



Indian Health Service Update



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Presented to
The Secretary's Advisory Committee
on Infant Mortality

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INDIAN HEALTH SERVICE MISSION, GOAL & FOUNDATION



Mission: In partnership with American Indian and Alaska Native (AI/AN) people, is to raise their physical, mental, social and spiritual health to the highest level.

Goal: To ensure that comprehensive, culturally acceptable personal and public health services are available and accessible to all AI/AN people.

Foundation: To uphold the Federal Government's obligation to promote healthy AI/AN people, communities and cultures, and to honor and protect the inherent sovereign rights of Tribes.



Indian Health Care Systems

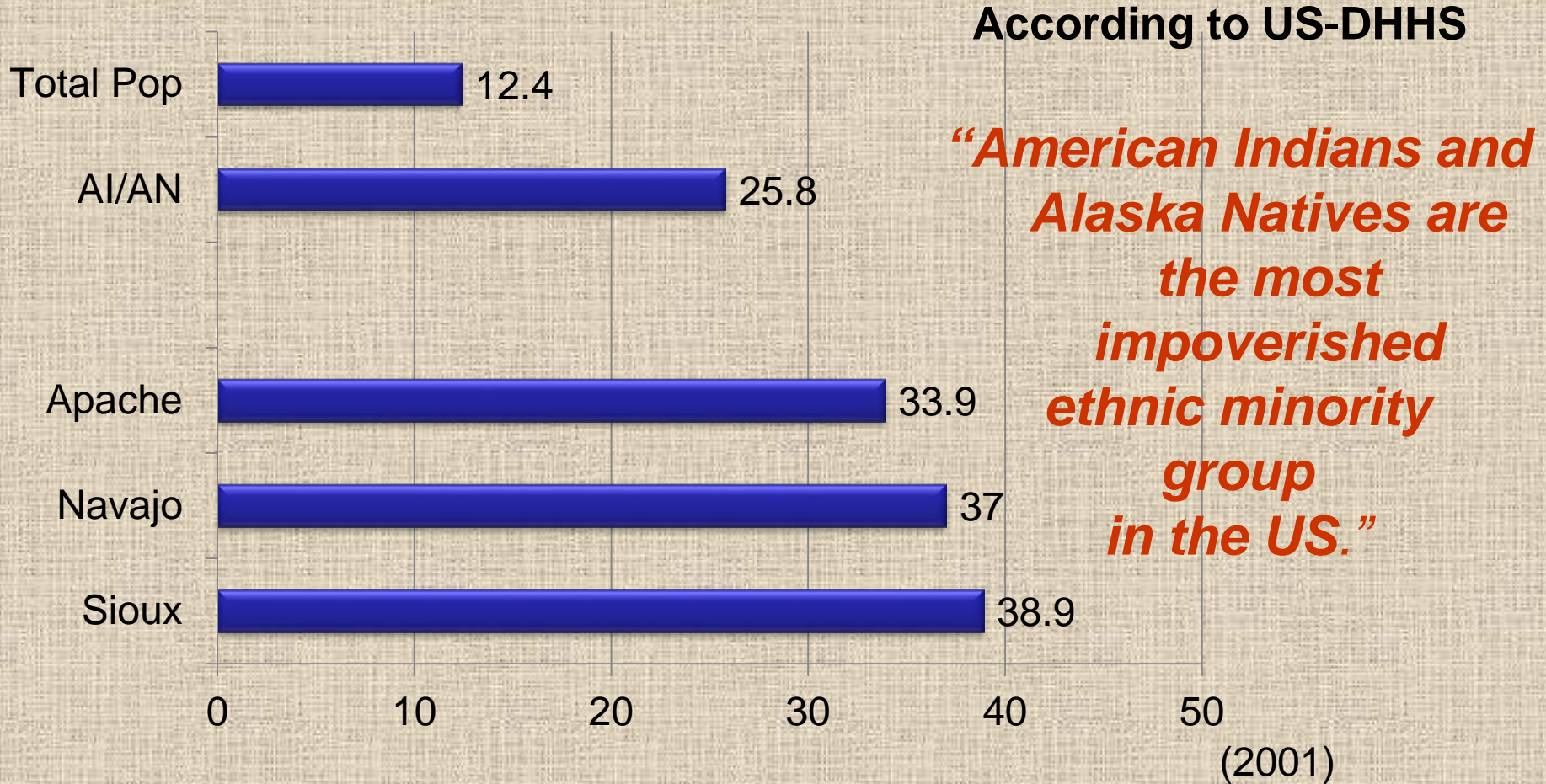


	Hospitals	Health Centers	Alaska Village Clinics	Health Stations
IHS	29	68	N/A	41
Tribal	16	258	166	74

The IHS also supports 33 Urban Clinics across the nation.



Poverty Rates





Social Determinants of Health



Historical Trauma

- Emotional and psychological wounding and group trauma over generations and throughout lifespan.
 - Traumatic events such as the Wounded Knee massacre, the Trail of Tears, the Navajo Long Walk to Bosque Redondo;
 - The unresolved trauma of genocide, loss of culture, forcible removal from family, and traditional lands (Reservations and boarding schools).
 - Boarding School Period was accompanied by beatings, rape, prohibition of Tribal language and spiritual practices.
- European and American colonialist policy.
 - Introduction of disease (smallpox) and alcohol, resulted in the extermination of North American Indians from an estimated 12 million in 1500 to barely 237,000 in 1900.



Intergenerational Trauma



- Exposure of an earlier generation to a traumatic event that continues to affect subsequent generations.
- The dynamics to historical or intergenerational trauma include layers of grief due to the erosion of the family, the erosion of Tribal structure, the loss of cultural traditions and practices, and the loss of spiritual ties.
- Manifestations of historical trauma include depression, self-destructive behavior (violence and substance use disorders), psychic numbing, anger, elevated mortality rates from suicide, and cardiovascular diseases observed among Jewish Holocaust survivors and descendants, and American Indian people.



AI/AN Risk Factors for Poor Pregnancy Outcomes



- AI/AN mothers:
 - Smoke more during pregnancy with highest rates in Alaska (45.1%) and the North Plains (44.2%), and lowest in the Southwest (17.0%);
 - consume alcohol at high rates during pregnancy;
 - poly substance abuse and dependence including methamphetamine, opioids and alcohol;
 - high rates of domestic violence and sexual assault;
 - higher rates of teen pregnancy;
 - high rates of obesity (37.7%);
 - high rates of poverty, low education, under employment;
 - enter prenatal care late and have fewer visits.



AI/AN Infant Health Disparities



- The 1995 AI/AN IMR was 9.04 compared to 8.47 in 2009 – the second highest of all racial and ethnic groups .
- In every year, from 1995 through 2009, infants born to AI/AN mothers also had the second highest post-neonatal mortality rate.
- And the AI/AN neonatal mortality rate is rising from 3.94 in 1995 to 4.38 in 2009.



Preterm-related IMR for American Indians/Alaska Natives



- In most years from 1996 through 2009, infants born to AI/AN mothers had the second highest preterm birth rate compared to all other racial/ethnic groups in the U.S.
- The preterm-related infant mortality rate for AI/AN infants is rising:
 - In 2005, the rate was 191.9
 - In 2012, the rate was 214.8

Successful Prevention Strategies





IHS Baby Friendly Hospital Initiative



Many IHS hospitals were the first Baby Friendly hospitals in their State.

BFHI Goal:

- All 13 IHS maternity hospitals will be designated Baby Friendly by the end of 2014.

Process:

- Increase awareness of the benefits of breastfeeding for mom and baby.
- Brings together federal agencies, communities, and tribes with the goal of increasing breastfeeding among AI/AN mothers and ending the epidemic of childhood obesity in Indian Country within one generation.



Centering Pregnancy



- Claremore Indian Hospital in Oklahoma has been approved as a Centering Pregnancy site.
- Shiprock-Northern Navajo Medical Center will have their Centering Pregnancy training by 2016.
- Pine Ridge, Rosebud and Belcourt Hospitals in the Great Plains Area and Blackfeet Hospital in the Billings Area have all been funded to begin their planning.



Family Spirit Program



- Home visiting intervention designed to be delivered by community health workers as a core strategy to support Native parents from pregnancy up to 3 years post-partum.
- Aims include increasing parenting knowledge and skills; address maternal psychosocial risks (drug and alcohol use, depression, low education and employment, DV); promote optimal physical, cognitive, social/emotional development; prepare children for early school success; promote parent's and children's life skills.



CHOICES Program



- Brief motivational intervention consists of two counseling sessions and one contraception consultation and services visit:
 - Assessment of alcohol use and contraceptive use;
 - Counseling on the consequences of alcohol use in pregnancy;
 - Brief advice and counseling for moderate-to-heavy drinkers to reduce intake levels, or referral for treatment of alcohol-dependent drinkers;
 - Reproductive health education on contraceptive methods and provision of contraceptive services focusing on Long Acting Reversible Contraceptives (LARC).



Domestic Violence Prevention Initiative (DVPI)



- The DVPI is a congressionally mandated program for Tribes and villages, Tribal organizations, federally operated programs (IHS), and Urban Indian health programs to provide violence prevention and treatment services.
- DVPI promotes the development of evidence-based and practice-based models that represent culturally appropriate prevention and treatment approaches to domestic and sexual violence from a community-driven context.



Methamphetamine and Suicide Prevention Initiative



- Launched in 2009, the Methamphetamine and Suicide Prevention Initiative (MSPI) is a nationally-coordinated program, focusing on providing methamphetamine and suicide prevention and intervention resources for Indian Country;
- MSPI promotes the use and development of evidence-based and practice-based models that represent culturally-appropriate prevention and treatment approaches to methamphetamine abuse and suicide prevention from a community-driven context.



Integrating Behavioral Health and Primary Care



- Southcentral Foundation clinic in Anchorage, AK integrates Licensed Professional Counselors into each Primary Care Team;
- Eastern Band of Cherokee integrates substance abuse counselors into their primary care clinics;
- Lame Deer IHS Clinic will be hiring an LCSW to provide mental health counseling and the Tribal substance abuse program will provide a substance abuse counselor.



Thank you.

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