



CONNECTIONS

Mission:

The American Indian Diabetes Prevention Center will reduce the excess mortality and morbidity of diabetes so that quality of life and cultural vitality is made secure.

Visit us on the Web!



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American Indian Diabetes Prevention Center



@AIDPC_OUHSC

We appreciate your stories! Please send your ideas to Jennifer Reeder at: jennifer-reeder@ouhsc.edu.

Please make sure all photos are the highest resolution possible.

Thank you!

Director's Corner



I want to express to all of you my utmost admiration for your years of diligent and determined work. You have given your talents and time to a most worthy cause across Indian Country that is not only motivated by the intent to improve peoples' health in general, but for improving the health of people for whom there is an extra special need because of health disparity circumstances. Rather than writing them off as undeserving, an unsolvable social problem, or as inconsequential, you have acknowledged them as brothers and sisters deserving of the highest quality of life possible. In return, our lives have been enriched by the partnerships and friendships that were forged in the process of this collaborative research.

We have not solved health disparities. We have made some progress. I feel fully optimistic that progress not visible today will emerge in important ways tomorrow. Best wishes to you all.

J. Neil Henderson, Ph.D.
 (Oklahoma Choctaw)
 Director
 American Indian Diabetes Prevention Center

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Seeing Twice

Howard F. Stein

I follow the seasons
as earth encircles sun.
Snow, blossoms,
rich, green leaves,
later red and gold,
bare branches –
nourishment for my eyes,
for my soul,
for the alchemist
of memory.

I sit on my porch
among Oklahoma scrub oak,
rehearse the seasons,
remembering,
with eyes closed,
how fortunate I am
to have the seasons twice –
seasons in Nature,
seasons in mind --
Nature's eyes to see itself.

What Have You Been Doing?

Neil Henderson



Turkey update from last month: On arriving home last Friday, I had a totally tumultuous tussle with two tom turkeys. They won. I was sans my “Turkey Teacher,” which is a metal stick we use to teach them to keep away from us. Turns out, I must be a bad teacher because I didn’t have my Turkey Teacher, they saw that, and they both jumped me. I got one ding through my jeans as the three of us parried down the sidewalk. Those bastards worked as a team. At the door, they both jumped me simultaneously causing pottery vases on the porch to slam into each other and break while I tried to edge inside the house. I’d like to say that I got my Turkey Teacher and got the best of them, but it ended more like Dr. Henderson running after them screaming obscenities while they trotted ahead just out of reach. I did get the last word on Saturday when I broke out the Frisbees and extended my reach. Worked pretty good!



Howard Stein

I just had the Second Edition of Listening Deeply published (April 2017). It is published by the University of Missouri Press, Columbia. A link to it on my Amazon.com webpage is:



<https://www.amazon.com/Howard-F.-Stein/e/B001HCZ62C> It explores the crucial role of attentive listening in all aspects of workplace life.

On April 13 and April 18, Lisa Wolbert, Charlotte Coleman, and Mary Ayn Tullier joined Jennifer Chadwick and Kevin Short for Native American health conferences in Tulsa. The group presented three seminars on the MOVE Study at the Southern Plains Tribal Public Health Board and the Seventh Generation's annual conferences, respectively. After Kevin gave some background on the study and preliminary findings, Jennifer described the study timeline. The highlight of each session was Mary Ayn, Charlotte, and Lisa sharing their experiences as study coordinators. Their narrative blended details about the conduct of the study with stories from participants, and how they handled some of the more challenging and successful adolescents. We felt that we left the audience with a positive impression of research collaboration between the university and Choctaw Nation.

Submitted by Dr. Kevin Short

Traditional Recipes

White Bean and Tomato Salad

From *Get Healthy, Go Vegan* by Neal Barnard, MD, and Robyn Webb

Makes four 1-cup servings

Preparation time: 20 minutes

2 15-ounce cans white beans, drained and rinsed

2 medium tomatoes, seeded and chopped

¼ cup chopped red onion

½ cup finely chopped fresh parsley

¼ cup chopped fresh basil

2 tablespoons white wine vinegar

2 teaspoons lemon zest

½ teaspoon Dijon mustard

salt, to taste

black pepper, to taste



1. Combine beans, tomatoes, onion, parsley, and basil in a salad bowl. 2. In a separate small bowl, whisk together vinegar, lemon zest, and mustard. Season with salt and black pepper. Add to salad and toss. Serve chilled or at room temperature.

Per serving (1/4 of recipe): 222 calories, 0.8 g fat, 0.2 g saturated fat, 2.9% calories from fat, 0 mg cholesterol, 15.1 g protein, 40.5 g carbohydrate, 2.9 g sugar, 10.5 g fiber, 398 mg sodium, 156 mg calcium, 6.2 mg iron, 20.4 mg vitamin C, 742 mcg beta-carotene, 1.8 mg vitamin E

General

Henderson, J. N., and Carson, L. D. (2014). American Indian Diabetes Prevention Center: Challenges of a Health Equity Quest. *Care Management Journals*, 15(4), 196-204. doi:<https://dx.doi.org/10.1891/1521-0987.15.4.196>

Henderson, J. N., and Carson, L. D. (2014). American Indian Diabetes Prevention Center: Challenges of a Health Equity Quest. *Care Management Journals*, 15(4), 196-204. doi:<https://dx.doi.org/10.1891/1521-0987.15.4.196>

Henderson, L. C. (2010). Divergent models of diabetes among American Indian elders. *Journal of Cross-Cultural Gerontology*, 25(4), 303-316. doi:<https://dx.doi.org/10.1007/s10823-010-9128-4>

Maternal Care and Adherence to Treatment Research

Carson, L. D., Henderson, J. N., King, K., Kleszynski, K., Thompson, D. M., Mayer, P. (2014). Perceptions and Concerns Regarding Diabetes Mellitus During Pregnancy Among American Indian Women. *Care Management Journals*, 15(4), 160-169. doi:<https://dx.doi.org/10.1891/1521-0987.15.4.160>

Precampsia Research

Azar, M., Basu, A., Jenkins, A. J., Nankervis, A. J., Hanssen, K. F., Scholz, H., . . . Lyons, T. J. (2011). Serum Carotenoids and Fat-Soluble Vitamins in Women With Type 1 Diabetes and Preeclampsia A longitudinal study. *Diabetes Care*, 34(6), 1258-1264. doi:[10.2337/dc10-2145](https://doi.org/10.2337/dc10-2145)

Basu, A., Alaupovic, P., Wu, M., Jenkins, A. J., Yu, Y., Nankervis, A. J., . . . Lyons, T. J. (2012). Plasma lipoproteins and preeclampsia in women with type 1 diabetes: a prospective study. *The Journal of clinical endocrinology and metabolism*, 97(5), 1752-1762. doi:[10.1210/jc.2011-3255](https://doi.org/10.1210/jc.2011-3255)

Hancock L., Leyva M.J., Aston C.E. (2016). "Pilot Study: Placental Weight Ratio in Diabetic Women with Preeclampsia," *Journal of Health Disparities Research and Practice*: 9:5, Article 88.

Leyva M.J., Aston C.E., Stephens L.D., Azar M.G., McClain R., Goodman K., Lyons T.J. (2016). Effects of diabetes and preeclampsia on birth and placenta weight in American Indian and Hispanic pregnancies. *Diabetes*.

Short, K. R., Teague, A. M., Fields, D. A., Lyons, T., Chernausek, S. D. (2015). Lower resting energy expenditure and fat oxidation in Native American and Hispanic infants born to mothers with diabetes. *Journal of Pediatrics*, 166(4), 884-889. doi:<https://dx.doi.org/10.1016/j.jpeds.2014.12.036>

Teague, A. M., Fields, D. A., Aston, C. E., Short, K. R., Lyons, T. J., Chernausek, S. D. (2015). Cord blood adipokines, neonatal anthropometrics and postnatal growth in offspring of Hispanic and Native American women with diabetes mellitus. *Reproductive Biology & Endocrinology*, 13, 68. doi:<https://dx.doi.org/10.1186/s12958-015-0061-9>

Yu, Y., Hanssen, K. F., Kalyanaraman, V., Chirindel, A., Jenkins, A. J., Nankervis, A. J., . . . Lyons, T. J. (2012). Reduced soluble receptor for advanced glycation end-products (sRAGE) scavenger capacity precedes pre-eclampsia in Type 1 diabetes. *BJOG: An International Journal of Obstetrics & Gynecology*, 119(12), 1512-1520. doi:<https://dx.doi.org/10.1111/j.1471-0528.2012.03463>

Pilot Projects

Chou, A. F., Page, E. E., Norris, A. I., Kim, S. E., Thompson, D. M., Roswell, R. H. (2014). A Survey of Self-Management and Intrusiveness of Illness in Native Americans with Diabetes Mellitus. *Care Management Journals*, 15(4), 170-183. doi:<https://dx.doi.org/10.1891/1521-0987.15.4.170>

Cuaderes, E., DeShea, L., and Lamb, W. L. (2014). Weight-Bearing Exercise and Foot Health in Native Americans. *Care Management Journals*, 15(4), 184-195. doi: <https://dx.doi.org/10.1891/1521-0987.15.4.184>

Edwards, K., and Patchell, B. (2009). State of the Science: A Cultural View of Native Americans and Diabetes Prevention. *Journal of Cultural Diversity*, 16(1), 32-354.

Gardner, A. W., and Parker, D. E. (2011). Arterial elasticity in American Indian and Caucasian children, adolescents, and young adults. *Vascular Medicine*, 16(4), 275-283. doi:10.1177/1358863x11415569

Gardner, A. W., and Parker, D. E. (2011). Predictors of Large and Small Artery Elasticity in Healthy Subjects From 9 to 89 Years Old. *American Journal of Hypertension*, 24(5), 599-605. doi:10.1038/ajh.2011.5

Gardner, A. W., Parker, D. E., Krishnan, S., Chalmers, L. J. (2012). Metabolic Syndrome and Daily Ambulation in Children, Adolescents, and Young Adults. *Medicine and Science in Sports and Exercise*. doi:10.1249/MSS.0b013e3182699239

Gardner, A. W., Parker, D. E., Krishnan, S., Chalmers, L. J. (2013). Metabolic syndrome and arterial elasticity in youth. *Metabolism: Clinical & Experimental*, 62(3), 424-431. doi:<https://dx.doi.org/10.1016/j.metabol.2012.09.00>

Krishnan, S., Copeland, K. C., Bright, B. C., Gardner, A. W., Blackett, P. R., & Fields, D. A. (2011). Impact of type 1 diabetes and body weight status on cardiovascular risk factors in adolescent children. *Journal of Clinical Hypertension*, 13(5), 351-356. doi: <https://dx.doi.org/10.1111/j.1751-7176.2010.00395.x>

Short, K. R., Blackett, P. R., Gardner, A. W., Copeland, K. C. (2009). Vascular health in children and adolescents: effects of obesity and diabetes. *Vascular health and risk management*, 5, 973-990.

Book Chapters

Carson L.D., Henderson J.N., and King K. Depression, Carson L.D., Henderson J.N., and King K. Depression, Diabetes, and Dementia: Historical, Bio-cultural, & Generational Factors among American Indian and Alaska Native Elders. In Hulko W, Wilson D, and Balestrery J. (Eds.) *Indigeneity and Dementia*. In press, Vancouver, BC: UBC Press.

Henderson J.N., Carson L.D., and King, K. Indigenous Vascular Dementia: A Colonized Syndemic Hypothesis. In Hulko W, Wilson D, and Balestrery J. (Eds.) *Indigenous Peoples and Dementia: Experiencing and Understanding Memory Loss and Memory Care in Three Settler Nations*. In press, Vancouver, BC: UBC Press.

AIDPC Publications by Research Group, cont...

Scientific Paper Presentations

Henderson J.N. "The '3-D's': Diabetes, Depression, and Dementia among Elders in Indian Country." American Indian Institute. June 13-17, 2011. Santa Fe, NM. Keynote address.

Henderson J.N. "The Dynamics of Cultural Construction of Disease and the Misuse of 'Culture'." Arizona State University, Southwest Interdisciplinary Research Center. April 15, 2011. Phoenix, AZ.

Henderson J.N. "Selling Diabetes: Your Neighborhood Grocery & Convenience Store." Arizona State University, Southwest Interdisciplinary Research Center. April 15, 2011. Phoenix, AZ.

Henderson L.C. and Henderson J.N. "American Indian Diabetes Beliefs and Practices: Potential Impacts on Maternal Care, Infant Mortality, and Adherence". Society for Applied Anthropology. March 29-April 2, 2011, Seattle, WA.

Henderson L.C., Henderson J.N., Kleszynski K., Waggoner K. "Intergenerational Diabetes Explanatory Models in American Indian Women of Childbearing Age and American Indian Elders." Gerontological Society of America. November 18-22, 2011. Boston, MA.

Henderson J.N. "Selling Diabetes: Your Neighborhood Grocery & Convenience Store." 14th Annual Native Diabetes Prevention Conference, 'Protecting the Generations: A Lifespan Approach to Healing, Managing & Preventing Diabetes'. American Indian Institute. June 13 - 17, 2011. Santa Fe, NM.

Henderson J.N. "The Illusion of Collaboration: Consequences for an American Indian Diabetes Intervention." Society for Applied Anthropology, 69th Annual Meeting. 2009. Santa Fe, NM.

Henderson J.N. "Lessons Learned: Community Health Representatives, Their Supervisors, and Buy-in for Community Based Participatory Projects. Society for Applied Anthropology. March 2008. Memphis, TN.

Poster Abstract Presentations at Professional Meetings, Conferences

Henderson, J. N. and Stein, H.F. "Beyond the Interdisciplinary Project: Establishing a Research Community Aimed at health Disparity Reduction." Transdisciplinary Summit on Health Disparity Science. National Institute on Minority Health and Health Disparities. 2014. Washington, DC.

Henderson J.N., Henderson L.C., and King K. "Providers' Perspectives on the Synergism of Biomedical Diabetes Management Plus Socially Potent Strategies of Patient Support." Harold Hamm Diabetes Center Research Symposium. Samis Education Center, University of Oklahoma Health Sciences Center. October 25, 2013. Oklahoma City, OK.

Henderson L.C., Henderson J.N., Waggoner K., Kleszynski K., Mayer P. "American Indian Diabetes Beliefs and Practices: Anxiety, Fear, and Dread in Pregnant Women with Diabetes Mellitus." Harold Hamm Diabetes Center Research Symposium. 2012. Oklahoma City, OK.

Henderson J.N., Henderson L.C., Gunter J., Baggett K., Kleszynsk K., Waggoner K., Guy C. "Assessing Interest and Receptiveness of 8 to 12 Year Old American Indian Campers to the CDC Eagle Books Series." Harold Hamm Diabetes Center Research Symposium. 2012. Oklahoma City, OK.

AIDPC Publications by Research Group, cont...

Henderson J.N. "Digital Storytelling: Human Factors." 7th Annual Tribal Public Health Conference. Oklahoma City Area Inter-Tribal Health Board and Oklahoma Area Tribal Epidemiology Center. 2015. Catoosa, OK.
Henderson J.N. "Vital Information of Tribal Community Health Representatives on Dementia." Oklahoma Area Community Health Representative Association Biannual Conference. 2013. Tulsa, OK.

Kimbley H., Chadwick J.Q., Tullier M.A., Wolbert L., Coleman C., Thompson D., Wharton D.F., Branam D.E., Cannady T.K., Copeland K.C., Short K.R. "Physical activity perceptions and behaviors for youth at risk for metabolic disease." Harold Hamm Diabetes Center Research Symposium. October 28, 2016. Oklahoma City, OK.

Short K.R., Chadwick J.Q., Tullier M.A., Coleman C., Wolbert L. "Promoting physical activity in American Indian youth." 10th Annual Preparing for the Seventh Generation Conference. April 18, 2017. Tulsa, OK.

Short K.R. "Promoting physical activity in American Indian youth." 2017 Symposium on Health Disparities, Social Science and Humanities of Health Symposium. April 14, 2017. University of Oklahoma Health Sciences Center, Oklahoma City, OK.

Short K.R., Chadwick J.Q., Tullier M.A., Coleman C., Wolbert L. "Promoting physical activity in American Indian youth." Southern Plains Tribal Health Board Public Health Conference. April 13, 2017. Tulsa, OK.

Short K.R., Chadwick J.Q., Tullier M.A., Wolbert L., Coleman C., Wharton D.F., Branam D.E., Cannady T.K., Copeland K.C. "A program to incentivize physical activity in American Indian youth." Harold Hamm Diabetes Center Research Symposium. October 28, 2016. Oklahoma City, OK.

Short K.R., Chadwick J.Q., Tullier M.A., Wolbert L., Coleman C., Wharton D.F., Branam D.E., Cannady T.K., Copeland K.C. "A program to incentivize physical activity in American Indian youth." 8th Annual Tribal Public Health Conference (Southern Plains Tribal Health Board). April 20, 2016. Shawnee, OK.

Short K.R., Chadwick J.Q., Tullier M.A., Wolbert L., Coleman C., Wharton D.F., Branam D.E., Cannady T.K., Copeland K.C. "Incentivizing physical activity in American Indian youth." Harold Hamm Diabetes Center Research Symposium. October 16, 2015. Oklahoma City, OK.

Short K.R. "Diabetes in youth: a role for exercise?" Central States Chapter of the American College of Sports Medicine Annual Meeting. October 16, 2015. Warrensburg, MO. Keynote address.

Short K.R. "The role of physical activity for diabetes prevention in youth." Department of Nutrition and Exercise Physiology Seminar Series. June 20, 2014. University of Oklahoma Health Sciences Center, Oklahoma City, OK.

Short K.R., Chadwick J.Q., Tullier M.A., Wolbert L., Coleman C., Wharton D.F., Branam D.E., Cannady T.K., Copeland K.C. "Incentivizing physical activity in American Indian youth." Harold Hamm Diabetes Center Research Symposium. December 2, 2014. NIH/NIMHD, National Harbor, MD.

Short K.R., Chadwick J.Q., Tullier M.A., Wolbert L., Coleman C., Wharton D.F., Branam D.E., Cannady T.K., Copeland K.C. "Incentivizing physical activity in American Indian youth." Harold Hamm Diabetes Center Research Symposium. October 14, 2014. Oklahoma City, OK.

AIDPC Publications by Research Group, cont...

Short K.R. "The value of physical activity for diabetes prevention and treatment." Pediatric Endocrine Society of Texas, Oklahoma, Louisiana, and Arkansas (PESTOLA). January 24, 2014. University of Oklahoma Health Sciences Center, Oklahoma City, OK.

Short K.R., Chadwick J.Q., Wharton D.F., Branam D.E., Cannady T.K., Carter S.J., Thompson T., Copeland K.C.. "Incentivizing behavior: promoting more physical activity in American Indian youth (the MOVE Study)." Harold Hamm Diabetes Center Research Symposium. October 25, 2013. Oklahoma City, OK.

Interdisciplinary Seminars

Henderson J.N. and Stein H.F.. Beyond the Interdisciplinary Project: Establishing a Research Community Aimed at health Disparity Reduction. Poster presented at the Transdisciplinary Summit on Health Disparity Science. National Institute on Minority Health and Health Disparities. December 2014. Washington, DC.

Leyva M.J., Aston C.E., Stephens L.D., McClain R., Fowler J.F., Goodman K., Tullier M.A., Raskob G., Lyons T.J. Incidence of PE in Dysglycemia in American Indians. Poster presented at the Transdisciplinary Summit on Health Disparity Science. National Institute on Minority Health and Health Disparities. December 2014. Washington, DC.

Maternal Care and Adherence to Treatment Research

Henderson J.N., Henderson L.C., King K. "Providers' Perspectives on the Synergism of Biomedical Diabetes Management Plus Socially Potent Strategies of Patient Support." Poster presented at the Harold Hamm Diabetes Center Research Symposium. Samis Education Center, University of Oklahoma Health Sciences Center. October 25, 2013. Oklahoma City, OK.

Henderson L.C., Henderson J.N., Waggoner K., Kleszynski K., Mayer P. "American Indian Diabetes Beliefs and Practices: Anxiety, Fear, and Dread in Pregnant Women with Diabetes Mellitus." Poster presented at the Harold Hamm Diabetes Center Research Symposium. 2012. Oklahoma City, OK.

Eagle Book Evaluation

Henderson J.N., Henderson L.C., Gunter J., Baggett K., Kleszynski K., Waggoner K., Guy C. "Assessing Interest and Receptiveness of 8 to 12 Year Old American Indian Campers to the CDC Eagle Books Series." Poster presented at the Harold Hamm Diabetes Center Research Symposium. 2012. Oklahoma City, OK.

Past and Present AIDPC Staff

Christopher Aston	Kenneth Copeland	Carla Guy	William Moore	Lancer Stephens
Madonna Azar	Elena Cuaderes	J. Neil Henderson	Marguerite Nguyen	Christopher Tallbear
Kendra Baggett	June Eichner	Gina Herbert	Roy Oman	Vicki Tallchief
David Baldrige	Janene Fleur	Robin Kennard	Beverly Patchell	April Teague
Dolores Bigfoot	Justin Fowler	Kama King	Gary Raskob	Thomas Teasdale
Ryan Blanton	Dong Fu	Keith Kleszynski	Jennifer Reeder	Breanca Thomas
Linda Carson	Andrew Gardner	Allen Knehans	James Regens	David Thompson
Jennifer Chadwick	Steven Gomez	Misti Leyva	R. Hal Scofield	Alisa Tomette
Ann Chou	Jean Goodman	Timothy Lyons	Kevin Short	Mary Ayn Tullier
Lacey Christian	James Gunter	Patricia Mayer	Howard Stein	Aimee VanWagoner

Conferences & Events

2017 Indian Education Summit

July 25-26, 2017

Moore, OK

Click [here](#) for more information or visit: aii.ou.edu

NIHB National Tribal Public Health Summit: Together We Rise: Sustaining Tribal Public Health as a National Priority

June 6-8, 2017

Dena'ina Civic and Convention Center

Anchorage, AK

Click [here](#) for more information or visit: www.nihb.org

National Alaska Native American Indian Nurses Association (NANAINA) Conference

June 16-17, 2017

St. Catherine University

St Paul, MN

Click [here](#) for more information or visit: www.ncemna.org/events

Public Health Improvement Training

June 13-14, 2017

Sheraton Albuquerque Uptown

Albuquerque, NM

Click [here](#) or contact Carmelita Marrow: cmarrow@nnphi.org

Public Health Training Conference

August 15-17, 2017

Best Western Ramkota Hotel

Rapid City, SD

Click [here](#) for more information or visit: www.rmtec.org

Diabetes in Indian Country Conference

September 19-21, 2017

Hyatt Regency Albuquerque

Albuquerque, NM

Click [here](#) for more information or visit:

www.diabetesinindiancountry.com

AIDPC Meeting Schedule

January 10, 2017

February 7, 2016

March 7, 2016

April 4, 2016

May 2, 2016

All AIDPC monthly meetings will be held in the College of Public Health, Room 144 from Noon to 2:00 pm, unless noted otherwise.