who can prove fully eligible for Medicaid/Oregon Health Plan, TANF, SNAP/Food Stamps or FDPIR are automatically income eligible for WIC).**
- Have a nutritional need or risk.

Dads, grandparents, foster parents, or legal guardians of children under 5 can also apply for WIC!

For more information contact Alisa Portley-White, Yellowhawk WIC Coordinator, 541.240.8521.



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Remove your address by emailing:  
info@yellowhawk.org



GO ELECTRONIC @ YELLOWHAWK.ORG/NEWSLETTER

WE  
ARE  
HIRING

SAVE THE DATE

National Children's Mental Health Awareness Day

MAY 5, 2023

CHILDREN'S MINI POWWOW

5 PM DINNER | LONGHOUSE

# SPRING ASPARAGUS *Garden Fresh* CHOPPED SALAD

## INGREDIENTS:

- 1 pound asparagus
- 15 ounce can chickpeas, drained and rinsed
- 1 large carrot, peeled and chopped
- 4-6 radishes, trimmed and cut into wedges
- 1 large cucumber, peeled and chopped
- ½ cup chopped red onion
- 1 cup cherry tomatoes, cut in halves
- ¼ crumbled feta cheese (optional)

## Dressing

- 2 Tbsp. olive oil
- 2 Tbsp. lemon juice (juice of 1 lemon)
- 2 Tbsp. apple cider vinegar
- 1 tsp. Dijon mustard
- 1 Tbsp. fresh dill, minced (optional)
- ¼ tsp. each salt and pepper

## DIRECTIONS:

1. To prepare asparagus, cut the tough lower 1/3 of asparagus spears off and trim any remaining tough ends. Bring pot of water to a boil and add asparagus to blanch it for exactly 60 seconds. Remove asparagus from boiling water to bowl of ice to stop the cooking process quickly and retain the crispness and bright green color. Dry asparagus thoroughly and cut spears into 2-inch pieces.
2. Whisk together dressing ingredients and set aside.
3. Combine all vegetables in medium bowl. Toss with 2 Tablespoons of dressing mix.
4. Chill in refrigerator for at least 1 hour. Toss with additional dressing as needed. Top with fresh dill and feta if desired. Enjoy!

## Notes:

Optional additions – baby spinach or chopped kale, chopped colorful bell peppers, chopped roasted red peppers, sliced black olives, crumbled feta cheese.

Add protein such as cooked chicken; canned tuna (drained); hard boiled eggs, etc.

Any type of beans will work – replace Chickpeas with what you have on hand.

Makes approximately 8 servings



For nutrition questions or additional recipe ideas, please contact Dusty Dressler, RDN  
DustyDressler@yellowhawk.org  
541.240.8524



YELLOWHAWK  
TRIBAL HEALTH CENTER