

# CULTURAL LINK



Volume 3,  
Issue 9

NOVEMBER  
2004

## American Indian Heritage Month

### Question of the Month!

#### NOVEMBER QUESTION:

What percentage of bone marrow transplant patients are able to find a matched donor within their family?

**Email your responses to** [comcatmp1@mail.etsu.edu](mailto:comcatmp1@mail.etsu.edu) **by 4:30 pm on November 25th.** Please include your full name and telephone number with your response.

The answer to the **October** question: Nearly 90 million US adults, almost 50% of the population, have limited health literacy skills for understanding and using health information. Source: [Report Brief Health Literacy: A Prescription to End Confusion, Institute of Medicine, April 2004.](#)

#### DID YOU KNOW ?

- Diabetes is the fifth deadliest disease in the US. The estimated annual economic cost of diabetes in 2002 was \$132 billion, or one out of every 10 health care dollars spent in the US.
- Heart disease and stroke are the most life-threatening consequences of diabetes. Adults with diabetes have heart disease death rates 2 to 4 times higher than those without diabetes. Other complications of diabetes are vascular damage, blindness, kidney disease, and amputations.
- These groups are several times more likely to have type 2 diabetes as whites of similar age:
  - Hispanics, 1.9 times
  - African Americans, 2 times
  - American Indians & Alaska Natives, 2.6

Arts, Cultural, and Health Awareness Events at ETSU		
Event	When	Where
<a href="#">Sticking Up for Yourself—Lunch Break Seminar—WRC</a>	11/3 12 noon	Culp, E Tennessee Room
<a href="#">Radiation &amp; Health Problems Dr. Yuriy Razskazovski</a>	11/6 7:30 pm	Astronomical Observatory
<a href="#">Notable Women: "Every woman's Odyssey" and "My Commitment to Social Justice ..."</a>	11/8 5 pm	Culp, E Tennessee Room
<a href="#">Basler Lecture: "If I Tell You I Will Have To..." Mel Chin</a>	11/10 7 pm	Ball Hall Auditorium
<a href="#">WRC Book Review Group: Drowning Ruth by Christina Schwarz</a>	11/17 12 noon	WRC Pan-Hellenic Hall Basement, Suite 2
<a href="#">The Crucible by Arthur Miller</a>	11/18 7:30 pm	Bud Frank Theatre
<a href="#">Multicultural Fashion Show</a>	11/20 7 pm	Culp Auditorium

### NOVEMBER HEALTH OBSERVANCES

#### Topics of Interest In this Issue

American Indian & Alaska Native  
Heritage Month  
American Diabetes Month  
National Marrow Awareness Month



The Great Smoky Mountains National Park, once a part of the Cherokee homeland, is famous for its scenic beauty, the diversity of its plant and animal life and more than 800 miles of hiking trails.

#### Other Health Awareness Topics in November

Jaw Joints—TMJ Awareness Month	Pancreatic Cancer Awareness Month
National Healthy Skin Month	Lung Cancer Awareness Month
Diabetic Eye Disease Month	COPD Awareness Month
National Alzheimer's Disease Awareness Month	Pulmonary Hypertension Awareness Month
National Epilepsy Month	National Family Caregivers Month





## Diabetes Prevention Program Research Group "Reduction in the Incidence of Type 2 Diabetes with Lifestyle Intervention or Metformin" New England Journal of Medicine 2002; 346: 6, 393–403.

This study evaluated 3234 non-diabetic persons at 27 centers with high risk factors for diabetes: elevated plasma glucose concentrations in the fasting state and after an oral glucose load, overweight, and sedentary lifestyle. Participants represented the diverse US racial and ethnic population at risk for diabetes. They were randomly assigned to one of three regimes: placebo (control group), metformin (850 mg twice daily), or a lifestyle modification program with goals of 7% weight loss and at least 150 minutes of physical activity per week. Assignment to metformin and placebo were double-blinded. Participants were followed an average of 2.8 years. Incidence of diabetes was 11.0, 7.8, and 4.8 percent in the placebo, metformin, and lifestyle intervention groups respectively. Lifestyle intervention reduced incidence of diabetes by 58%, more than the 31% reduction achieved with metformin in persons at high risk. <http://content.nejm.org/cgi/content/full/346/6/393>

Follow link to past issues.

# HEALTH LINKS ON DIVERSITY

*The listing below represent just a few of the resources intended to promote knowledge, awareness and discussions on diversity in health care for our students and faculty. We encourage you to use some of these as a beginning for classroom discussion, outside assignments, or student research.*

TOPIC	TITLE & LOCATION
<b>National American Indian and Alaska Native Heritage Month</b> 	<b>Tribal Connections: American Indian &amp; Alaska Native Health resource Portal</b> —Great portal with links to eHealthInfo on American Indian traditional healing, health promotion programs, and Health News. <a href="http://www.tribalconnections.org">http://www.tribalconnections.org</a>  <b>Health Disparities Experienced by American Indians and Alaska Natives</b> <a href="http://www.cdc.gov/mmwr/PDF/wk/mm5230.pdf">http://www.cdc.gov/mmwr/PDF/wk/mm5230.pdf</a>  <b>Lactose Intolerance</b> , Swagerty D, Walling A, & Klein R. Am Fam Physician 2002;65:1845-50, 55-6. <a href="http://aafp.org/afp/20020501/1845.pdf">http://aafp.org/afp/20020501/1845.pdf</a>
<b>American Diabetes Month</b> 	<b>BB King Backs Diabetes Songwriting Contest</b> : Win a trip to Las Vegas where BB will sing the winning blues ballad lyrics of 50 words or less which promote diabetes management. Contest: 11/1—12/31/04 <a href="http://www.contactmusic.com/new/xmlfeed.nsf/0/C229349129D54EE580256F320007BBA1!opendocument">http://www.contactmusic.com/new/xmlfeed.nsf/0/C229349129D54EE580256F320007BBA1!opendocument</a>  <b>Rothman R et al. "Influence of Patient Literacy on the Effectiveness of a Primary Care-Based Diabetes Disease Management Program"</b> JAMA, October 13, 2004, 292;14, 1711– 16. <a href="http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&amp;db=pubmed&amp;dopt=Abstract&amp;list_uids=15479936">http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&amp;db=pubmed&amp;dopt=Abstract&amp;list_uids=15479936</a>  <b>Taylor C et al. "Social and Cultural Barriers to Diabetes Prevention In Oklahoma American Indian Women Preventing Chronic Disease</b> , Vol 1, no 2, April 2004. <a href="http://www.cdc.gov/pcd/issues/2004/apr/03_0017.htm">http://www.cdc.gov/pcd/issues/2004/apr/03_0017.htm</a>
<b>National Marrow Awareness Month</b> 	<b>National Marrow Donor Program: Steps of Marrow and Blood Stem Cell donation; Diseases treatable with blood stem cells, Real life stories, Resources for patients</b> <a href="http://www.marrow.org">http://www.marrow.org</a>  <b>Raising awareness of need for more bone marrow donors, especially among minorities</b> <a href="http://racereactions.about.com/library/weekly/aa052400a.htm">http://racereactions.about.com/library/weekly/aa052400a.htm</a>
<b>National Allied Health Week</b> 	<b>Comments on the looming crisis in the allied health professions workforce</b> <a href="http://www.futurehealth.ussf.edu/from_the/director_0704.html">http://www.futurehealth.ussf.edu/from_the/director_0704.html</a>  <b>Handbook of Ideas for Celebrating and Recruiting Students During Health Professions Week</b> <a href="http://www.healthpronet.org/prog_resources/ahpweek_handbook_04.pdf">http://www.healthpronet.org/prog_resources/ahpweek_handbook_04.pdf</a>  <b>Tennessee Statistics on Population and Healthcare Workforce: How diverse is the population compared with the healthcare workforce?</b> <a href="http://bhpr.hrsa.gov/healthworkforce/reports/">http://bhpr.hrsa.gov/healthworkforce/reports/</a>

For more information or assistance contact Elaine Evans, Reference Assistant, COM Library, [evanse@etsu.edu](mailto:evanse@etsu.edu).