

HEALTH NEWS

RECIPE

The Siletz "Health News" will become a new article in the Siletz News each month. The articles will be submitted by the CHN, Irene Holland and each area office CHR.

Some of you may be wondering why every time the CHN sees you, she wants to test your blood. The Siletz Health Board had made diabetes the priority health concern in the 1987 Annual Implementation Plan. Native Americans have a high incidence of diabetes and that has not excluded the Confederated Tribes of Siletz. It has been found that a significant proportion of our tribal members have Type II Diabetes.

Diabetes is a disease in which the body does not produce or properly use insulin which is needed to convert sugar and starches into energy needed for daily life. It can develop into serious complications that involve nearly every tissue of the body. When high levels of sugar, build up in the blood, blindness, heart disease, kidney failure, and nerve and blood vessel damage (leading to leg and foot amputations from gangrene) occur.

Obesity is a major contribution factor in the development of non-insulin dependent diabetes. A healthy diet and exercise are the treatments of choice for this form of the disease. Pills or insulin injections may become necessary if exercise and diet are not enough to control the blood sugar levels.

WARNING SIGNS OF TYPE II DIABETES

- * over 40, overweight and have relatives with diabetes
- * blurred vision or any change in sight
- * tingling or numbness in legs, feet or fingers
- * slow healing cuts and bruises

Ask your doctor to test you for diabetes if you have any of these symptoms and /or have your area CHN or CHR test your blood sugar.

Sugarless cookies for the Holidays
yield 32 - 34 cookies.

Ingredients:

- 1 3/4 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 3/4 cup orange juice
- 1/2 teaspoon grated orange rind
- 1/2 cup minus 1 Tablespoon vegetable oil
- 1 egg
- 1/2 cup chopped walnuts
- 1/2 cup raisens

METHOD:

1. Preheat oven to 375F
2. Combine dry ingredients, add remaining ingredients mix well
3. Drop by teaspoon on ungreased cookie sheet to make 32 - 34 cookies
4. Bake about 15 to 20 minutes
5. When done, remove from pan and cool.

VARIATIONS:

1. Add 1/4 teaspoon ground cloves for a spice drop.
2. Instead of raisens, add 1/2 cup chopped or whole cranberries.

Irene Holland
CHN

ELIGIBILITY FOR INDIAN HEALTH CHANGES

The Indian Health Service has published new rules governing the eligibility for health services. The rules will take effect on **MARCH 16, 1988.**

Under the rules, an eligible person must be a member of a federally recognized Indian tribe and reside within a designated health service delivery area.

The tribal membership would be waived for children under 18 years old who have at least one natural parent who is a member of a tribe and eligible for IHS services.

A former resident of a designated health service delivery area who is otherwise eligible also may receive services from IHS and IHS-funded facilities in any health service delivery area but not from contract health care providers.

After the rules take effect, there will be a six-month grace period to extend care under the old rules and allow time for education.

According to NIHB Executive Director Jake Whitecrow, the conference will offer a variety of presentations and workshops that will be of interest to health professionals and health consumers alike. "In planning this conference we have selected four broad areas of interest, and within each of these areas are specific topics dealing with virtually all aspects of health care for Indian people."

Subjects that will be addressed at the conference include AIDS, child sexual abuse, alcoholism, Indian Child Welfare, services for persons with disabilities, diabetes, traditional Indian medicine, care for Indian elders, physical fitness, nutrition, environmental health, current legislation, and Indian health policy issues. In all, more than forty presentations and workshops will be given during the conference.

Speakers for these topics include health experts from tribal and urban Indian health programs -- including a number of programs in the Pacific Northwest Congressional staff representatives, and officials from the Indian Health Service and other federal agencies. Assistant Secretary for Health Robert Windom heads an impressive list of federal policymakers that are expected to attend.

In addition to the presentations and workshop sessions conducted during the four-day event, conferees will be able to participate in a host of other activities. The conference will feature a health fair, a 5K "fun run," aerobics classes, substance abuse seminars, exhibits, a banquet and awards ceremony, and a pow wow. All activities are open to the public.

NATIONAL HEALTH CONFERENCE

Seattle, Wash.-- Approximately 1,000 Indian and Alaska Native representatives from across the country are expected to convene in Seattle, Washington next month in an effort to develop important new strategies for improving health care services to their people.

The meeting is the Ninth National Indian/Alaska Native Health Conference, which is set for November 9-12 at the Red Lion Inn/SeaTac. The conference will be sponsored by the Denver-based National Indian Health Board and hosted by the Northwest Portland Area Indian Health Board.

Among the many health experts and speakers scheduled for the conference is Dr. Robert Windom, Assistant Secretary for Health with the Department of Health and Human Services. Windom will address several key federal policy issues affecting the delivery of health services to Indians.

As suggested by the conference theme, "Indian Health - Consumer Challenges," the meeting will focus on the major medical problems and policy issues affecting the delivery of health services to this country's 1.4 million Native Americans.

As explained by NIHB Chairman Melvin Sampson, "Our theme for this year's conference was selected to emphasize the continuing need for Indian people to have an active, meaningful role in determining the future of their health care programs."

Sampson, who is also chairman of the Yakima Nation in Toppenish, Wash., points out that there have been "a number of important changes in our health care system in recent years, and it is our challenge to insure that these developments are consistent with the Federal Government's responsibility for providing the best possible care to Indians." The conference will enable "health consumers from the grassroots level to have an active voice in addressing their health concerns," Sampson said.

To encourage the development of recommendations that will improve the delivery of health services to Indian people, the conference has been designed to promote active participation and involvement for all attendees, Sampson said. Position statements developed by "area caucuses" during the conference will be shared with a panel of top Federal health officials, a process that Sampson believes will help insure prompt action on proposals for improving Indian health care.