Overview

- Health disparities
- "Health equity"
- History of American Indian health
- Cultural considerations

Health Parity, Equality, Equity

- Health parity
  - Reduce disparities vs. promote parity in health status
- Health equality
  - Same health status, access to same health services for all
    - State Medicaid plan

Health Parity, Equality, Equity

- Health equity
  - Promote social justice in health status by meeting community needs

Aboriginal People of North America

- Descendants of people occupying North American prior to 1492
- Columbus and other European explorers
- Thousands of distinct tribal groups
- Over 560 "Federally Recognized" tribes in U.S.

Faculty

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It’s Not Rocket Science: Achieving Equitable Health Outcomes: An American Indian Perspective
Weight of the Nation™ 2012 Conference:
Moving Forward, Reversing the Trend
Washington, D.C.
May 7-9, 2012
**Pre-contact Health Status**

- Nutrition, growth, and development
  - Variation in size due to genetics and environment
    - Nutrition, physical activity
    - Pre-contact Plains children similar to modern Anglo standard
    - Pueblo children were smaller

**Pre-contact Health Status**

- Hunter-gatherer groups had larger stature than agricultural groups
American Indian Population

![American Indian Population Chart](chart)

Percent at or Below FPL 2000 Census

![Percent at or Below FPL Chart](chart)

2009 IHS Expenditures Per Capita and Other Federal Health Care Expenditures Per Capita

![2009 IHS Expenditures Chart](chart)

American Indian Socioeconomic Status

- A link between poverty, low educational attainment and poorer health outcomes is well established.
- Heart disease, diabetes, obesity, poor blood sugar control, and low birth weight are more prevalent among individuals with low income and educational attainment.
American Indian Socioeconomic Status
• American Indian population with lowest per capita income and lowest educational attainment in U.S.

American Indian Health: History and Evolution
• Post-Columbian health status
  – 1930’s
    • Antibiotics developed
    • Rivers dammed

American Indian Health: History and Evolution
• Post-contact health status
  – 1930’s
    • Antibiotics developed
    • Rivers dammed

American Indian Health: History and Evolution
• Post-contact health status
  – 1940’s
    • World War II
    • Commodity Foods Programs

American Indian Health: History and Evolution
• Post-contact health status
  – 1970’s
    • Small pox eradicated
    • Increasing rates of chronic disease
      – Diabetes

American Indian Health: History and Evolution
• Post-contact health status
  – 2000’s
    • Highest rates of preventable disease in the U.S.
**Diabetes Death Rates**
(Rate/Per 100,000 Population)

- US All Races: 25
- IHS Total: 78
- Aberdeen Area: 119

**Diabetes Prevalence by Race**
North Dakota Adults 2005-2008

- White: 7%
- American Indian: 13%

**Diabetes Mortality Rate by Race**
North Dakota Adults 2000-2007

- White: 25%
- American Indian: 144%

**AI/AN Cancer Disparities**

**Policies, Programs, Potential Solutions**

- Poverty is killing us
  - Economic development is a public health intervention
- Impact of WIC on BF rates
Policies, Programs, Potential Solutions

- Impoverished schools
  - Food and PE
  - Improvements in commodity food program

Tribal Policies

- Is obesity prevention a stated priority?
- Promote breast feeding?
- School lunch and breakfast program?
- Workplace and school physical activity?
- Fry bread policy?

Policy Coordination Strategies

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