Cancer Plan for the SPIPA Tribes 2012-2022

Wellness for Today and for Future Generations

SPIPA Cancer Control Program

The SPIPA CCCP facilitates cancer control activities, awareness, education and support for the Chehalis, Nisqually, Shoalwater Bay, Skokomish and Squaxin Island Tribal Communities.

CCCP brings resources and partners together to control cancer.

Cancer control involves community-wide and generational changes that raise awareness, reduce risks for cancer, provide services for early detection and support those facing cancer.

Goal 1: Preventing Cancer

Objective 1A: By 2022, reduce adult commercial tobacco use from 32% to less than 20%.

Task #1 Reduce and Prevent Teen Smoking

Systems*:* Change social norms/break cycle of intergeneration smoking through culturally tailored awareness campaign for youth and adults.

Task #2 Reduce 2nd Hand Smoke Exposure

Systems: Increase non-acceptance of second-hand smoke though awareness campaign, targeting new parents & youth.

Task #3 Reduce 3rd Hand Smoke exposure

Policy: Hold CCCP meetings in smoke free venues. Expand policy to other SPIPA and Tribal programs.

Environmental: Address 3rd hand smoke through partnership with Tribal Housing & SPIPA Weatherization Program.

Task #4 Support Smoking Cessation

Systems: Improve availability of smoking cessation services to community members (and tribal employees).

Systems: Replicate successful models and address remaining needs for smoking cessation.

Objective 1B: By 2022, viral infections that are a risk factor for cancer are decreased (HCV reduced from 7.4% to less than 5%; HPV reduced to less than 10%)

Task #1 Prevention and Screening Awareness – culturally appropriate messages.

Policy: Advocate for HCV screening and treatment at tribal clinics.

Environmental: Launch hepatitis C prevention campaign. Tailored awareness campaign about HPV prevention.

Systems: HPV vaccinations available.

Objective 1C: By 2022 Increase consumption of 5+ fruits & vegetables a day from 19% to at least 50%.

Task #1 Promote Nutrition Awareness

Knowledge: Implement tailored awareness campaign on nutrition and cancer.

Task #2 Promote Tribal & Traditional Gardens

Systems: Assess resources for in traditional & tribal gardens.

Policy: Promote Traditional Foods through existing events and publications.

Task #3 Nutrition Counseling

Systems: Nutritionist available for those going through cancer treatment and cancer survivors (survivorship).

Objective 1D: Increase the rate of recommended exercise of adults from 29% to at least 60% by 2022.

Task #1 Exercise to Prevent Cancer

Knowledge: Improve awareness of the benefits for exercise and healthy body/mind/spirit, how it can help prevent cancer.

Systems: Create and/or promote affordable, realistic exercise programs.

Environmental: Workplace and Inter-tribal challenge/events, increase walking as exercise.

Objective 1E: Increase use of sunscreen by youth from 36% to 75%.

Task #1 Targeted sunscreen use

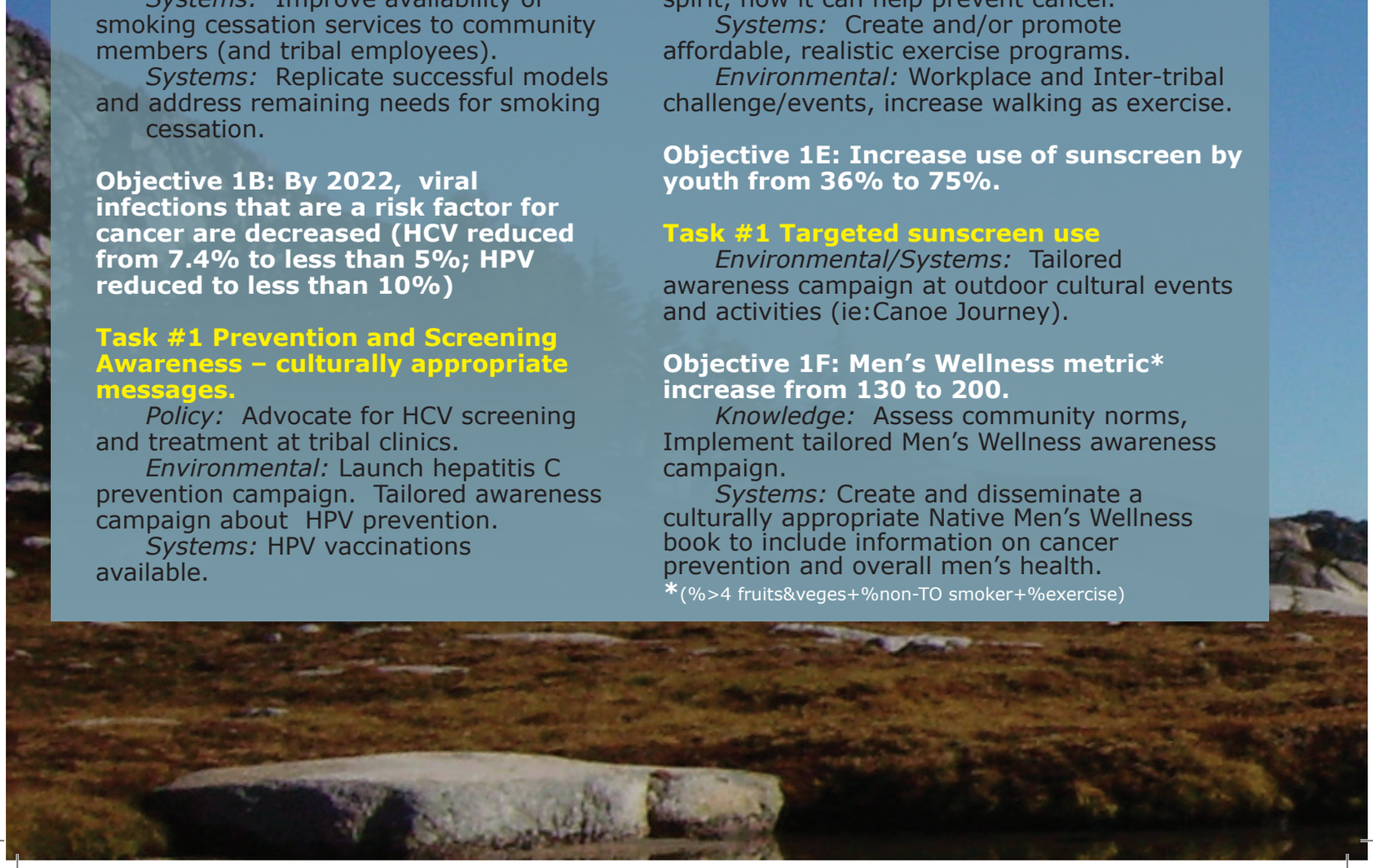
Environmental/Systems: Tailored awareness campaign at outdoor cultural events and activities (ie:Canoe Journey).

Objective 1F: Men's Wellness metric* increase from 130 to 200.

Knowledge: Assess community norms, Implement tailored Men's Wellness awareness campaign.

Systems: Create and disseminate a culturally appropriate Native Men's Wellness book to include information on cancer prevention and overall men's health.

*(%>4 fruits&veges+%non-TO smoker+%exercise)



Goal 2: Early Detection of Cancer

Objective 2A: By 2022, increase prostate cancer screening/dr. consultation for men age 50 and older in previous 2 years from 49% to 80%.

Task #1 Men's Health Campaign & Summit

Systems: Increase prostate wellness, cancer screening, treatment and prevention for men as well as other health issues. Include women and traditional values in awareness activities.

Task #2 Prostate Cancer Screening Awareness

Systems: Pursue and secure funding for prostate cancer screening w/ informed decision making.

Knowledge: Provide education/training opportunities to Tribal Health Clinic providers and staff (CHRs, patient navigators) on prostate wellness and informed decision making for cancer screening/treatment.

Objective 2B: By 2022, increase percentage of adults 50 and older screened for skin cancer from 42.5% to at least 75%.

Task #1 Increase Skin Cancer Screening

Policy/Systems: Work with Tribal Clinics and Partners to increase skin cancer screening opportunities.

Objective 2C: By 2022, screen 75% of adults for oral cancer.

Task #1 Oral Cancer Awareness Campaign

Knowledge: Work with Tribes to develop culturally appropriate awareness and education campaign on oral cancer.

Task #2 Oral Cancer Screening

Systems: Work with Tribal Dental Clinics to screen for oral cancers and educate patients on oral cancer prevention & early detention.

Objective 2D: By 2022 integrate activities for early detection of breast, cervical and colon cancer with all appropriate CCCP activities.

Task #1 Integration with NWWP, CHP.

Systems: Strengthen partnership and interaction on events, messaging and activities between NWWP, CCCP and CHP.

Objective 2E: By 2022 increase adults with insurance from 44% to >75%.

Task #1 Increase Access to Health Care

Systems: Streamline health/wellness programs to capitalize on opportunities evolving from the Affordable Care Act.

Objective 2F: By 2022, raise awareness about early signs of lung cancer in order to detect at least 80% of all lung cancers at stage 1 or 2.

Task #1 Increase awareness of lung cancer at community and provider level

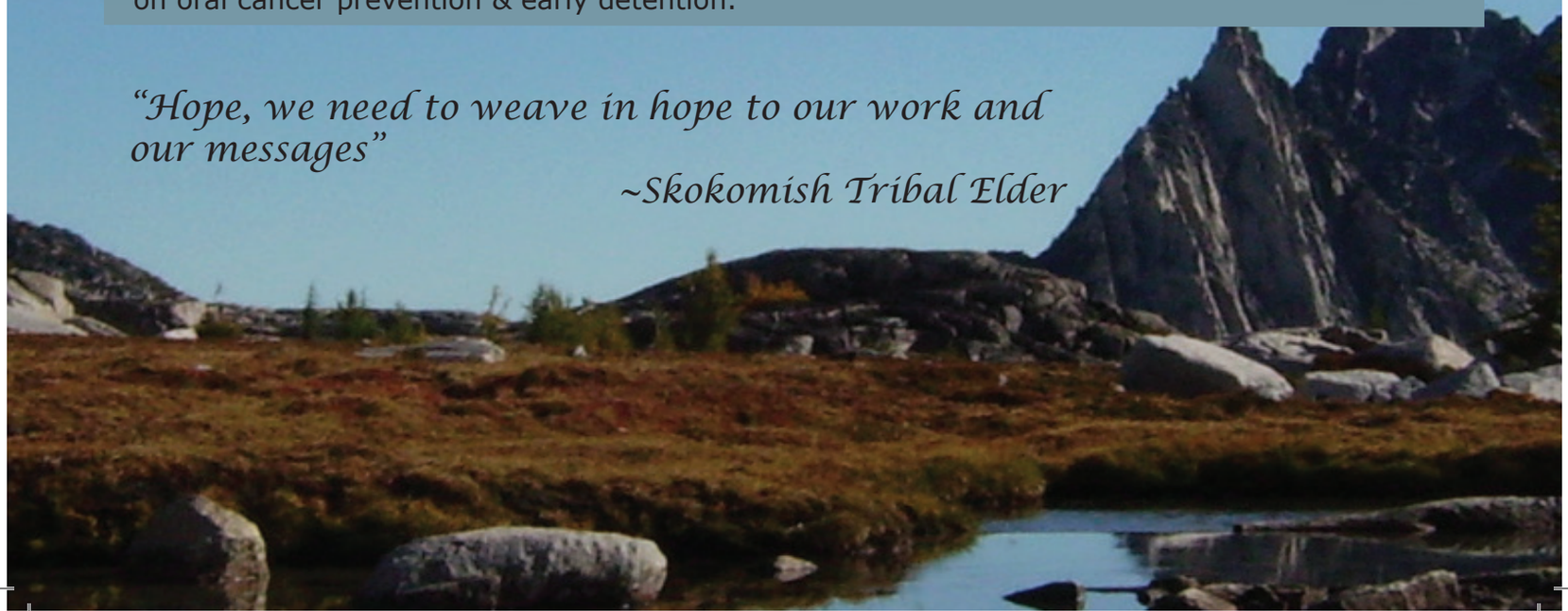
Knowledge: Work with the Tribes, Tribal Clinics, Partners and CDC to develop culturally appropriate education campaign on lung cancer risk factors and symptoms.

Systems: Increase the number of tribal clinic providers involved in and trained on recognizing early signs of lung cancer.

Task Priority Key
YELLOW = 1st 5 years (2012-2017)
RED = crossover years (2014-2020)
BLUE = last 5 years (2017-2022)

"Hope, we need to weave in hope to our work and our messages"

~Skokomish Tribal Elder



Goal 3: Supporting Cancer Survivorship

Objective 3A: By 2022, SPIPA's CCCP will assist 100% of referred tribal members who are newly diagnosed with cancer.

Task #1 Cancer Treatment Support

Systems: Create culturally appropriate cancer treatment support plan.

Systems: Create system with Tribal Clinics that offers those newly diagnosed with cancer referral to CCCP.

Systems: Assist newly diagnosed tribal members and their family, connecting them with resources in the community. Include information on traditional healers & how health care reform may affect their coverage for treatment and support services.

Systems: Financial support for non-medical expenses.

Policy: Work with CCCP and NWWP to provide targeted screening outreach and navigation to cancer survivors.

Task #2 Provide Patient Navigation

Knowledge: Document the need for patient navigators.

Systems: Secure funding for paid Patient Navigators to support cancer patients/survivors.

Objective 3C: By 2022, culturally appropriate comfort care resources will be available at all five tribes.

Task #1 Provide Comfort & End of Life Care

Knowledge: CHR/Outreach & Patient Navigators trained in providing appropriate related services.

Knowledge: Non-native staff training in cultural considerations related to end of life.

Task #2 Grieving resources & workshop

Knowledge: Provide family and caregiver workshop on grieving and "letting go".

Objective 3B: By 2022, cancer survivor's wellness metric increases from 135 to 200.

Task #1 Provide Caregiver Support

Knowledge: Assess needs and create information/fact sheets for caregivers.

Systems: Include caregivers in annual survivor activities.

Task #2 Survivor Wellness Campaign

Knowledge: Awareness campaign on healthy living (nutrition, exercise, stress reduction, cancer screening) during and after treatment.

Systems: Develop and utilize culturally appropriate Survivorship Manual. Include "Cancer Distress & Discomfort material."

Task #3 Cancer Support Groups

Systems: Continue to support cancer support groups at each tribe through funding and resource search.

Knowledge: Provide training and resources for the support group leaders.

Task #4 Annual Cancer Survivor and Caregiver Celebration

Systems: Hold annual event that provides cancer survivorship information, healing room and culturally appropriate activities.

Knowledge: Assess survivorship and caregiver needs and wellness indicators.

All Goals, objectives, tasks and related activities will strive to incorporate traditional values and spirituality, as well as culturally tailored messages, culturally appropriate learning processes, local Native art, language and customs when possible.

All activities will include tribal consultation in the development and implementation phases to ensure activities allow for community ownership and outcomes are meaningful for the SPIPA Tribes.

How Cancer is Impacting Our Tribes

Our vision is to have cancer-free tribes.

SPIPA's Comprehensive Cancer Control Program hopes to prevent cancers through healthy lifestyles, finding all cancers at the earliest stage possible and supporting tribal community members going through treatment and after a cancer diagnosis.

We plan with, educate and support our five tribal communities in understanding cancer and assist our people with the direct effects of cancer, from youth to elders.

Survival from a cancer diagnosis is frequently compromised because our community members are often diagnosed at a later stage of the disease. SPIPA tribal communities prioritized providing information about cancer and showing support to our community members.

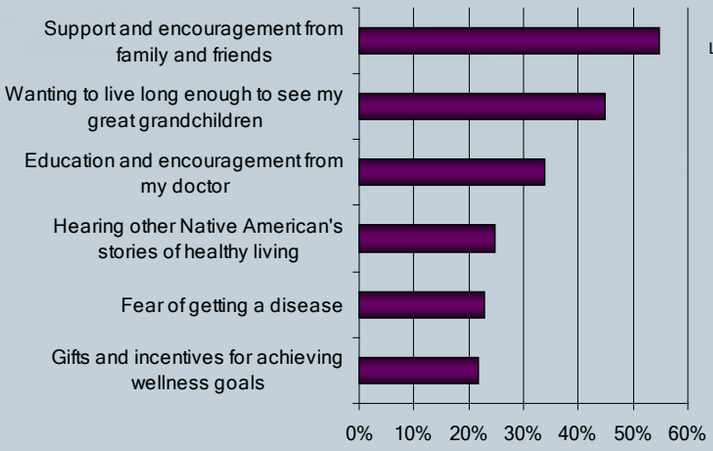
Our Cancer Warriors are showing us that we can conquer cancer.

Cancer survivors at each of our tribes provide us guidance and inspire us to continue on this journey to control cancer.

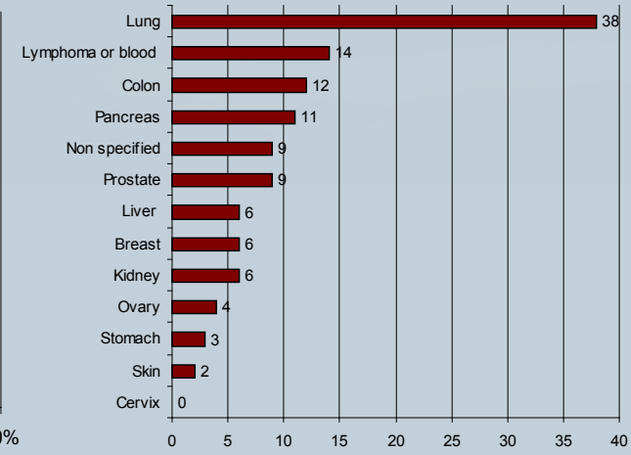
Get Involved.

SPIPA Tribal Community Members are welcome to join the CCCP Advisory Committee. Contact us at: 360-426-3990 or www.spipa.org

What I think would influence my wellness behavior most:



Number of deaths due to Cancer SPIPA Service Area, 2000-2009



Promoting Healthy Living

Healthy Behaviors

Fruits & Vegetables (4+ servings/day)	**2010**	**2012**
Adults (18 and older)	17%	15%
50 and older	*19%*	*13%*
18 to 49	*16%*	*17%*
Youth	30%	58%

Regular Exercise (30 min/day, 5 days/wk)	**2010**	**2012**
Adults (18 and older)	25%	29%
50 and older	*28%*	*23%*
18 to 49	*24%*	*33%*
Youth	57%	63%

Up to 35% of all cancers in the U.S. could be prevented by appropriate nutrition, physical activity, and body fatness. About 50% of all colon cancers could be prevented by following these healthy lifestyles. (World Cancer Research Fund, American Institute of Cancer Research, Cancer Preventability Estimates, 2012).

Early detection of screenable cancers continues to be our first line of defense. Thanks to cancer screening programs and outreach, more adults are getting screened for cancer.

Cancer Screening	**2010**	**2012**
Colon (50 and older) (colonoscopy, sigmoidoscopy ever OR FOBT in past year)	74%	81%
Breast (women 40+) (mammogram within last 2 years)	57%	79%
Cervical (women 18+) (pap test within last 2 years)	74%	67%

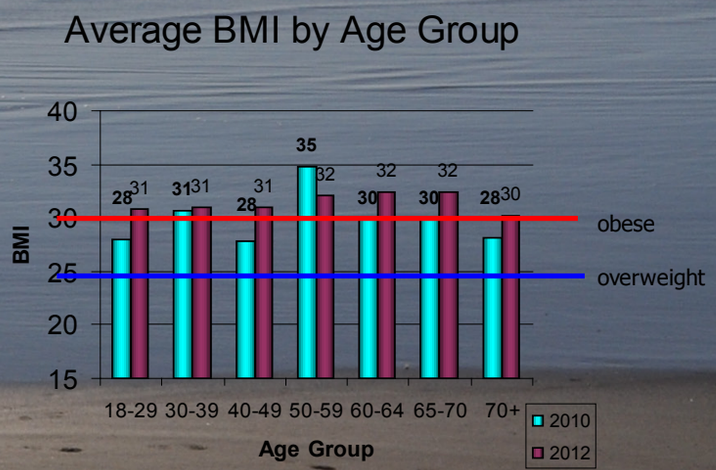
Risky Behaviors

Cigarette Smoking	**2010**	**2012**
Adults (18 and older)	39%	32%
50 and older	*30%*	*24%*
18 to 49 smoke	*44%*	*40%*
Youth	18%	4%

According to the National Cancer Institute, 20.6% of adults in the U.S. smoked cigarettes in 2009. Comparatively, adults in the SPIPA tribal communities smoke at a significantly higher rate. Smoking is estimated to be responsible for 85% of lung cancer cases. Tobacco use is also associated with other cancers including esophageal, laryngeal, bladder and oral cancers, as well as cancers of the stomach, cervix, kidney, and pancreas.

Salt Intake: Salt-preserved foods, in combination with infection of the bacterium Helicobacter pylori, are a probable cause of stomach cancer.

Weight: Obesity and waist circumference are risk factors for some cancers. The average Body Mass Index (BMI), a measure of obesity, fell in the "obese" range for all age groups in 2012.



Alcohol Consumption: Long-term alcohol use raises the risk of mouth, throat, voicebox and esophageal cancer. Drinking and smoking together raises the risk of these cancers far more than the effects of either drinking or smoking alone. Alcohol consumption is also linked to increased risk for liver cancer, colon and rectal cancer and breast cancer.

Reducing Risk Factors and Encouraging Healthy Behaviors

Results of 2010 and 2012 SPIPA Community Wellness Survey

(results include American Indian and Alaska Natives and those with [illegible] living in the SPIPA service area)