

# MUKLUK TELEGRAPH

The Voice of the Alaska Native Tribal Health Consortium

## AFN Special Edition

### Welcome!

The Alaska Native Tribal Health Consortium welcomes Alaska Federation of Natives delegates, friends, relatives, and guests. Please take care, as the city has been unsafe for Alaska Native women in recent months. Still, we hope you have a good visit and productive meetings.

This is a special edition of our regular state-wide newsletter, the Mukluk Telegraph. To get on the mailing list, or for more information, please contact us at:

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### Alaska Native Tribal Health Consortium Board OKs \$217 million budget

At its September meeting, ANTHC board members approved the ANTHC fiscal year 2001 operating budget shown below (in millions):

Alaska Native Medical Center	\$124.1
Department of Environmental Health and Engineering Consortium*	73.5
	19.8

\*Includes Community Health Services, Tribal Support Services, and Administration budgets.

The board appropriated \$100,000 to start an Office of Alaska Native Health Research, and deferred the Capital Budget to its next meeting.

The Consortium board also authorized management to pursue facilities development options.

The ANTHC Board's next meeting is October 24, 25, 26.

### ANTHC Annual Meeting Set for Dec 1

The ANTHC Annual Meeting will be December 1 at Holiday Inn in Anchorage, starting at 1:00 p.m. (Just after the BIA Providers and the Alaska Native Health Board conferences.) ANTHC will pay a \$500 fee for each federally recognized tribe in attendance. The public is welcome to attend.

### Two schools restrict soda pop

Two rural schools have restricted sales of soda pop. Allakaket, in interior Alaska limits the sale of pop to after school hours. The predominantly Athabascan village, located on the banks of the Koyukuk River, suffered major flooding in 1994. The village's only source of water now is a community well, and many people have become accustomed to drinking soda pop.

Teacher Gilbert Campbell said students are on the honor system to obey a sign on the pop machine telling them not to buy pop during school hours. "Those who break the rule aren't allowed open gym time,"

### Tribes on ANTHC Board of Directors

The Consortium has a 15-member Board of Directors. Board members are elected by the regional Alaska Native non-profit organizations and tribes unaffiliated with any region:

Aleutian/Pribilof Islands Association  
Arctic Slope Native Association  
Bristol Bay Area Health Corporation  
Chugachmiut  
Copper River Native Association  
Kodiak Area Native Association  
Manilaq Association  
Metlakatla Indian Community  
Norton Sound Health Corporation  
Southcentral Foundation  
SouthEast Alaska Regional Health Consortium  
Tanana Chiefs Conference  
Yukon-Kuskokwim Health Corporation  
Unaffiliated tribes (2 seats)

### New Leadership at Norton Sound Health Corporation

Joe Cladouhos, 53, of Anchorage, has been named the new CEO and President of Norton Sound Health Corporation. He replaces Carolyn Crowder who resigned after 17 years as the head of the Nome-based corporation. She and her family are moving to the Wasilla area.

Cladouhos has more than 20 years experience in Alaska health care, including 13 years administering the Juneau Medical-Dental Clinic for the SouthEast Alaska Regional Health Consortium.

Campbell says, "which they value very highly." A Yupik village on the lower Yukon River, has taken soda pop restrictions a step further. School secretary Rita Alstrom said for the last two years the soda pop machine has been stocked with juice only.

"We wanted the kids to be drinking the milk and stuff that's provided at the school here." Alstrom said there haven't been any complaints about the change, made two years ago.

### Cutting out soda pop has many benefits

By Barbara O'Donnell, Registered Dental Hygienist, Tanana Chiefs Conference Dental Clinic

As we head into winter, this is a good time to focus on diet. Although I would like to tell you about a "miracle diet" where we could lose weight without changing eating habits, we all know that's not how it works. But there is something you can change to get good results. Give up drinking soda pop.

*continued on back See "soda pop"*

### SouthEast Alaska Regional Health Consortium pharmacists receive national service awards

The National Indian Health Board (NIHB) gave two awards to pharmacists at the SouthEast Alaska Regional Health Consortium (SEARHC) Juneau Clinic. One went to pharmacist David Moeny. The other was presented collectively to all four Juneau clinic pharmacists-Teresa Bruce, Dan Hasenfang, Rod McKinzie, and Moeny. The two awards were among seventeen Local Impact Awards presented last month by NIHB "in appreciation of service in improving the health of American Indians and Alaska Natives."

NIHB recognized Moeny for his part in securing a federal grant to test and treat sexually transmitted diseases (STDs) at the SEARHC clinic. Through his efforts, said the clinic's Chief Pharmacist Teresa

*continued on back See "Pharmacists"*



# Alaska Native Tribal Health Consortium

## Vision

*A unified Native health system, working with our people, achieving the highest health status in the world.*

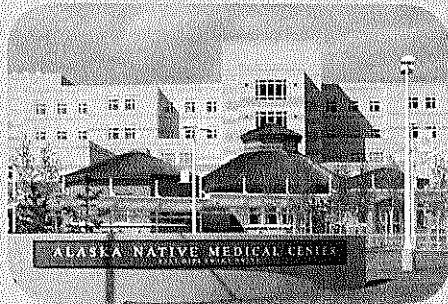
The Alaska Native Tribal Health Consortium provides health care services to Alaska Natives across Alaska. Formed in 1997, it's the latest addition to a tribally owned and managed health care system for Alaska Natives.

Since the 1970s, Alaska Natives have created a dozen regional health organizations and nearly two dozen smaller tribal health programs. These organizations serve more than 110,000 Alaska Natives from 226 tribes.

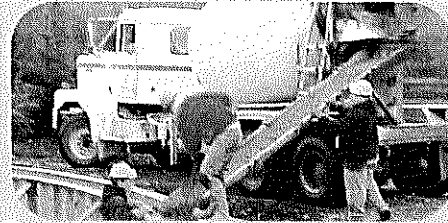
This long process toward self-determination and self-governance in health care came about through the perseverance of tribal health care leaders across Alaska. Their vision was to create a comprehensive, state-of-the-art health care

system for Alaska Natives and Native Americans.

Through its four departments, the Alaska Native Tribal Health Consortium works in cooperation with tribes, Native health organizations and municipalities to fulfill that vision.



**Alaska Native Medical Center** (operated with Southcentral Foundation) has 150 inpatient beds and walk-in clinics staffed by primary and specialty care doctors, nurses, and other health care providers. Services range from surgery, pediatrics, and physical therapy to health education.

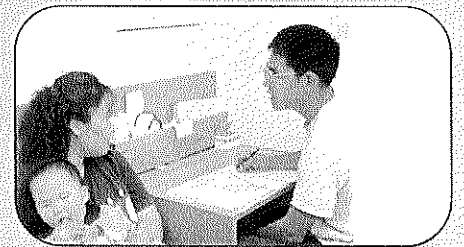


**Department of Environmental Health and Engineering** provides safe water and waste disposal facilities; technical assistance with the construction, maintenance and renovation of health care facilities; and environmental health and injury prevention consultation.



**Tribal Support Services** programs include Alaska Federal Health Care Access Network

(developing a statewide telecommunications network); Denali KidCare (medical insurance for low-income pregnant women and children); Regional Supply Service Center; Business Office, Planning and Statistics; Professional Recruitment and Development; and Internships and Scholarships.



**Community Health Services** monitors causes of illness and death in Alaska Natives and monitors industrial pollutant levels in Alaska Native mothers and infants. It supports chemical dependency programs and monitors and supports immunization. A new program will train community health aides to provide primary dental care.

## Community of Goodnews Bay works to get running water and flush toilets

by Joaquin Estus, Director,

ANTHC Public Communications

Department of Environmental Health and Engineering (DEHE), which is a part of the Alaska Native Tribal Health Consortium, is working cooperatively with the community of Goodnews Bay to provide piped water and sewer and in-home plumbing. The community is now served by a washeteria, watering point and honey bucket haul system.

Goodnews Bay is doing its part to make the project a success by following provisions of a project work plan. This work plan is a way to build administrative capacity that will enable the community to manage and maintain the system when it's done. DEHE engineer Sherri Hadley said Goodnews Bay for instance "formed a utility board, hired a utility board manager, does monthly billing and is responsible for a balanced budget and payroll taxes."

The greatest community effort to meet provisions of the workplan was to reach a 50 percent collection rate for the honey bucket haul system by June 2000 so that design and construction would continue in 2001. They reached this goal by including letters in the monthly bills, doing VHF radio announcements and going door to door discussing the importance of paying the monthly bill. This was in

addition to participation in meetings with Bristol Bay Area Health Corporation representatives and DEHE engineers.

Utility board member Bavilla Merritt said collections are up 50 percent, though many people can not pay the monthly fee. "Hardly anybody's having jobs around here. Some of them are fishing, but they don't make that much either. Maybe some can do it, but they have lots of other things to take care of." Merritt said villagers pay when they can, however, because they would really like to have indoor plumbing.

DEHE engineers say the Goodnews Bay water and sewer project is expected to take 5 years to complete, depending on the community's continued support of the utility. The next major benchmark is to increase collections to 80 percent of the users by June 2001. Though this is a challenge, residents of Goodnews Bay are determined to make in-home plumbing a reality.

## Pharmacists

*continued from page 1*

Bruce, greater numbers of Juneau Natives are now being screened for STDs. The incidence of STDs among Native Americans nationally has been increasing over the past several years, she said. Moeny has also led efforts to expand STD edu-

## Soda Pop

*continued from p.1*

If you give up pop you may cut down on tooth decay, sugar binges and eliminate harmful, empty calories. You will also become a good example to the children in your family and in your village.

Restrictions on soda pop help in many ways. Children will be more calm and focused if they are not drinking sugar and caffeine. They will not have sugar highs and lows. They will not be contributing to tooth decay.

Other reasons not to drink soda pop:

--Young children who drink a lot of pop won't have an appetite for milk, or eat lean meat and other calcium rich foods needed to build strong bones for adult life.

--High and low blood sugar from a high sugar diet can trigger diabetes, (which can bring poor circulation, gum disease, blindness, foot problems, amputations), and is on the rise in Alaska.

education for teens in Juneau.

The second NIHB award recognizes the entire pharmacy staff for "continuing to provide high quality care at a time of decreasing Native health care funding." Shrinking federal funding has forced the SEARHC clinic to execute significant budget cuts in each of the past three years. This comes at a time

--More than 70 percent of soft drinks have caffeine added to them. People can become physically dependent, and, without realizing it, drink pop to avoid caffeine withdrawal symptoms such as headache, irritability and nervousness.

--A can of pop is about 150 "empty calories," meaning it has no nutritive value. A case of pop equals a pound of fat.

--Every time we eat or drink something with sugar in it, acid attacks our teeth for 20 minutes. Soda pop can cause tooth decay even in children with sealants on their teeth.

If you must drink pop, do it with a meal, not as a snack. That way you are not bathing your teeth in sugar/acid attacks constantly.

*Based on an article in "The Council," the newsletter of the Tanana Chiefs Conference.*

when patient visits as well as the numbers of prescriptions at the clinic have been increasing by 10% annually, explained Bruce. NIHB praised the staff for "working to overcome this [funding] obstacle so it wouldn't impact patient care."

From the Southeast Alaska Regional Health Consortium website.