Childhood Obesity

One in 3 children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

The good news? Childhood obesity can be prevented. Communities, health professionals, and families can work together to create opportunities for kids to eat healthier and get more active.

Make a difference for kids: Spread the word about strategies for preventing childhood obesity and encourage communities, organizations, families, and individuals to get involved

How can National Childhood Obesity Awareness Month make a difference

We can all use this month to raise awareness about the obesity epidemic and show people how they can take steps toward a solution.

Here are just a few ideas:

- Encourage families to make small changes, like keeping fresh fruit within reach or going on a family walk after dinner.
- Motivate teachers and administrators to make schools healthier. Help them provide healthy food options and daily physical activities for students.
- Ask doctors and nurses to be leaders in their communities by supporting programs to prevent childhood obesity.

Sponsor: American College of Sports Medicine
The 2016 Dam Color Run

A Collaboration for the Communities of Fort Thompson and Lower Brule

Sponsored by: Fort Thompson SDPI Healthy Heart Program/Wowasake Wellness Center, Lower Brule Diabetes Prevention Program, Tokata Youth Center, BIA Social Services, SDSU Extension and many more...

When: July 28, 2016

Where: Campground Area below the Dam (Fort side)

Time: 9:00 am - 12:00 pm

Each participant will receive a bandana, T-shirt, and sunglasses

Refreshments provided
How to Prevent or Respond to a Snake Bite

After a natural disaster, snakes may have been forced from their natural habitats and move into areas where they would not normally be seen or expected. When you return to your home, be cautious of snakes that may have sought shelter in your home. If you see a snake in your home, immediately call the animal control agency in your county.

How to Prevent Snake Bites

Be aware of snakes that may be swimming in the water to get to higher ground and those that may be hiding under debris or other objects.

If you see a snake, back away from it slowly and do not touch it.

Signs of Snake Bites

If you have to walk in high water, you may feel a bite, but not know that you were bitten by a snake. You may think it is another kind of bite or scratch. Pay attention to the following snake bite signs.

Depending on the type of snake, the signs and symptoms may include:

- A pair of puncture marks at the wound
- Redness and swelling around the bite
- Severe pain at the site of the bite
- Nausea and vomiting
- Labored breathing (in extreme cases, breathing may stop altogether
- Disturbed vision
- Increased salivation and sweating
- Numbness or tingling around your face and/or limbs
What TO DO if You or Someone Else is Bitten by a Snake

If you or someone you know are bitten, try to see and remember the color and shape of the snake, which can help with treatment of the snake bite.

Keep the bitten person still and calm. This can slow down the spread of venom if the snake is poisonous.

Seek medical attention as soon as possible.

Dial 911 or call local Emergency Medical Services (EMS).

Apply first aid if you cannot get the person to the hospital right away.
   - Lay or sit the person down with the bite below the level of the heart.
   - Tell him/her to stay calm and still.
   - Cover the bite with a clean, dry dressing.

What NOT TO DO if You or Someone Else is Bitten by a Snake

Do not pick up the snake or try to trap it (this may put you or someone else at risk for a bite).

Do not apply a tourniquet.

Do not slash the wound with a knife.

Do not suck out the venom.

Do not apply ice or immerse the wound in water.

Do not drink alcohol as a pain killer.

Do not drink caffeinated beverages.
Stop at the HEALTH Co-Op!

Stop at the Co-Op for early evaluation of new or changing adult health complaints, or for help with longer term chronic conditions. Medicare, Medicaid and uninsured adults welcome!

Meet the Professional Team from Sanford Health

• Women’s Health Nurse Practitioner
• Advanced Practice and Credentialed Registered Nurses
• Pharmacist
• Social Worker
• Occupational Therapist
• Physical Therapist
• Dietitian

HEALTH COOPERATIVE
FREE VISITS

Chamberlain Community Center
112 North Main St., Chamberlain, SD 57325

First & Third Thursday of Month
10 a.m. – 4 p.m.

Call (605) 333-6300 or (800) 255-4488 for information or to schedule an appointment!

“This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number UD7HP26906, Nurse Education, Practice, Quality and Retention-Interprofessional Collaborative Practice. The grant title, Nurses Leading Interprofessional Collaborative Practice Innovation: Interprofessional Teams Improving Access and Care for the Underserved, is funded in the amount of $1.27 million. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.”
Skin cancer is the most common cancer in the United States. Most cases of melanoma, the deadliest kind of skin cancer, are caused by exposure to ultraviolet (UV) light. To lower your skin cancer risk, protect your skin from the sun and avoid indoor tanning.

Sun Safety Tips

- Check the U.S. Environmental Protection Agency’s UV Index before you spend time outdoors and plan your sun protection accordingly, using these tips—
- Seek shade, especially during midday hours.
- Cover up with clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- Use sunscreen with broad spectrum (UVA and UVB) protection and sun protective factor (SPF) 15 or higher.
- Remember to reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off.

Fast Facts About Skin Cancer

- When you’re having fun outdoors, it’s easy to forget how important it is to protect yourself from the sun.
- Unprotected skin can be damaged by the sun’s UV rays in as little as 15 minutes. Yet it can take as long as 12 hours for skin to show the full effect of sun exposure.
- Even if it’s cool and cloudy, you still need protection. UV rays, not the temperature, do the damage.
- Tanned skin is damaged skin.
- Any change in the color of your skin after time outside—whether sunburn or suntan—indicates damage from UV rays.
- Anyone can get skin cancer, but some things put you at higher risk.
- Indoor tanning exposes users to both UVA and UVB rays, which damage the skin and can lead to cancer.
- A change in your skin is the most common symptom skin cancer. This could be a new growth, a sore that doesn’t heal, or a change in a mole.

Neva Zephier, MPH/Health Educator

Source: Centers for Disease Control
Anchored by a Congressional health education program, Men’s Health Month is celebrated across the country with screenings, health fairs, media appearances, and other health education and outreach activities.

*Celebrate Wear Blue Friday, the Friday before Father’s day.*

**Goal of Men’s Health Month**

The purpose of Men’s Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

**Move More**

Adults need at least [2½ hours](https://www.cdc.gov/physicalactivity/everyone/guidelines/adults) of moderate-intensity aerobic activity every week, and muscle strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) on two or more days a week. You don’t have to do it all at once. Spread your activity out during the week, and break it into smaller amounts of time during the day.

**Eat Healthy**

Eat a variety of fruits and vegetables every day. Fruits and vegetables have many vitamins and minerals that may help protect you from chronic diseases. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol.

*Neva Zephier, MPH/Health Educator*
Understanding the warning signs, risk factors, and protective factors associated with substance abuse are key to providing effective prevention, intervention, and treatment.

Risk and protective factors are the environmental, experiential, or biological circumstances of a person or group that make it more (risk factors) or less (protective factors) likely that a person will develop a problem. Warning signs serve as signals that something may be wrong, that someone could be in danger, and that action may need to be taken.

If you or someone you know is in need of substance abuse treatment services, please visit:

The IHS treatment locator, Find Health Care, a searchable map for finding Indian Health Service, Tribal or Urban Indian Health Program facilities.

The Substance Abuse and Mental Health Services Administration (SAMHSA) has a useful Behavioral Health Treatment Services Locator

**Warning Signs of Substance Abuse**

*from the Partnership for Drug-Free Kids*

- Change in relationships with family, friends, others
- Loss of inhibitions
- Mood changes or emotional instability
- Periods of sleeplessness, increased activity
- Hostile, angry, uncooperative, deceitful, or secretive behavior
- Changes in speech, inability to speak intelligibly
- Change in appearance, poor hygiene
- Loss of interest in favorite activities, hobbies
- Missing work or school
Substance Abuse

Complaints or comments from co-workers or teachers

- Resistance to negative peer pressure

Protective Factors Against Substance Abuse

American Indian/Alaska Native (AI/AN) culture often provides protective factors in AI/AN communities, and culture serves as one of the quintessential pathways toward healing, health and wellness. Protective factors are elements in a person's life which make it easier to avoid hazard or risk. Protective factors can come from individuals, families, and communities. The following behavioral, social, familial, or environmental factors may help prevent or reduce the likelihood that an individual may use or become dependent on drugs:

- Positive connections to family, friends, or community
- Lack of access to lethal means for enacting suicide or drugs
- Availability of and access to clinical services and medical treatment
- Cultural or religious beliefs that value self-preservation
- Willingness to get treatment
- Self-control
- High self-esteem
- Strong coping and problem-solving skills
Ft Thompson Health Center Pharmacy Mail Order Service Agreement

I would like to participate in the Ft Thompson Health Center Pharmacy Mail Order Program. I acknowledge and understand the requirements and conditions of participation involved in the program, which are detailed below. I also understand that if requests are made that do not abide by these requirements, I may not receive my prescriptions when requested. I understand that a physical address versus a post office box is preferred.

Ft Thompson Health Center Pharmacy
PO Box 200, 1323 BIA Route 4
Ft Thompson, SD 57339
Pharmacy: (605) 245-1545
Refill Line: (605) 245-1544 or (605) 245-2557
Ft Thompson Health Center Pharmacy

Mail Order Program Requirements and Conditions of Participation

- Prescriptions must be called in to the Pharmacy Refill Line 7 days before needed.
- Prescriptions will automatically be mailed once requested.

Check your mail starting 4 days after calling the prescriptions in to the pharmacy. The pharmacy will not replace lost, stolen, or damaged medications that have successfully been tracked to your mailbox. Mailed prescriptions will be for refills only unless extenuating circumstances determine necessity. Mailed prescriptions will be for a maximum 30 day supply. Exceptions to this may include some over-the-counter products as deemed by the Service Unit Formulary.

OTC (over the counter) medications with no refill and no current order will not be mailed. Controlled substances (i.e. Hydrocodone, Tramadol, Pregabalin) will not be mailed and must be picked up in person.

The Pharmacy Department reserves the right to add any product to the Program if deemed appropriate.
I am required to see a provider at the same clinic from which my prescriptions are being mailed.
I will request all prescriptions at the same time each month in order to reduce postage costs.
When requesting refills, I will specify the name of the medication(s) and provide a contact phone number.
It is my responsibility to update my phone number and address with Registration and the Pharmacy Department promptly upon any change. The Pharmacy Department will NOT be responsible for prescriptions mailed to an incorrect address if I fail to update my address appropriately.

I will keep my provider appointment and see my provider regularly (as determined by my provider) or my prescriptions will not be mailed.
I understand that the Pharmacy Department may at their discretion require some prescriptions to be picked up in person (in the case of refrigeration requirements, lab monitoring, etc.).
I understand that the Pharmacy Department may remove my participation from this program if I do not adhere to the requirements above or if it is deemed I no longer qualify for the program.

By signing below, I agree to abide by the requirements set forth above in order to benefit from the Program.

Name: (print) _________________________________ Date of Birth: ____________ Chart#: ____________

Mailing Address: _______________________________________________ ___________ ___________
(Street, RR, or PO Box) (City) (State) (Zip)

Phone number: ___________________________ Other phone number: _________________________

Patient Signature: ____________________________________________

Please return completed agreement to the Pharmacy Department either via mail or in person.
The Mission of the Fort Thompson Indian Health Center is to raise the health status of the American Indian to the highest level possible.

The Vision of the Fort Thompson Indian Health Center is to provide quality, accessible, safe and comprehensive health services sensitive to the needs of the American people.

The Fort Thompson Indian Health Center values a healthy Native American population attained in cooperation with the community and the people we serve by providing quality health promotion/disease prevention and comprehensive

---

**Ft. Thompson Health Center phone numbers**

- Medical Appointments: 245-1516
- Dental Appointments: 245-1518
- Optometry Appointments: 245-1563
- Behavioral Health Appointments: 245-1546
- CHR Office: 245-1520
- Immunization Clinic: 245-1503
- Pharmacy: 245-1545
- Physical Therapy: 245-2177