

SPIRIT LAKE NATION COMPREHENSIVE COMMUNITY ASSESSMENT 2015

Executive Summary



**CANKDESKA CIKANA
COMMUNITY COLLEGE**

Spirit Lake Dakota Nation



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COMPREHENSIVE COMMUNITY ASSESSMENT
2015**

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EXECUTIVE SUMMARY

Cankdeska Cikana Community College (CCCC) conducted the Spirit Lake Comprehensive Community Assessment (CCA) in the summer 2015. Several CCCC programs joined in 2014 to plan the assessment and to coordinate the work: the CCCC Head Start Program, required to conduct a community assessment, partnered with the CCCC Behavioral Health Research Development Project, the CCCC Collaborative Research Center for American Indian Health Project, Wiconi Ohitika (Strong Life, a suicide intervention education program), and ND/INBRE to conduct the study. The project, guided by community based participatory research (CBPR) principles, was advised by a workgroup.

The purpose of the CCA was to identify community health and wellness needs (social, health, mental health, substance use, employment, housing, education) and to provide support for health, educational, employment, and other program development and implementation. The project had two aims:

Aim 1. To describe community characteristics using existing data.

Aim 2. To describe current health, education, economic, and housing status and needs of community members through individual interviews.

Research questions guiding the assessment were:

1. What is the status of health (including behavioral health), wellness, and life satisfaction of Spirit Lake Nation tribal members?
2. What factors (education and child care; economic issues; housing; childhood safety; individual behaviors; access to health care, transportation, and communications) influence health (including behavioral health), wellness, and life satisfaction of Spirit Lake Nation tribal members?
3. What are the most important issues at Spirit Lake Nation?

The CCA sample included 285 people representing their household. Their average age was 40, ranging from 16 to 89; 70% were female. Ninety-two percent were enrolled members of Spirit Lake Tribe; 80% had lived in the community for 18 or more years. Forty-six percent were never-married, 34% married or an unmarried couple living together. Fifty-one percent had a high school degree; 28% had less than a high school degree; and 22% had an Associate's Degree, Bachelor's Degree, or Graduate or Professional degree. Thirty-eight percent of the participants reported an individual income of under \$5,000.00; 73% under \$20,000.00. The most common number of adults in a household was 2 (range 1 to 10 adults per household; the average number of people per family was 4.86 (range 0-19 people in a family).



1. What is the status of health (including behavioral health), wellness, and life satisfaction of Spirit Lake Nation tribal members?

The status of health covers quality of life (general health, days that physical and mental health are not good and their impact of level of functioning, feeling full of energy, pain, and life satisfaction); chronic diseases; and mental health. The level of general health of tribal members was average; 2.99, based on a range from 1=Poor to 5=Excellent. The number of days in the past 30 days that one's physical health and mental health were not good averaged 4.97 and 4.44 days respectively. The average number of days that poor physical and mental health kept people from their usual activities, 3.40 days, was slightly lower than the number of poor physical and mental health days. The average number of days in the past 30 days impacted by pain was 4.48. The number of days where usual activities were impacted by pain also varied by age ($R=.178$, $p=.003$). As age increased, people were more likely to report more days impacted by pain. When asked, "During the past 30 days, for about how many days have you felt very healthy and full of energy," 87 people said they had 30 days where they felt very healthy and full of energy. Men reported more days that they were full of energy in the past 30 days than women ($t=3.61$, $df=172.69$, $p=.000$).

People completing the survey were asked whether they had any of 11 chronic diseases. The two most common were arthritis and diabetes; 82 people said they had some form of arthritis. Sixty-four percent reported at least some joint pain. Sixty people had diabetes or were prediabetic. People with mental health issues included:

- 7% were currently taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem.
- 16% said that a doctor had told them they had an anxiety disorder.
- 12% had been diagnosed with depression in the past.
- 49% screened positive for further testing for depression on the PHQ2.
- 3% scored above 55 on the PHQ8, an indication that they had a major depressive disorder.
- During the past 12 months, 11 people said they had considered suicide and 7 had a plan about how they would attempt suicide.

People completing the survey rated their life satisfaction highly ($M=1.71$, scale range from 1=Very Satisfied to 4=Very Dissatisfied); 94% said they were satisfied or very satisfied. Number of poor mental health days and general health predicted level of life satisfaction. The fewer poor health days, the higher the life satisfaction.



2. What factors (education and child care; economic issues; housing; childhood safety; individual behaviors; access to health care, transportation, and communications) influence health (including behavioral health), wellness, and life satisfaction of Spirit Lake Nation tribal members?

Factors influencing wellness and life satisfaction include education and child care; economic issues; housing; childhood safety; individual behaviors; access to health care; transportation; and communications. Lack of childcare prevented or interfered with the ability to work outside the home; 25% said they needed child care and 32% said that relatives provided child care. Child care at times other than 8 to 5, when child care is closed for holidays, and weekends was most needed. Individual and family incomes were low. The most common sources of income were Food Stamps and Employment. Only 20% of respondents owned their own home; a small number said they changed their living situation often. Four were currently homeless and 41% had been homeless at some time.

Childhood Adverse Events. To identify early childhood events that might influence health outcomes in adulthood, participants were asked whether they had experienced any of 10 adverse events prior to the age of 18. The most common childhood adverse event was having parents who were never married, separated, or divorced. The next most common childhood adverse event was living with someone who was a problem drinker or alcoholic. Almost everyone had experienced at least 1 adverse event; 82% had five or more adverse events.

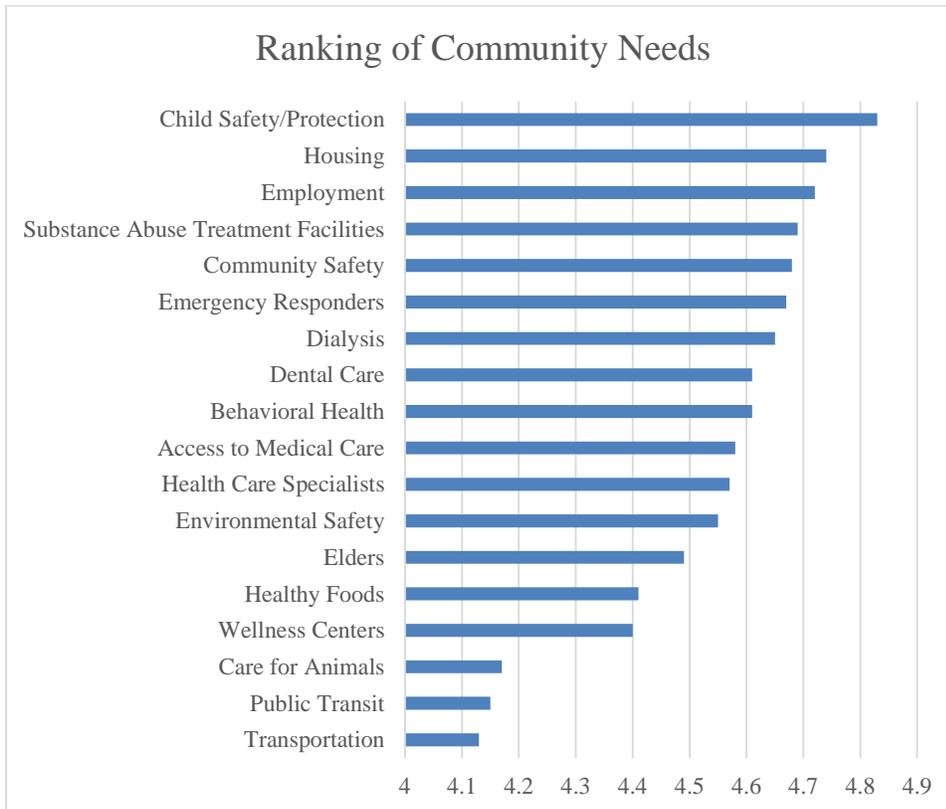
Individual factors. Individual behaviors that may influence health outcomes include obesity, smoking, substance use. The average BMI was 29.87 (Minimum=2.65, Maximum=70.41). Forty-one percent of the respondents were obese. Eighty percent of the respondents had smoked more than 100 cigarettes at some point in their life; 55% were currently smoking. When asked “how many days in the past 30 days did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor,” 162 (57%) said they had had **no** drinks in the past 30 days. When asked “how many times during the past 30 days did you have 5 or more drinks if you are male, 4 or more drinks if you are female on an occasion,” 188 participants said they had **not** engaged in binge drinking in the past 30 days; 97 (34%) had engaged in binge drinking at least one time. Thirty-one of the 36 people who made a comment about drinking said they were sober: Eighty-one percent nearly always or always wear a seat belt.

Access to health care, transportation, and communications. All but six participants reported having some sort of health care coverage; the most common types of health care were Medicaid (58%) and Indian Health Service (56%). Fifty-six percent of the participants had a personal doctor or health care provider. The most common mode of transportation was one’s own car (54%). The next most common mode of transportation was riding with relatives (37%). Seventy-four percent (211 people) had access to a working phone. People completing the survey were more likely to access the internet at home or through their phone (36% and 34% respectively).



3. What are the most important issues at Spirit Lake Nation?

When people completing the survey were asked to rate needs in the community using 18 items, on a scale of “1= Not at All Important” to “5=Very Important”, all of the items were rated above 4. The highest rated item was Child Safety and Protection, closely followed by two items, Housing and Employment. The next five most highly-rated items were health needs.



When asked what they thought the most important health needs at Spirit Lake Nation were, people completing the survey said that behavioral health issues were most critical; 166 comments were about substance use and 15 mental health issues. Chronic diseases (N=119), especially diabetes (N=73) and cancer (21), were also identified as critical health issues. Participants identified health care access and quality as the most important factors influencing health outcomes. Fifteen people thought that more community activities, especially for children, were needed to reduce risk factors such as drug and alcohol use. When asked the final question, what the most important community needs were, people reiterated the need for community activities (N=32), especially for children (N=24). Behavioral health issues were the second most frequently mentioned needs.

