Most health disparities can be addressed / overcome
Some, like biological sex, cannot
Native peoples can become healthy again (like our ancestors)
Now you know, Now you can

What is a “health disparity” population?
A population is significantly different from others in regards to the overall rate of disease:
- Incidence
- Prevalence
- Morbidity
- Mortality
- or survival
as compared to the health status of the general population.
Ref. The Minority Health and Health Disparities Research and Education Act of 2000

What are “health inequities”?
Health conditions that are:
- Unnecessary
- Avoidable
and therefore unjust.
Ref. The World Health Organizations

What are examples of “determinants” of health that affect health inequities?
- Geographic region
- Environment
- Occupation
- Biological Gender, Race, Age, Sexual orientation
- Disability
- Socio-economic situation
- Health literacy
- Access to health care
- Access to affordable healthy food

Lance Nakose Allrunner
Comanche Nation
11-30-68 to 03-05-2010

<table>
<thead>
<tr>
<th>Table 1: Selected Demographics</th>
<th>AIAN</th>
<th>US All Races</th>
</tr>
</thead>
<tbody>
<tr>
<td>Median Age</td>
<td>29</td>
<td>35</td>
</tr>
<tr>
<td>Median Income (M)</td>
<td>$28,900</td>
<td>$37,100</td>
</tr>
<tr>
<td>Median Income (F)</td>
<td>$22,800</td>
<td>$27,200</td>
</tr>
<tr>
<td>Living below Federal Poverty</td>
<td>25.70%</td>
<td>12.40%</td>
</tr>
<tr>
<td>High School Grad (or GED)</td>
<td>71%</td>
<td>80%</td>
</tr>
</tbody>
</table>

Census 2000 Special Reports, We the People: American Indians and Alaska Natives in the United States, Census Bureau, Washington, DC, 2006
### Selected Health Disparity Results from the National Health Statistics Reports (US 2004-2008)

<table>
<thead>
<tr>
<th>Health Condition</th>
<th>AIAN F/M</th>
<th>NHW F/M</th>
<th>AIAN F</th>
<th>NHW F</th>
<th>AIAN M</th>
<th>NHW M</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Disease</td>
<td>14.70%</td>
<td>12.20%</td>
<td>15.00%</td>
<td>11.30%</td>
<td>15.50%</td>
<td>13.50%</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>34.50%</td>
<td>25.70%</td>
<td>30.20%</td>
<td>24.70%</td>
<td>38.70%</td>
<td>26.70%</td>
</tr>
<tr>
<td>Asthma</td>
<td>14.20%</td>
<td>11.60%</td>
<td>18.20%</td>
<td>13.00%</td>
<td>10.00%</td>
<td>10.10%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>17.50%</td>
<td>6.60%</td>
<td>16.20%</td>
<td>6.20%</td>
<td>18.20%</td>
<td>7.20%</td>
</tr>
<tr>
<td>Ulcer</td>
<td>11.40%</td>
<td>7.60%</td>
<td>10.80%</td>
<td>7.70%</td>
<td>12.80%</td>
<td>7.60%</td>
</tr>
<tr>
<td>Absence of all natural teeth</td>
<td>13.90%</td>
<td>8.00%</td>
<td>13.10%</td>
<td>8.00%</td>
<td>14.80%</td>
<td>8.00%</td>
</tr>
<tr>
<td>Hearing Loss / Deafness</td>
<td>5.50%</td>
<td>3.20%</td>
<td>2.70%</td>
<td>2.30%</td>
<td>9.30%</td>
<td>4.20%</td>
</tr>
<tr>
<td>Feel sad most / all of the time</td>
<td>4.90%</td>
<td>2.70%</td>
<td>4.90%</td>
<td>3.20%</td>
<td>*4.6%</td>
<td>2.20%</td>
</tr>
</tbody>
</table>


http://www.cdc.gov/ncha/data/ad/ad356.pdf

---

### IHS BRFSS 2000-2006

<table>
<thead>
<tr>
<th>Region</th>
<th>M</th>
<th>F</th>
<th>M</th>
<th>F</th>
<th>Both Genders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Smoker¹</td>
<td>23.50%</td>
<td>22.10%</td>
<td>22.40%</td>
<td>19.30%</td>
<td>6.00%</td>
</tr>
<tr>
<td>Obesity²</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>US NHW</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All AIAN CHSDA</td>
<td>34.40%</td>
<td>27.20%</td>
<td>32.20%</td>
<td>28.80%</td>
<td>12.40%</td>
</tr>
<tr>
<td>Alaska</td>
<td>43.90%</td>
<td>36.70%</td>
<td>25.00%</td>
<td>33.60%</td>
<td>5.70%</td>
</tr>
<tr>
<td>Northern Plains</td>
<td>43.10%</td>
<td>37.70%</td>
<td>32.30%</td>
<td>30.60%</td>
<td>13.00%</td>
</tr>
<tr>
<td>East</td>
<td>40.90%</td>
<td>30.30%</td>
<td>24.20%</td>
<td>25.40%</td>
<td>8.6%⁵</td>
</tr>
<tr>
<td>Southern Plains</td>
<td>33.70%</td>
<td>32.70%</td>
<td>35.60%</td>
<td>28.20%</td>
<td>12.60%</td>
</tr>
<tr>
<td>Pacific Coast</td>
<td>25.70%</td>
<td>18.40%</td>
<td>34.10%</td>
<td>31.60%</td>
<td>13.40%</td>
</tr>
<tr>
<td>Southwest</td>
<td>25.40%</td>
<td>17.10%</td>
<td>29.20%</td>
<td>29.70%</td>
<td>33-55%⁴</td>
</tr>
</tbody>
</table>

2. Body Mass Index (BMI) equal or greater than 30 kg/m²
3. 2 drinks a day for males and 1 drink a day for females
4. CDC, IHS 2009

**Inquiring Minds want to know:**

- Why do AIAN data differ so greatly from region to region (as compared to much less variations among NHW regional data)?

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### How does BRFSS over-estimates health coverage for AIANs?

- **US NHW** 88.3%
- **AIANs** 75.6%

Most AIANs consider IHS or tribal programs to be health insurance. But, according to the US Census, IHS and tribal health programs are NOT health insurance.

- When NACR staff conducted exit interviews with AIAN community members who were taking part in BRFSS at a national AIAN conference, more than 1/2 who responded “yes” to having health insurance, actually only had IHS / Tribal / Urban Indian Health programs …

Thus, BRFSS probably overestimates by 1/3 or 33% according to NACR’s data.

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**Access to services varies among AIANs.** For example, California has highest number of federally recognized AIs, yet <5% access and use IHS / Tribal / Urban Indian health services (Seals BF, Burhanstipanov L, Satter DE, Chia JY, Gatchell M. California American Indian and Alaska Natives Tribal Groups, Care Access and Utilization of Care: Policy Implications. Journal of Cancer Education Spring 2006: 21; 1 (Suppl) pp S15-S21. PMID: 17020497)

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### AIAN Cancer Screening, IHS BRFSS

<table>
<thead>
<tr>
<th></th>
<th>IHS BRFSS 2000-2006</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>F</td>
</tr>
<tr>
<td><strong>Mammogram</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Pap test</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Prostate-Specific Antigen (PSA)</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Colorectal</strong></td>
<td></td>
</tr>
</tbody>
</table>

**US NHW**

- 76.00% Mammogram
- 84.00% Pap test
- 58.00% Prostate-Specific Antigen (PSA)
- 55.80% Colorectal

**All AIAN CHSDA**

- 69.40% Mammogram
- 78.00% Pap test
- 48.40% Prostate-Specific Antigen (PSA)
- 45.00% Colorectal

**Alaska**

- 75.90% Mammogram
- 87.50% Pap test
- 28.70% Prostate-Specific Antigen (PSA)
- 42.90% Colorectal

**Northern Plains**

- 67.90% Mammogram
- 80.40% Pap test
- 44.90% Prostate-Specific Antigen (PSA)
- 34.90% Colorectal

**East**

- 71.20% Mammogram
- 78.30% Pap test
- 49.70% Prostate-Specific Antigen (PSA)
- 44.50% Colorectal

**Southern Plains**

- 66.40% Mammogram
- 74.50% Pap test
- 54.90% Prostate-Specific Antigen (PSA)
- 43.40% Colorectal

**Pacific Coast**

- 69.90% Mammogram
- 77.70% Pap test
- 49.00% Prostate-Specific Antigen (PSA)
- 37.60% Colorectal

**Southwest**

- 66.30% Mammogram
- 79.60% Pap test
- 41.50% Prostate-Specific Antigen (PSA)
- 35.80% Colorectal

---


1. within 2 years, females 40 and older
2. Within 3 years (females without hysterectomy)
3. Within 1 year, Males, 50-75 years
4. Fecal Occult Blood Test (FOBT) within 1 year or endoscopy within 5 years for 50 and older
Great Diversity among Tribal Nations

- More than 560 federally recognized tribal Nations
- In addition, several hundred more tribes are state recognized, but not federally recognized
- State recognized tribes are not eligible for IHS, most federally supported education programs, etc.
- 217 Native languages spoken today

Which American Indian tribes have 50,000 or more enrolled members?

- Cherokee
- Navajo
- Choctaw
- Blackfeet
- Chippewa
- Muscogee
- Apache
- Lumbee

Which states have more than 100,000 AIAN residents?

- California (628,000)
- Oklahoma (392,000)
- Arizona
- Texas
- New Mexico
- New York

Combined, these states have 62% of the total AIAN population

Interventions Need to:

- Go beyond identifying and listing barriers
- Go beyond collecting survey data
- “We have been surveyed to death!”
- Include tribal elder / leaders’ guidance on priority topics
- Integrate traditional, healthy AI culture and behaviors
- Result in increased / improved services and programs that survive beyond the grant

Fact Sheet & Info Partially Supported by:

Mayo Clinic’s Spirit of Eagles Community Network Programs [PI: Kaur: NCI U01 CA 114609]
National Center for Minority Health & Health Disparities [PI: Burhansstipanov, R24MD002811]

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Native American Cancer Survivors’ Network 1-800-537-8295