

NPAIHB Weekly Update

May 7, 2024

Please sign in using the chat box:

Enter the tribe or organization you are representing
and names of all people participating with you today



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

Information for Today's Call

Agenda

- Welcome & Introduction: Bridget Canniff
- Upcoming Indian Country ECHO Sessions
- Upcoming NPAIHB Events
- Upcoming NPAIHB Weekly Update Sessions
- NWTEC Update – Preparing for Summer Foodborne Illness: Victoria Warren-Mears
- Questions & Comments

Guidelines

- Please place yourself on mute unless speaking
- Sign in, using chat box, with your tribe/organization and names of all participants
- Use the chat box for questions, for Q&A after updates and announcements



Upcoming Indian Country ECHO Telehealth Opportunities


- **Harm Reduction ECHO** - 1st Tuesday of every month at 12pm PT
 - Tuesday, May 7th at 12pm PT
 - Didactic Topic: *Brave Technology Co-Op Talk*
 - To learn more and join: <https://www.indiancountryecho.org/program/harm-reduction/>
- **EMS ECHO** - 1st Tuesday & 3rd Thursday of every month at 5pm PT
 - Tuesday, May 7th at 5pm PT
 - Didactic Topic: *Uncomplicated Childbirth and Managing Delivery Complications*
 - To learn more and join: <https://www.indiancountryecho.org/program/emergency-medical-services-echo/>
- **Trauma Care ECHO** – 2nd Wednesday of every month at 6:30am PT
 - Wednesday, May 8th at 6:30am PT
 - Didactic Topic: *Pediatric Orthopedic Injuries*
 - To learn more and join: <https://www.indiancountryecho.org/program/trauma-care/>

Upcoming Indian Country ECHO Telehealth Opportunities

- **Journey to Health ECHO** – 2nd & 4th Thursday of every month at 7am/12pm PT
 - Thursday, May 9th at 7am PT
 - Didactic Topic: *Suicide Prevention*
 - To learn more and join: <https://www.indiancountryecho.org/program/journey-to-health-echo-program/>
- **Clinical Dementia ECHO** – 2nd Thursday of every month at 11am PT
 - Thursday, May 9th at 11am PT
 - To learn more and join: <https://www.indiancountryecho.org/program/dementia-echo-program/>
- **Diabetes ECHO** – 2nd Thursday of every month at 12pm PT
 - Thursday, May 9th at 12pm PT
 - Didactic Topic: *Diabetes and Oral Health – Relationship & Management*
 - To learn more and join: <https://www.indiancountryecho.org/program/diabetes/>
- **VCI ECHO** – 2nd Monday of every month at 12pm PT
 - Monday, May 13th at 12pm PT
 - To learn more and join: <https://www.indiancountryecho.org/program/virtual-care-implementation/>

Gender-Affirming Care Gathering

- **Dates:** June 25th – 27th, 2024
- **Location:** Boise, ID & Virtually via Zoom
- **Description:** Staff (clinical and non-clinical) serving trans and gender-diverse American Indian & Alaska Native people are invited to participate in the Gender-Affirming Care Gathering. The program provides comprehensive information to effectively provide excellence in gender-affirming care. The program offers a free 2.5-day training (both in-person and virtual options available) & subsequent telehealth clinics.
- **Further Information & Registration:**
<https://www.indiancountryecho.org/gender-affirming-care-conference/>



Gender-Affirming Care Gathering
June 25-27, 2024 • Boise, ID


INDIAN + COUNTRY
ECHO

Clinical and non-clinical staff serving trans and gender-diverse American Indian & Alaska Native people are invited to participate in the Gender-Affirming Care Gathering. This will be a free 2.5-day training with in-person and virtual attendance offered. CE will be provided.

At this gathering, we will:

- ♥ Review elements of affirming clinic environments and best-practice gender-affirming care across the lifespan
- ♥ Explore Indigenous approaches to gender-affirming care and Indigenous peoples' gender-related cultural needs
- ♥ Hear about success stories for providing Indigenous gender-affirming care
- ♥ Discuss the current legal landscape of gender-affirming care and its implications for Indigenous gender-affirming care
- ♥ Connect with other clinicians and colleagues across Indian Country

Register Here:



More Information on Indian Country ECHO
www.IndianCountryECHO.org

www.surveymonkey.com/r/GenderAffirmingCare2024

The poster features a central illustration of a woman in a purple top and blue pants sitting on a stool, holding a bird. A moose is standing next to her, and a person in a wheelchair is sitting on the ground. The background is a dark blue night sky with stars and a moon. The illustration is framed by a circular border with colorful feathers. A QR code is located in the bottom right corner of the poster, surrounded by more feathers and a red heart.

Northwest Tribal Public Health Emergency Preparedness Conference

June 10-12, 2024

Registration link:

<https://bit.ly/TPHEP2024RegistrationLanding>

Room block closes May 10

Draft Agenda and other key info available on the NPAIHB events calendar at:

www.npaihb.org/npaihb-events/

Spirit Mountain Casino

27100 SW Salmon River Hwy

Grand Ronde, OR 97347

<https://bit.ly/2024TPHEPHotelReservation>

Tribal travel scholarships are available

Questions?? Contact the planning team @ NPAIHB at
tphep@npaihb.org

Conference funded by:

*Northwest Portland Area Indian Health Board
Oregon Health Authority Public Health Division
Washington State Department of Health
Idaho Department of Health and Welfare*



Funding for this conference was made possible in part by Grant CDC-RFA-TP19-1901 from the Centers for Disease Control and Prevention (CDC). The views expressed in written conference materials or publications and by speakers and moderators do not reflect the official policies of the Idaho Department of Health and Welfare or the Centers for Disease Control and Prevention, nor does mention of trade names, commercial practices, or organizations imply endorsement by the US Government.



NPAIHB

Indian Leadership for Indian Health



SCAN ME!

2024 NW Tribal Epidemiology Center Tribal Leaders Priorities Survey

<https://www.surveymonkey.com/r/2024PrioritiesSurvey>

- For NPAIHB Delegates and Tribal Health Directors
- Help steer NPAIHB and the EpiCenter in directions that will serve the tribes' needs
- ~15 minutes to complete



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
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Questions about the NWTEC or this survey?
Contact Victoria Warren-Mears, Director, NWTEC
at 503-998-6063 or vwarrenmears@npaih.org

Weekly Update Schedule Preview: May-June

May 14: Public Health Update – Tribal Public Health Infrastructure Building

May 21: Public Health Update – Oregon Poison Control Center

May 28: Legislative & Policy Update

June 4: Public Health Update – Tribal Public Health Infrastructure Building Part 2

New website! Visit www.npaihb.org/weeklyupdate for upcoming topics, past presentations, and more!



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
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NPAIHB Weekly Update

The Northwest Portland Area Indian Health Board (NPAIHB) holds virtual Weekly Update sessions on Tuesdays from 10:00 to 11:00 AM Pacific Time. Please join us to learn about and discuss important and timely public health, epidemiology and data, and policy issues of interest to those working in and with tribal and AI/AN communities.

Our usual topic schedule* is:

- 1st & 3rd Tuesdays of the month: Public Health Updates
- 2nd Tuesday of the month: NWTEC Epidemiology & Data Updates
- 4th Tuesday of the month: Legislative & Policy Updates

*Topic focus subject to change. In months with 5 Tuesdays, the Legislative & Policy session may shift to the last Tuesday, and/or or special topics may be presented on the 4th or 5th Tuesday.

Click on the links below for the upcoming topic schedule, Zoom link, past presentation slides, and other information.



[Weekly Update Schedule & Topics](#)



[Join Zoom Now](#)



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[Past Weekly Update Presentations](#)



[More Information](#)



[Contact Us](#)

Upcoming Weekly Update Schedule & Topics

Date	Featured Topic	Presenter(s)	Subject
5/7/24	Public Health Update: Topic TBA	TBA	Public Health Updates
5/14/24	Tribal Public Health Infrastructure Building	Bridget Canniff, Public Health Improvement & Training	EpiCenter Data Updates
5/21/24	OR Poison Control Center Resources	Charise Pizarro-Osilla & Jennfer Eskridge, OR Poison Control Center/OHSU	Public Health Updates
5/28/24	Legislative & Policy Update	Health Policy Team	Policy & Legislative Updates

Past Weekly Update Presentations

+ April 30, 2024 Weekly Update: Legislative and Policy Update

+ April 16, 2024 Weekly Update: STI Awareness Month - Native Health Resources & HIV/PrEP Campaigns

+ April 9, 2024 Weekly Update: Opioid Overdose Mortality amongst AI/AN in the NW

+ April 2, 2024 Weekly Update: Native CARS Tribal Injury Prevention Project & Highway Safety Program

+ March 26, 2024 Weekly Update: Legislative and Policy Update

Weekly Update Archive (for past updates not listed)

[Click here](#)



PREPARING FOR SUMMER FOODBORNE ILLNESS

VICTORIA WARREN-MEARS, PHD, RDN,
FAND

OVERVIEW

What's with all the outbreaks?



How can we provide food safely?



Current outbreaks?



What about Bird Flu Viral Fragments in Milk?

WHAT'S WITH ALL THE RECALLS?

- <https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts>
- Since April 1, 2024, 22 health alerts issued
 - Potential Salmonella, Listeria, E. Coli O157:H7
 - Undeclared allergen (or missing labeling)
 - Glass or metal fragments
 - Insufficient nutrition provision

FOODBORNE ILLNESSES

- While the American food supply is among the safest in the world, the Federal government estimates that there are about 48 million cases of foodborne illness annually—the equivalent of sickening 1 in 6 Americans each year.
- Each year these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths.

HOW CAN I AVOID GETTING SICK OR MAKING OTHERS SICK?

Cleanliness and Hygiene:

- Wash your hands thoroughly with soap and water before handling food, especially after using the restroom, touching pets, or handling raw meat.
- Clean and sanitize kitchen surfaces, cutting boards, and utensils regularly.
- Rinse fruits and vegetables under running water to remove dirt and bacteria.

Safe Food Handling:

- Separate raw meats, poultry, seafood, and eggs from other foods to prevent cross-contamination.
- Use separate cutting boards for raw meats and produce.
- Cook foods to the appropriate internal temperature to kill harmful bacteria. Use a food thermometer to check doneness.
- Refrigerate perishable foods promptly (within 2 hours) to slow bacterial growth.

HOW CAN I AVOID GETTING SICK OR MAKING OTHERS SICK?

■ Choose Safe Foods:

1. Purchase food from reputable sources.
2. Avoid consuming raw or undercooked eggs, meat, poultry, and seafood.
3. Be cautious with unpasteurized dairy products and juices.



HOW CAN I AVOID GETTING SICK OR MAKING OTHERS SICK?

■ Be Mindful of High-Risk Foods:

1. Certain foods are more prone to contamination. Be extra careful with:
 1. Raw sprouts
 2. Unpasteurized milk and cheese
 3. Raw oysters and other shellfish
 4. Deli meats and hot dogs (unless heated thoroughly)
 5. Pre-cut fruits and vegetables

■ Be Aware of Food Recalls:

1. Stay informed about food recalls and follow any instructions provided by health authorities.
2. Check the FDA or USDA websites for updates on recalled products.



LISTERIA

Listeria is a bacterium that can contaminate food and cause an infection called listeriosis

Risk Groups:

- **Pregnant Women:** Pregnant women are 10 times more likely than other individuals to contract a Listeria infection.
- **Elderly Adults:** Adults aged 65 or older are also at risk.
- **Weakened Immune Systems:** People with weakened immune systems (due to illness or medications) are susceptible.

Symptoms:

- Symptoms of listeriosis include fever, chills, headache, and muscle aches.
- In severe cases, it can lead to meningitis, septicemia, or miscarriage in pregnant women.

LISTERIA

High-Risk Foods:

- Listeria can hide in various foods, including:
 - **Improperly Processed Deli Meats**
 - **Unpasteurized Milk Products**

Prevention and Treatment

- Thoroughly wash and cook your foods to prevent Listeria infection.
- [Prompt antibiotic treatment can help curb the effects of listeriosis](#)

SALMONELLA

- Salmonella infection, also known as salmonellosis, is a common bacterial disease that affects the intestinal tract.



SALMONELLA

Causes: Salmonella bacteria, which cause an illness called salmonellosis

Source: Salmonella bacteria typically reside in the intestines of humans and animals.

Transmission: People usually become infected by consuming contaminated food or water that has been exposed to feces containing Salmonella.

Commonly Infected Foods: These include raw or undercooked meat, poultry, eggs, and unpasteurized milk.

CHEESE, WHITE CHOCOLATE AND WALNUTS, OH MY!

Salmonella:

- Cheese, unpasteurized
- White Chocolate Covered Pretzels (OR at Dollar General)
- Fresh Organic Basil (sold at Trader Joe's)

Listeria:

- Planters Nuts

E.Coli:

- Shelled Walnuts

Food Allergens:

- 04/02/2024 Sea Salt Almond Alligators
Allergens: Undeclared almonds



AVIAN INFLUENZA, COWS AND PEOPLE

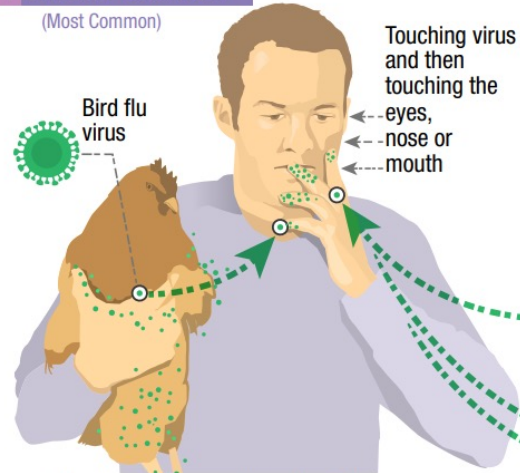
BACKYARD POULTRY CAN GET SICK

How Infected Backyard Poultry Could Spread Bird Flu to People

Human Infections with Bird Flu Viruses Rare But Possible

1 Direct Contact

(Most Common)



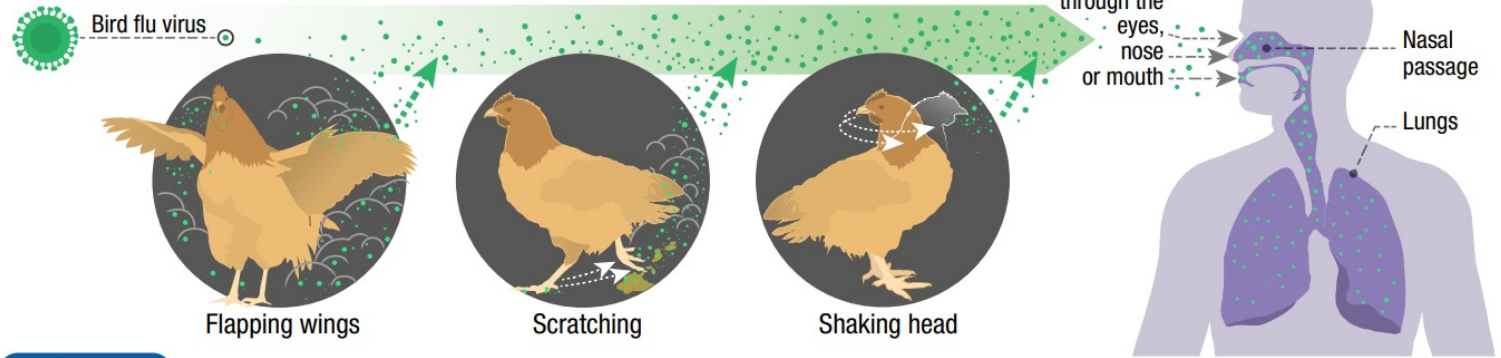
Infection can occur without touching poultry.

2 Contaminated Surfaces

Healthy looking birds can still spread bird flu



3 Bird Flu Virus in the Air (in Droplets or Dust)



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

www.cdc.gov/flu/avianflu/avian-in-humans.htm

CS330154



AVIAN INFLUENZA

- Two cases in humans: 2022 and 2024
- People should avoid unprotected exposures to sick or dead animals including wild birds, poultry, other domesticated birds, and other wild or domesticated animals (including cattle), as well as with animal carcasses, raw milk, feces (poop), litter, or materials contaminated by birds or other animals with confirmed or suspected HPAI A(H5N1)-virus infection. People should not prepare or eat uncooked or undercooked food or related uncooked food products, such as unpasteurized (raw) milk, or products made from raw milk such as cheeses, from animals with confirmed or suspected HPAI A(H5N1)-virus infection (avian influenza or bird flu).
- Some cases in Marine mammals and other mammals: detection of the current predominant H5 bird flu viruses in mammals, including farmed mink, sea lions, bears, foxes, skunks, goats, and cows does not change the human health risk assessment for the general public, which CDC currently considers to be low.

VIRUS FRAGMENTS FOUND IN MILK

- No need to avoid pasteurized dairy products at this point
- Viruses are proteins, so likely broken up in GI tract by stomach acid in humans
- If you have dairy handlers, CDC has protocols in place and recommendations



RESOURCES

- <https://www.fda.gov/media/83271/download> The Bad Bug Book
- <https://www.cdc.gov/listeria/> Listeria Information
- <https://www.cdc.gov/salmonella/index.html> Salmonella Information
- <https://www.cdc.gov/flu/avianflu/communication-resources/index.html>
 - Avian Influenza Communication Resources



QUESTIONS
OR
COMMENTS

Questions and Comments



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