



American Indian Cancer Foundation Mission:
To eliminate the cancer burdens on American Indian families through education, improved access to prevention, screening, treatment and survivor support.

**American Indian Cancer
Foundation NEWS**

Vol (2)-3, Fall 2016



Fall 2016 Newsletter

Greetings,

I hope you all have enjoyed summer and are ready for a beautiful and productive fall. I'm so impressed with how much the AICAF team has accomplished. We've been hard at work developing and sharing new resources and presenting at conferences, voicing the American Indian cancer needs across Indian Country! It was an honor for me to present as part of Vice President Joe Biden's Cancer Moonshot in Minnesota, including American Indian cancer needs in this new effort.



Kris Rhodes, MPH,
CEO/Executive Director

In This Issue

[American Indian Cancer Burden booklet](#)

[National cancer summit](#)

[Healthy Native Foods Initiative](#)

[Cancer prevention](#)

[Childhood cancer facts](#)

[In other news...](#)

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Fall is a time for preparation. It is also a time for cancer awareness. We will be highlighting how different cancers tell

different stories across our American Indian communities. These next three months are dedicated to raising awareness for more than 10 different forms of cancer! The most well known is October – Breast Cancer Awareness Month, the most common cancer diagnosis for women. We are especially excited for [Indigenous Pink Day](#) on 10.21.16. I will be watching for your selfie or a group photo in pink on Facebook, Twitter or Instagram with #IndigenousPINK.

November is Lung Cancer Awareness Month, the No. 1 cancer killer among American Indians. AICAF is developing partnerships and resources for increasing lung cancer screening. For those who are ready to give up nicotine addiction, please ask for help at your clinic and also look for support at the [AICAF Quit Connections](#) Facebook group.

We are in our fifth year at AICAF and are inviting our friends and family to give AICAF a high five this year. We're asking for donations that end in \$5 increments (so anything from \$5 to \$505!) to support our hard work bringing attention to American Indian cancer burdens and solutions, advancing capacity through training, technical assistance, resources and increasing the availability of reliable American Indian cancer data and solutions. Every donation brings us closer to our goal of creating a world without cancer.

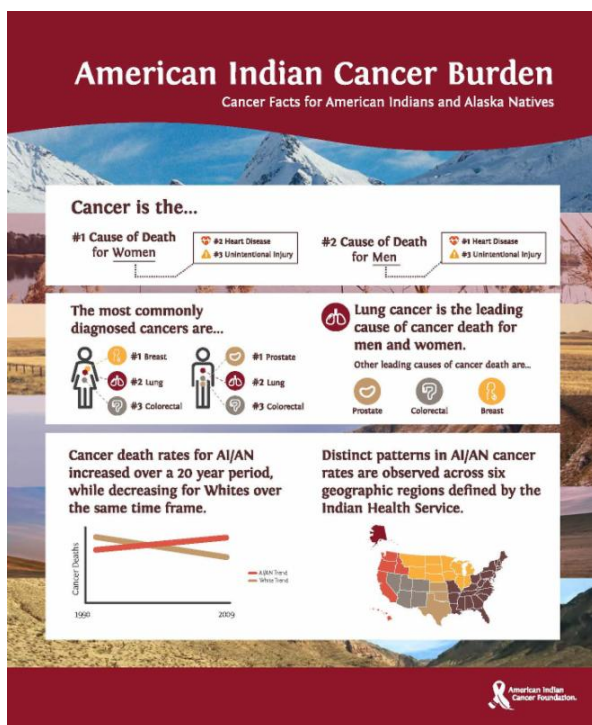
With gratitude,

Kris Rhodes (Ojibwe, Bad River and Fond du Lac)

CEO/ Executive Director

American Indian Cancer Burden

New resource: American Indian cancer burden by region



#NoDAPL



We stand with Standing Rock

The American Indian Cancer Foundation is proud to [stand in solidarity](#) with the Standing Rock Sioux Tribe's efforts against the Dakota Access Pipeline. An oil spill will poison the reservation's water supply and increase the cancer risk of the community. To protect our future generations, we support the sovereignty of indigenous nations, and their access to clean, healthy water.

AICAF supporters

Dr. Vainio, Virginia McKnight Binger Unsung Hero, donates to AICAF



Photo courtesy of Ivy Vainio

Dr. Arne Vainio, Mille Lacs Band of Ojibwe and physician at the Fond du Lac Reservation, was recently awarded a 2016 Virginia McKnight Binger Unsung Hero Award. This award comes with a \$10,000 prize and Dr. Vainio has generously donated his prize to non-profits that he believes in. The American Indian Cancer Foundation proudly and humbly accepts his generous donation as both Dr. Vainio and AICAF are committed to ending cancer inequities among

This document can be found on our [website](#).

We are thrilled to release a new AICAF resource, American Indian Cancer Burden: Cancer Facts for American Indians and Alaska Natives. Information on cancer for American Indians and Alaska Natives is often presented for the United States as a whole, which can mask some important differences that exist for these regions. This resource, based on the important but complex data published in the American Journal of Public Health in 2014, presents cancer incidence and mortality information in an easy to understand format to describe top cancers and disparities within six Indian Health Service regions. It helps identify specific cancer needs across the country, and includes prevention information for the most common cancers.

AICAF shares the American Indian voice in a nationwide cancer forum



Cancer mortality among American Indians continues to increase while it is decreasing in every other population.

The Cancer Moonshot, led by Vice President Joe Biden, is a nationwide forum to identify opportunities to advance the elimination of cancer in the United States. Regional summits were held across the country and AICAF CEO Kris Rhodes presented at the Minnesota Summit. The Moonshot brought together researchers, doctors, philanthropists, elected leaders and survivors. Kris spoke on the cancer prevention panel about the unique cancer burden plaguing Native communities. Cancer mortality among American Indians continues to increase while it is decreasing in every other population. During her presentation, she shared, "AICAF will continue to make sure the American Indian voice is heard and investments are made to address the health inequities."

American Indians and Alaska Natives. We believe cancer prevention, early detection and quality care means stronger Native nations.

Events



Save the date! Friday, Oct. 21 is Indigenous Pink Day

Indigenous Pink Day is a breast cancer awareness campaign for American Indians/Alaska Natives. Breast cancer is the second leading cause of cancer death and the most common cancer found in American Indian/Alaska Native women. The goal of Indigenous Pink Day is to educate all indigenous people on the importance of early detection and remind men and women to keep up to date on their screenings.

Wear your pink on 10.21.16 and use #IndigenousPink to raise awareness. To learn about more ways to get involved visit AICAF.org/pink.

Shop AICAF



Gear up for Indigenous Pink! Change the cancer story across Indian Country.

Shop AICAF

Healthy Native Foods Initiative year 1 ends on high note



Healthy Native Foods Network Map

Year 1 of the Healthy Native Foods Initiative has wrapped up on a high note with the release of several new products specifically designed for tribal and urban American Indian audiences. All of the materials were developed with input from the Healthy Native Foods Survey, May 2016. AICAF responded to community members' wants and needs with these products. We also set out to provide a platform to make it easier for food advocates to connect with one another. All products were designed to be culturally appropriate, so that American Indian communities can relate to and utilize the content effectively.

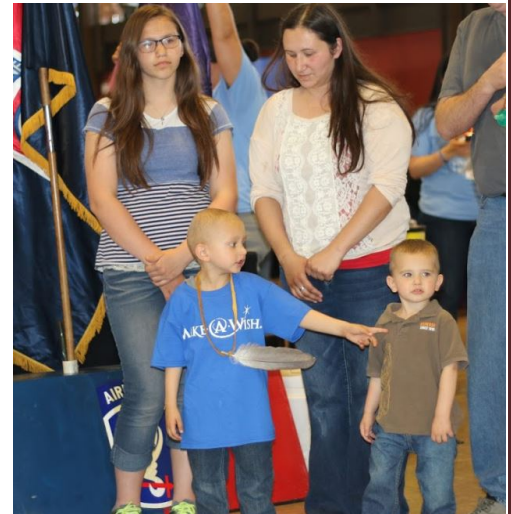
AICAF is happy to announce that Blue Cross Blue Shield Center for Prevention has committed to additional funding to expand this work.

Featured products:

Healthy Native Foods Network Map: This highlights some of the individuals, organizations and tribal communities supporting healthy Native food work across the state. It is meant to serve as a directory for consumers and advocates alike. It is our goal to make it easier for advocates to form new partnerships, share knowledge, leverage resources and learn from one another. The map will always be a work in progress as there are many great tribal and urban American Indian food programs that we still have not heard from. Please share this map with others and encourage all healthy Native food advocates to participate. [Complete this form](#) to be added to the map.

Healthy Native Foods Report: Summary of results from the Healthy Native Foods Survey from May 2016. The results and recommendations provided in this report can be used to guide future work of food advocates and funders.

Healthy Native Foods Media Kit: Contains traditional foods and healthy eating content for six newsletter articles along with accompanying Facebook and Twitter posts for you to customize to your community.



Childhood Cancer Facts

September is a month devoted to many different types of cancer awareness, including Childhood Cancer Awareness. How much do you know about childhood cancers?

1. 1 in 285 children in the United States will be diagnosed with cancer before the age of 20.
2. The incidence rate and mortality rate for American Indians/Alaska Natives is the lowest amongst all ethnicity groups.
3. Symptoms of childhood cancer include an unusual mass or swelling; unexplained paleness or loss of energy; a sudden tendency to bruise; a persistent, localized pain or limping; a prolonged, unexplained fever or illness; frequent headaches, often with vomiting; sudden eye or vision changes; and excessive, rapid weight loss.
4. There are few established risk factors for childhood cancer, but there is significant evidence behind exposure to secondhand smoke and radiation.
5. The most common types of childhood cancers are leukemias, or cancers of the bloodstream, which make up for 30% of childhood cancer cases.

[More facts here.](#)

Harvest and healthy eating

A great opportunity to enjoy the outdoors and some delicious fall foods is available at pick-your-own orchards.

Harvest season is just around the corner and many farms around the Midwest offer the opportunity to go out and pick freshly grown produce. This is a great activity to combine exercise and healthy eating with an opportunity to try out a new Healthy Native Foods recipe. To get started, check out [PickYourOwn](#) or [OrangePippin](#) for your state's registered public farms.

Three Sisters Salad

Recipe submitted by Yazzie the Cook

SALAD INGREDIENTS

4 cups roasted medium diced butternut squash
1 1/2 cup each pinto and white beans
1 1/4 cup grilled corn kernels
3/4 cup each roasted sunflower and pumpkin seeds
2 batches dandelion greens (chiffonade)
3 batches kale (chiffonade)



MAPLE VINAIGRETTE INGREDIENTS

1/4 cup sunflower oil
3/4 cup pure maple
1 1/2 tbsps. sumac powder
1 tbsps. sage powder

DIRECTIONS

1. In a large bowl, combine all salad ingredients.
2. In a separate bowl, combine all vinaigrette ingredients.
3. Add 1/2 cup of maple vinaigrette to salad and toss, coating all ingredients.

More recipes and information about Healthy Native Foods at AICAF.org/healthynativefoods



Amber Cardinal appointed co-chair of Cancer Health Equity Network

Amber Cardinal, MPH, Mandan, Hidatsa and Arikara Nation, AICAF project coordinator, was appointed co-chair of the Cancer Health Equity Network (CHEN) alongside Kiara Ellis of the Masonic Cancer Center. CHEN is a statewide network made up of committed individuals dedicated to reducing cancer disparities and advancing health equity through information sharing, education and providing the Minnesota Cancer Alliance with guidance and recommendations. Amber's role as co-chair will ensure that American Indian cancer issues are kept at the forefront. Congratulations Amber!



Chris Johnson recognized as Roy Wilkins Community Fellow

Chris Johnson, MA, Sisseton Wahpeton Oyate, AICAF project coordinator, was selected as a 2016 Roy Wilkins Community Fellow. This intensive one-week boot camp provides individuals in nonprofit organizations serving

Minneapolis communities of color an introduction to policy analysis and methods of evaluation to assess the effectiveness of programs specifically targeted at those communities. Congratulations Chris!

News and resources

Poor cancer care for Native Americans might be a treaty violation

By Ross Kenneth Urken / Newsweek

There's a cruel joke often told in Indian country: "Don't get sick after June." The sick truth beneath those words is that by summertime the Indian Health Service-tasked with providing basic health care to the nation's 2 million Native Americans and Alaska Natives-has typically blown its meager fiscal year budget for its Catastrophic Health Emergency Fund.

[Read more](#)



Making small changes for healthier families

By Mallory Black / Native Health News Alliance

SAN DIEGO - It's summertime across Indian country. That means sunflowers, tomatoes, sweet grass and squash are popping up all over the Lower Sioux community garden.

"We have some really nice tomato plants, and the strawberries came in good," describes Beth O'Keefe, a member of the Lower Sioux Indian Community of the Mdewakanton Band of Dakota in Minnesota. "I'm not sure about the cucumbers, but there are some beans and squash that have come up, too."

[Read more](#)



New resource: Healthy eating for strong Native communities

Policy, systems and environmental change initiatives need to be broad and comprehensive in order to effectively alter norms around healthy eating in American Indian communities. This resource provides tribal communities with ideas and solutions to improve tribal food systems and promote Indigenous health.

This infographic was put together as part of AICAF's Tribal Health Equity program.



[View Infographic](#)

Cancer kills more American Indians than any other disease. More than heart disease. More than diabetes.

The American Indian Cancer Foundation (AICAF) is hard at work to reverse this devastating trend. AICAF is committed to ending cancer in Indian Country. To do so requires expertise, partnerships and resources. We invite you to become part of the solution.

With you, we can raise awareness, increase early detection and build a network to join together in this #1 health priority for American Indian people.

Your donation supports our efforts to change the cancer story across Indian Country!

GIVE NOW

Would you like to contribute?

If you have news or resources from the field that you would like to see in our quarterly newsletter, please email communications@aicaf.org.



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