**CN receives $900K for chronic disease prevention**

The tribe will use the money to prevent illnesses such as diabetes and heart disease in its citizens.

**BY STACEE GUTHRIE**

TULSA — Oklahoman Cherokee Nation recently received a $900,000 grant from the U.S. Health and Human Services to support programs designed to control chronic diseases such as stroke, heart disease and diabetes.

The Cherokee Nation, which has approximately 125,000 members, plans to use the money to hire health professionals who will be able to travel to all 14 reservations to work with health care providers to see what programs would be best for you. “We will use these much-needed funds to help communities increase their access to healthy food and beverages, tobacco and smoke-free environments and better access to physical activity,” he said. (Community Health)

**BY RANDY GIBSON**

Public Health Program

“Heart disease and cancer are the two leading causes of death in the Cherokee Nation. Those are primarily due to the high rates of tobacco use, physical activity and improved nutrition among CN citizens in Cherokee, Sequoyah, Adair, Delaware and Mayes counties.”

“Health care costs are the primary reason that CN citizens are at higher risk for chronic diseases. Officials and community health experts at the Cherokee Nation Health Services have been working together to come up with strategies to help the CN citizens from federally recognized tribes. He added that others are interested in pain processing within Native Americans. “We did some digging around to see if there was much literature there was suggested that Native Americans had a higher prevalence of chronic pain and pain in general than any other minority group of the majority white group. That’s why we decided to do a pilot study, and we conducted (a) over the course of about 18 months and we were able to get 22 individual, Native Americans, both male and female, at pain-free and healthy, and a control group of 20 Caucasian (healthy and pain-free),” he said. “We were surprised to find that the Native Americans had lower pain sensitivity. They had higher pain thresholds, higher pain tolerance. Rhudy said and this was opposite of what they produced, saying that people who are at risk for chronic pain usually have higher pain sensitivity. He added that factors that contribute to chronic pain may be different in Native Americans.”

With hopes of receiving funding and conducting a larger more in-depth study of the link between Native and chronic pain, Rhudy said they submitted a grant proposal to the National Institute on Minority Health and Health Disparities, as an initiative of the National Institute of Minority Health and Health Disparities in innovation. “The group (NIMHD) believed that this would be a good project to boost their funds in,” said Rhudy. “They gave us funds to do a multi-project and we’re going to do it on a much larger scale.”

The project began in August 2013 with equipment purchasing, setting up lab and training and teaching students. Thirty Native American students became participating.

Dr. Joanna Shadlow at the University of Tulsa, who is leading the study, said that this is a three-year project and we’re going to do it for the Native American population and it is expected to go through September 2017, but is based on the availability of funds.

“The Cherokee Nation Partnership to Improve Community Health grant activities build on work that has been accomplished by local community health policy and system changes over the last two years and it continues to be the focus and program goal of the Cherokee Nation Community Health Promotion Program to reduce tobacco use, improve nutrition and increase physical activity by making healthy choices the very easy choice,” she said.

Rhudy said that with the grant money Native Americans would be able to continue to work with partners to provide technical assistance and training to area tribes, health care professionals and local and tribal organizations while addressing chronic disease awareness.

He said Health Services would serve as the lead agency for the program.

Gibson said CN citizens looking to participate in a health program related to chronic diseases should contact their health care provider.

“There are many programs Cherokee Nation Health Services has in place to help you,” he said. “Check with your doctor or health care provider to see what programs would be best for you.” For more information, call 918-453-5000.

**By Stacie Guthrie**

TULSA — Oklahoman Cherokee Nation recently received a $900,000 grant from the U.S. Health and Human Services to support programs designed to control chronic diseases such as stroke, heart disease and diabetes.

The Cherokee Nation, which has approximately 125,000 members, plans to use the money to hire health professionals who will be able to travel to all 14 reservations to work with health care providers to see what programs would be best for you. “We will use these much-needed funds to help communities increase their access to healthy food and beverages, tobacco and smoke-free environments and better access to physical activity,” he said. (Community Health)

**The tribe will use the money to prevent illnesses such as diabetes and heart disease in its citizens.**

University of Tulsa junior Kathryn Thompson has sensors attached to her face, hands, torso, top of the head and back of the leg when testing at the TU lab for chronic pain in Native Americans. Sensors are placed on the participants face, hands, torso, top of the head and back of the leg when testing at the TU lab for chronic pain in Native Americans. Participants will also take a test to see if they have low blood pressure or if they have high blood pressure and if they are interested in pain processing among Native Americans.

He said that if there’s any Native Americans interested in pain processing among Native Americans, he said that if there’s anyone who has no history of chronic pain and be healthy, currently pain-free, they’ll actually be going through four days, we actually have money available for or who live with chronic pain. “We hope that this is going to help Native Americans in full swing.”

**Chronic pain testing for Native Americans in full swing**

**BY STACEE GUTHRIE**

TULSA — Oklahoman Cherokee Nation recently received a $900,000 grant from the U.S. Health and Human Services to support programs designed to control chronic diseases such as stroke, heart disease and diabetes.

The Cherokee Nation, which has approximately 125,000 members, plans to use the money to hire health professionals who will be able to travel to all 14 reservations to work with health care providers to see what programs would be best for you. “We will use these much-needed funds to help communities increase their access to healthy food and beverages, tobacco and smoke-free environments and better access to physical activity,” he said. (Community Health)

**The tribe will use the money to prevent illnesses such as diabetes and heart disease in its citizens.**

University of Tulsa junior Kathryn Thompson has sensors attached to her face, hands, torso, top of the head and back of the leg when testing at the TU lab for chronic pain in Native Americans. Participants will also take a test to see if they have low blood pressure or if they have high blood pressure and if they are interested in pain processing among Native Americans.

He said that if there’s any Native Americans interested in pain processing among Native Americans, he said that if there’s anyone who has no history of chronic pain and be healthy, currently pain-free, they’ll actually be going through four days, we actually have money available for or who live with chronic pain. “We hope that this is going to help Native Americans in full swing.”

**Chronic pain testing for Native Americans in full swing**

**BY STACEE GUTHRIE**

TULSA — Oklahoman Cherokee Nation recently received a $900,000 grant from the U.S. Health and Human Services to support programs designed to control chronic diseases such as stroke, heart disease and diabetes.

The Cherokee Nation, which has approximately 125,000 members, plans to use the money to hire health professionals who will be able to travel to all 14 reservations to work with health care providers to see what programs would be best for you. “We will use these much-needed funds to help communities increase their access to healthy food and beverages, tobacco and smoke-free environments and better access to physical activity,” he said. (Community Health)

**The tribe will use the money to prevent illnesses such as diabetes and heart disease in its citizens.**

University of Tulsa junior Kathryn Thompson has sensors attached to her face, hands, torso, top of the head and back of the leg when testing at the TU lab for chronic pain in Native Americans. Participants will also take a test to see if they have low blood pressure or if they have high blood pressure and if they are interested in pain processing among Native Americans.

He said that if there’s any Native Americans interested in pain processing among Native Americans, he said that if there’s anyone who has no history of chronic pain and be healthy, currently pain-free, they’ll actually be going through four days, we actually have money available for or who live with chronic pain. “We hope that this is going to help Native Americans in full swing.”

**Chronic pain testing for Native Americans in full swing**

**BY STACEE GUTHRIE**

TULSA — Oklahoman Cherokee Nation recently received a $900,000 grant from the U.S. Health and Human Services to support programs designed to control chronic diseases such as stroke, heart disease and diabetes.

The Cherokee Nation, which has approximately 125,000 members, plans to use the money to hire health professionals who will be able to travel to all 14 reservations to work with health care providers to see what programs would be best for you. “We will use these much-needed funds to help communities increase their access to healthy food and beverages, tobacco and smoke-free environments and better access to physical activity,” he said. (Community Health)

**The tribe will use the money to prevent illnesses such as diabetes and heart disease in its citizens.**