



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD

NW NATIVE AMERICAN
RESEARCH CENTER FOR HEALTH



PUBLIC HEALTH
RESEARCH ACADEMY
for Native High School Students

Northwest Tribal Epidemiology Center
April 12, 2024

Yá'át'ééh! Keshi! Hola!



Amanda Gaston, MAT
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She/her



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Celena Ghost Dog, MPH, CPH
Navajo
She/her



About NPAIHB

- Established in 1972
- Non-profit serving the 43 federally recognized tribes of Oregon, Washington, and Idaho.
- 4 Primary Goals:
 - Health promotion and disease prevention
 - Legislative and policy analysis
 - Training and technical assistance
 - Surveillance and research



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INDIAN HEALTH BOARD

Info Session Agenda

- Share Project Goals
- Overview of the NARCH Academy Program:
 - Kick-off at Portland, Oregon
 - Virtual Learning Sessions
 - Program Materials
 - Youth Research Projects
- Cohort 1 reflection
- Open Q&A
- Next Steps



NARCH Public Health Research Academy Goals

- Develop an introductory population health sciences research program for AI/AN high school students that introduces them to relevant public health topics and careers.

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Public Health Research Academy

Our communities need more Native public health professionals working to improve tribal health.



Our year-long Research Academy will introduce high school students to relatable public health topics and will conclude with a youth-driven community health project. The program includes an in-person kick-off week (in Portland, OR) and 6-8 virtual learning sessions with role-model guest speakers.

<https://www.npaihb.org/public-health-research-academy/>

NARCH Public Health Academy Project Overview



PROGRAM TIMELINE

APRIL 2024



INFO WEBINARS

Learn about the Academy with your parents or community members

MARCH-MAY 1 2024



MENTORS APPLY

Mentors complete site application & youth enrollment forms.
Deadline: May 1, 2024

JUNE 24-28, 2024



KICK-OFF WEEK IN PORTLAND OREGON

Learn about public health from Indigenous researchers, participate in field trips & cultural activities, and complete hands-on activities

SEP 2024-APR 2025



VIRTUAL LEARNING

Learn more about key concepts & develop your research projects

MAY 2025



RESEARCH SHOWCASE

Share your findings with others!

METHODS USED TO CREATE STORIES



GOALS

- Spark Learning
- Connect to Mentors
- Meet Role Models
- Grow Researchers
- Improve Public Health

VALUES

- Connection
- Confidence
- Hope
- Empower
- Sustain
- Transform
- Equity

NARCH NPAIHB

RESOURCES
PRAYERS OF ANCESTORS

Sponsored by the National Institute of General Medical Sciences of the National Institutes of Health under Award Number S06GM145214

Cohort 2 Recruitment

• Our goal is to have 4-6 **High School Sites/Mentors** who will each host **3-4 youth**

- Youth participants will receive \$2000 of research support
- Site Mentors will receive \$5,000

PUBLIC HEALTH

RESEARCH ACADEMY

for Native High School Students

June 2024-May 2025



ABOUT

A year-long introductory program for American Indian & Alaska Native (AI/AN) youth interested in exploring public health. Youth will learn about relatable public health topics and complete a community-based research project.



STRUCTURE

- Hybrid
- Kick-off week in Portland, OR, June 24-28, 2024
- Virtual sessions from October 2024 - May 2025
- Research project showcase at the end
- On-site mentor support



ELIGIBILITY

- Mentors can:
- be educators, counselors, public health professionals or other caring adult.
 - guide 2-4 youth per site.
- Youth must:
- be Juniors or Seniors at the time of application,
 - live in OR, ID, or WA &
 - identify as AI or AN

PAID OPPORTUNITY!

- Youth receive \$2000 for research-related costs.
- Mentors receive \$5000.
- All travel expenses paid for by NW NARCH.

Week-long Kick Off in Portland

- Kick off the program at the **OHSU-PSU School of Public Health** June 24-28:
 - Recruited youth and mentors are invited to attend the week-long kick off in Portland!
 - Includes an interactive mix of presentations from tribal researchers and Campus Tours (PSU and OHSU).
 - Travel will be covered by NARCH for youth and mentors.
 - Brainstorm a community-based project of their choice.







weRnative

@weRnative · 4.18K subscribers · 749 videos

We are a comprehensive health resource for Native youth, by Native youth. >

wernative.org and 2 more links

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Inspired- Role Models ▶ Play all



THRIVE 2023 NARCH Research Academy



THRIVE 2023 NARCH Research Academy...



THRIVE 2023 Dr Gonzales weRnative



THRIVE 2023 Dr Gonzales (captioned)

SAVE THE DATES

PUBLIC HEALTH RESEARCH ACADEMY
for Native high school students

PROGRAM KICK-OFF

JUNE 24-28 2024

PORTLAND, OREGON

Native American Student and Community Center
Portland State University

QR CODE: SCAN ME

Sponsored by NIGMS under award no. 506GM145214

NATIVE AMERICAN PUBLIC HEALTH

NPAIHB

https://youtu.be/92S_4r

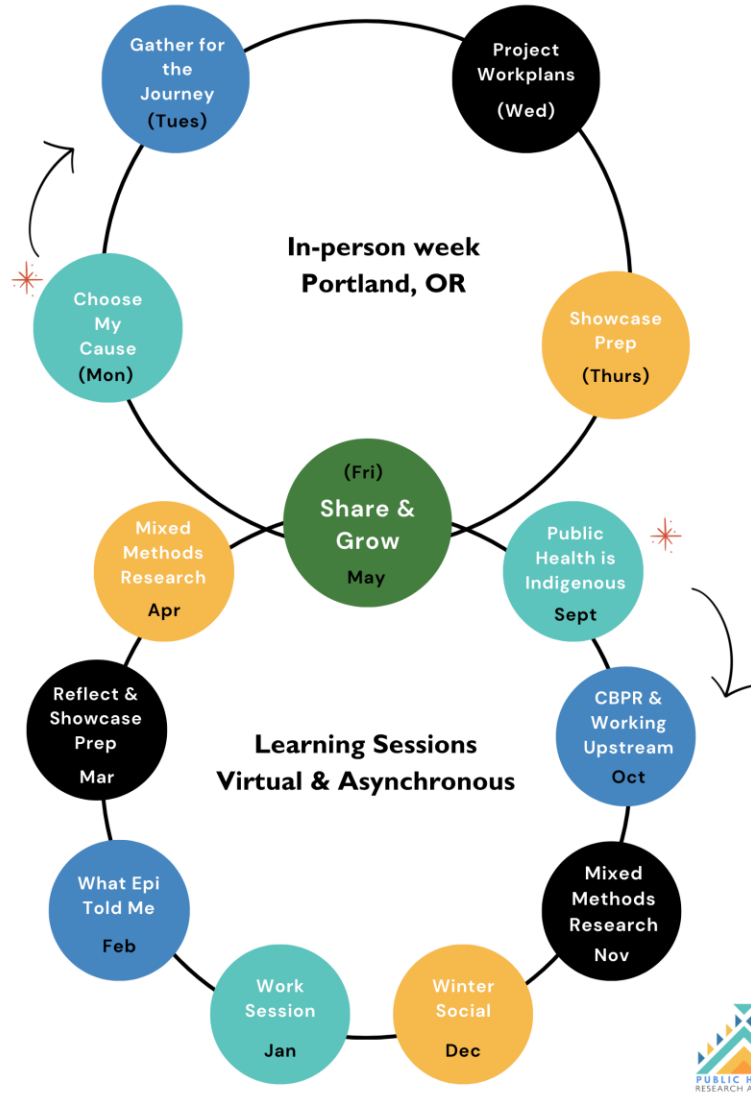
Virtual Learning Sessions

- Synchronous **Learning Sessions** using the **Zoom** video platform and the online Learning Platform **Canvas**
 - Aligned the schedule to the High School academic year:
 - Kick off in Summer @ Portland, Oregon
 - Mix of independent work, local/site work, and Community of Learning (group work).

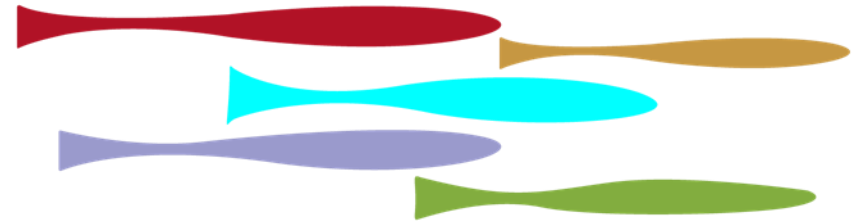


PH Research Academy

June 2024 thru May 2025



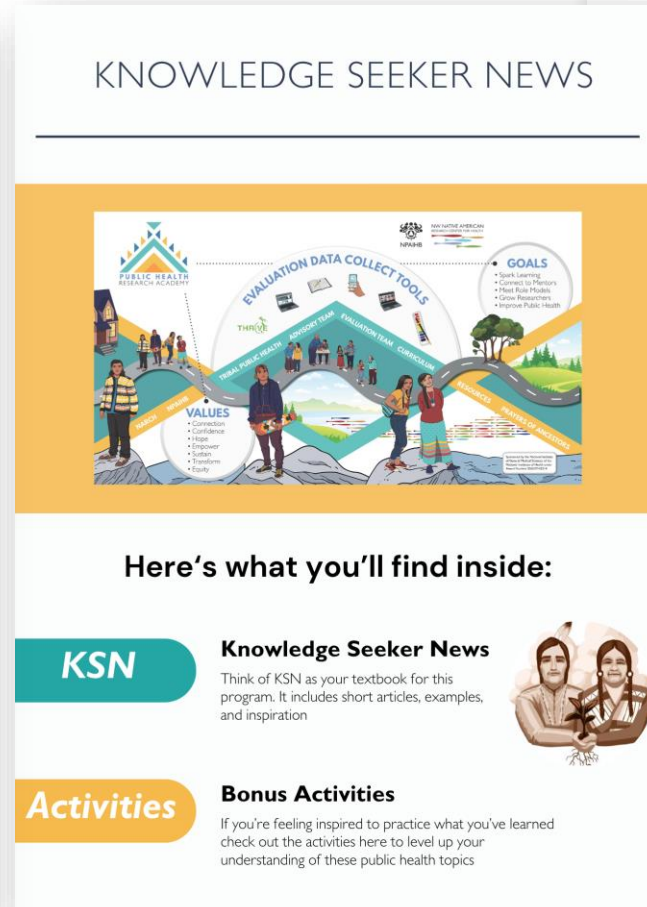
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Our Program Journey

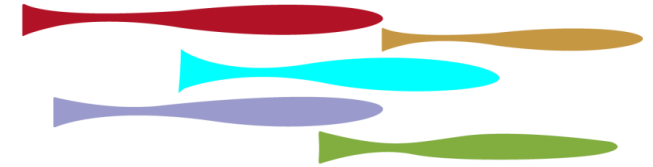
Program Materials

Program Printed Materials



Knowledge Seeker News

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Program Materials:
Printed out + Canvas

KNOWLEDGE SEEKER NEWS

WHAT'S COMMUNITY GOT TO DO WITH MY HEALTH?

THE BREAKDOWN >

SOCIAL ECOLOGIC

SOCIAL = ONE'S SOCIETY
+
ECOLOGIC = ONE'S ENVIRONMENT

Social Ecologic = how individuals react to their surroundings.

THE SCOOP >

THE SOCIAL ECOLOGICAL MODEL

Public health peeps take the broader approach to health – focusing on everyday surroundings, such as our access to healthy foods, policies that protect us (like wearing masks and using seatbelts) and curricula (like this one!) that helps cultivate resilience and healthy relationships.

Public health peeps work to understand how these relationships will reduce the situations and conditions that put our Tribal people at greater risk and increase those that protect us. These "Social Ecologic" elements interact with one another.

*Adapted from K-State Research and Extension

Public Health Research Academy

Knowledge Seeker News | Issue #1 | 884

KNOWLEDGE SEEKER NEWS

WHAT IS RESEARCH EXACTLY?

THE BLIZZ >

IN A NUTSHELL...

Research in public health is like the toppings to your Frybread...they're both a must. And, depending on where you're from – there are certain toppings that fit your community better. The same goes for research. There will be certain methods that will work best for your community and setting.

FRYBREAD & RESEARCH. WHAT?!

Did you know...the toppings you choose says a lot about where you're from? Knowing what your community likes best can help you select what type of research method your relatives might prefer. What's it gonna be?

THE SCOOP >

WHY DOES RESEARCH MATTER?

Information is power. Research gives you that power to better protect your relatives and your community's health.

The information you get from research (data) empowers public health peeps (practitioners) to understand people's behaviors, diseases, and issues that impact your community's health. With the evidence you gather during the research period you can create health promotion policies (like The Next Legends Vaping Campaign) and prevention programs (like We R Native) that are needed to protect your relatives.

Understanding how to gather information in a culturally responsible way is the mission of public health researchers, which is why it is so critical that researchers are from and know their communities needs by being a member of that community...like you!

Working with a community to define a problem, understand the causes, and create a solution is at the core of all good public health research and will make you an effective community health protector!

Public Health Research Academy

Knowledge Seeker News | Issue #2 | 881

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Read All About It!

Knowledge Seeker News
What's Inside...

- 01 What is Public Health?
- 02 What is Research Exactly?
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- 06 What are the Social Determinants of Health?
- 07 What's Community Got to Do With My Health?
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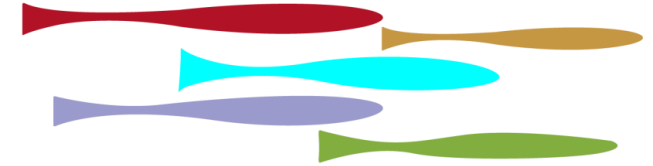
Read All About It!

Knowledge Seeker News
What's Inside...

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- 15 The Four P's of Marketing
- 16 Bonus Activities
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Data Collection Guide


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DATA COLLECTION GUIDE
SURVEYS


WHY?
Surveys are a great tool to help you gather information from a group of people, by asking them questions related to your health topic. Surveys are especially useful for gathering quantitative data about who they are (their demographics: age, gender, grade level), what they know (knowledge), what they think (attitudes), and what they do (behavior).

HOW?
Quantitative data are data represented by numbers, and includes anything that can be measured, or given a numerical value. Reviewing or gathering survey data can help you decide which health concerns are most frequent or critical to address, who is at greatest risk of experiencing a poor health outcome, and how likely they are to change their knowledge, attitudes or behavior as a result of your program.

TIPS 
FOR CONDUCTING SURVEYS:

1. Test your survey ahead of time, to make sure your response options are a good fit.
2. You can collect survey data in several different ways, using paper, online (e.g., Survey Gama, Survey Monkey, etc.), or verbally in-person or virtually.
3. You can also get creative and use interactive tools to collect responses, like Padlet, Quizlet, Mentimeter, or Zoom polls... or even do a [Bingo Data Collection](#) activity.

Can I ask you a couple questions?



Data Collection Guide 01 | Conducting Surveys | Page 01

Survey Questions - Sample

Please answer the following questions about yourself:

1 Have you ever used a vape product? Yes No

2 How old were you the first time you used a vape product?

3 During the past 30 days, on how many days did you use a vape product?

CHECK ONE:

0 days 1 to 5 days 6 to 9 days 10 to 19 days 20 to 29 days At 30 days

4 During the past 30 days, how did you get your vape products?


- I bought them from a store
- I bought them online
- I borrowed them from a friend or family member
- Other:

5 How interested are you in getting support to quit vaping?

CHECK ONE:

Very interested Not really, but maybe later Not interested

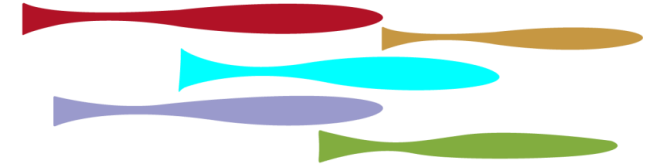
Data Collection Guide 01 | Survey Questions | Page 02



Included:
One-pagers + Examples

Youth Handouts

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My Notes

DATE
S M T W T F S

MOOD:
☺ ☹ ☹ ☹ ☹

EXERCISE:

WALK	MINUTES
RUN	MINUTES

WATER INTAKE:
 ○ ○ ○ ○ ○ ○ ○ ○

MEAL TRACKER:

MEAL	AMOUNT
BREAKFAST	
LUNCH	
DINNER	

TODAY I AM GRATEFUL FOR

Color Break

Community Health or Public Health?

Instructions: Read and use handout "Community Health vs Public Health" to help determine their definitions. Use examples from the next page and sort them into the below categories: Community Health, Public Health, or Not Sure.

Youth Handout 1.0

Community Health

Public Health

Not Sure

Explain your thinking:

Journal Space

Think about your mental, spiritual, social, and physical self. Then draw, doodle, or write about how you have strengthened them today.

Social Health

positive identity > healthy relationships > healthy communication > social skills > coping skills > resiliency skills > peer pressure

Mental Health

healthy mental state > stress reduction > positive self-image > confidence > raised self-esteem > feel good about yourself

Spiritual Health

identity > connection to community > healing > culture > values >

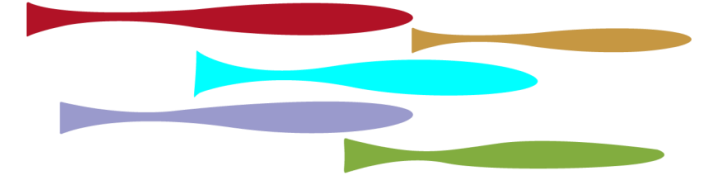
Physical Health

movement > breathing > positive body image > nutrition

Digital Library (Additional Resources)

01	Indigenous POV	Features Indigenous Researchers and Public Health folks and their pathway to public health
02	PH is Indigenous	Indigenous Researchers or Public Health folks discuss their work and why PH is Indigenous
03	Up Your Skillz	Mini-lessons on topics such as What is Epi, Biostats/Data Science, Data Literacy, Lit Searches
04	INSPIRE	Videos featuring Indigenous Public Health role models to inspire the future of Indigenous health

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And there's more!

CT

Community Thread

Help build and strengthen community relationships

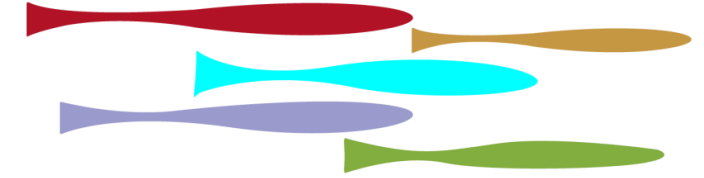
- Newsletter Template
- School/ Caregiver Letter Templates
- Social Media Posts/ Graphics
- Flyers

PD

Professional Development

- Resources, links, & Templates

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Youth Research Projects

From September to May, each community cohort will select and carry-out a project:

Showcase: Celebration & Graduation

Teams will prepare and share a short article, a brief video or PSA, create a slideshow, or a poster board.

Choose My Cause



Name(s):

Selecting a cause that is important to you and your community will increase the benefits and successes of your project. What will it be?

Select from Option 1 or 2: ✓


Option 1:


PHOTOVOICE TO CREATE A STORYMAP

My topic or cause _____

Option 2:

DISSEMINATE A MEDIA CAMPAIGN

Next Legends Vaping Campaign 

Safe Spaces Campaign 

Select your Team ✓

INDIVIDUAL GROUP

Names of Team Members:

TEAMS WILL PREPARE AND SHARE A SHORT ARTICLE, A BRIEF VIDEO OR PSA, CREATE A SLIDESHOW, OR A POSTER BOARD. WE'LL GET TO THAT...

Project Title:
Quick reference

PV
Photo Voice

MC
Media Campaign

Youth and Mentor Payments

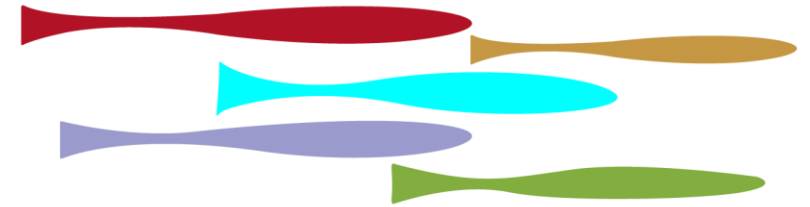
- **Site/mentors - \$5,000**

- Host sites will be paid \$2,500 **after** the week-long orientation and \$2,500 **after** their community health research project (April/May).

- **Students - \$2,000**

- Students will be paid \$1,000 **after** the week-long orientation, and \$1,000 **in the Spring** to assist their community-health research project (April/May).

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Youth-Driven Evaluation Plan

allysonkelleypllc.com/evaluation



[About Us](#) [What We Do](#) [Books](#) [Blog](#) [Podcast](#) [Resources](#) [Contact](#)

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EVALUATION

Our evaluation services focus primarily on the needs of underserved communities, tribal leaders, tribal health departments, tribal recovery programs, universities, and non-profit organizations in the US. Our senior associates have worked on a variety of tribal, local, state, regional, and national projects employing rigorous community-driven evaluation methods.

Our work upholds the unique values and protocols of the communities and tribes we work with. We strive to work closely with communities to develop the most appropriate and meaningful evaluation approach.

[View Portfolio](#)

2023-2024 Research Academy Cohort 1



Oregon
Madras High School

Keira Tortalita (she/her)
Charlene White (she/her)
Ivory Ascencio (she/her)
Mariah Stacona (she/her)



Idaho
Clarkston High School

Alexia Villavicencio (she/her)
Athena Moses (she/her)
Kendall Wallace (she/her)
Patrick Sobotta (he/him)



Washington
Heritage University

Vanessa Miller-Swan (she/her)
Dr. Corbin Schuster (he/him)
Elizabeth Hannigan (she/her)



Washington
Nixyaawii Community School

Shaundien Salt (she/her)
MyaLyn Mills (she/her)
Alison Zubiria (she/her)

Evaluation: Baseline Report

- Youth-driven evaluation: we developed a visual evaluation plan to guide our work.
- Worked with Allyson Kelley and Brighten Crawford-Martin to develop a 1-hour presentation about evaluation during the off.
- Process featured in the [Indigenous Peoples in Evaluation eNewsletter](#)



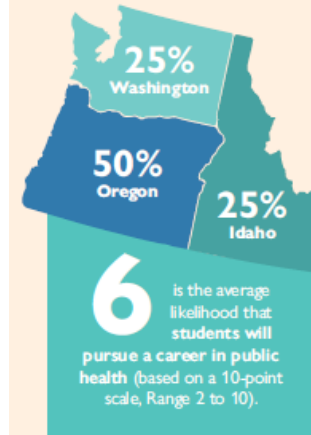
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PUBLIC HEALTH RESEARCH ACADEMY FOR NATIVE HIGH SCHOOL STUDENTS

Pre-Survey Baseline Report

June 26, 2023 | THRIVE, NPAIHB, NPAIHB: OHSU-PSU

WHO ARE THE YOUTH?



100%
Female

5
Tribal Affiliations

11th & 12th
Grades
One student was entering 10th grade.

6 is the average likelihood that students will pursue a career in public health (based on a 10-point scale, Range 2 to 10).

WHAT ARE THEIR PUBLIC HEALTH CAREER INTERESTS?

- #1** Public Health Nurse (50%)
- #2** Biologist, Health Educator, Public Health Physician, Social Worker (25%)
- #3** Epidemiologist, First Responder, Scientist/Researcher (25%)

Other roles not selected, 0% - communication, planner, IT, lawyer, policy, nutritionist, web design)

HOW FAMILIAR ARE THEY WITH PUBLIC HEALTH RESEARCH METHODS?

38%

Used or practiced surveys, focus groups/talking circles, and interview.

12%

Used or practiced a community needs/resource assessment.

0%

Used or practiced a community health project, photovoice, or story maps.



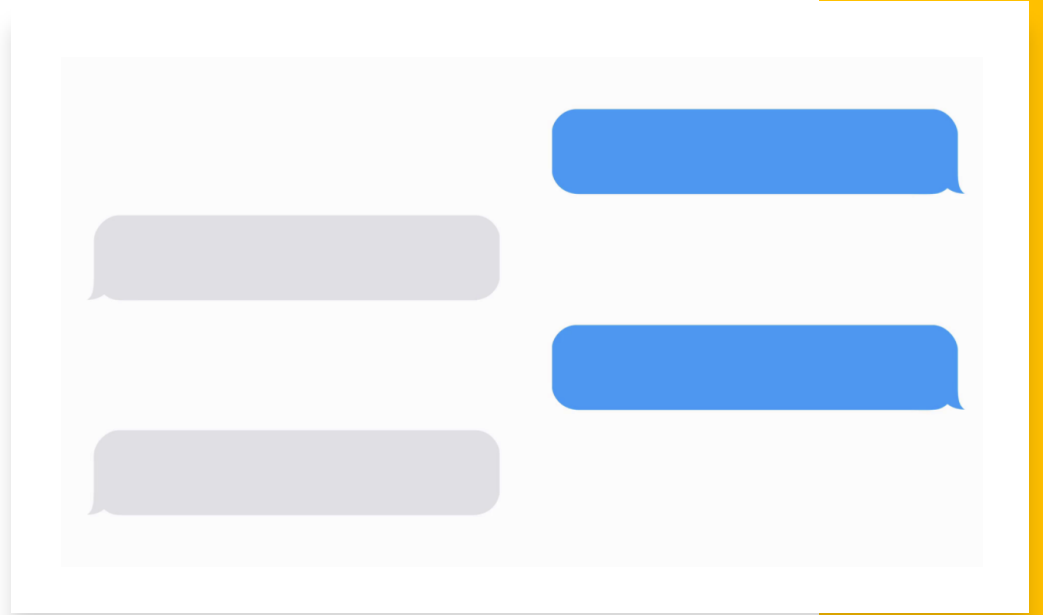
Walk Away With....

- A better understanding of Public Health & Public Health Research
- Continue to stay in touch with NARCH Academy network
- Letters of references for jobs, scholarships, other related programs, etc.
- Connect with other Public Health programs and educational opportunities



Questions or Concerns

- Related Opportunities this Summer...
- Site Application:
www.surveymonkey.com/r/NARCHResearchAcademy
 - Once participating sites have been selected, the adult Mentor/Chaperones will also fill out a **Portland Kick off participation form** (that confirms parent permission to travel/participate).



Northwest Portland Area Indian Health Board

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