



Grant Gives Breath of Life

JCCC is one of four institutions, along with the American Indian Council of Kansas City, Heart of America Indian Center and the

University of Kansas Medical Center, to receive a \$2.8 million grant from the National Institutes of Health to implement a smoking cessation program with American Indians in Greater Kansas City. The five-year grant is the largest amount awarded by the NIH, and JCCC is one of the first community colleges to receive a grant for this purpose.

Dr. Sean M. Daley, assistant professor, anthropology, and associate director, American Indian Health Research and Education Alliance, is JCCC's grant investigator, and Dr. Christine Daley, assistant professor, Department of Preventive Medicine and Public Health, KUMC, and director, Program in American Indian Community Health, is the grant's principal investigator.

The smoking cessation program, All Nations Breath of Life, is tailored specifically to American Indians, respecting tobacco's use for spiritual and ceremonial practices while addressing the health risks of its recreational use.

American Indians and Alaska Natives have the highest smoking rates of all major U.S. ethnic groups, approaching 40 percent to 50 percent.

"Smoking is the leading cause of preventable death in American Indians," said Stacy Braiuca, research associate, PAICH and member of the Citizen Band Potawatomi Nation.

The plan is to form groups of eight to 10 participants with an American Indian facilitator meeting in eight weekly sessions with follow-up

phone calls at four and 12 weeks and subsequent group sessions at six, 12 and 24 months. The grant will pay for appropriate pharmacological aids like nicotine patches, lozenges and gum and the prescription drugs Varenicline or Bupropion. Groups will meet at JCCC, the American Indian Council and American Indian Center locations.

All Nations Breath of Life will recruit participants from community groups with help from member organizations of the American Indian Health Research and Education Alliance.

"Historically, the government has forced programs on us. Community-based participation gives us ownership of the program," said Katherine Redbird, project manager, All Nations Breath of Life, and a White Mountain Apache.

JCCC will hire a 20-hour-a-week student research assistant as part of the grant and Sean Daley will oversee the publication of a book and video on Indian tobacco use, using JCCC student researchers.

Data from a pilot smoking-cessation program puts the smoking quit-rate at 25 percent, compared to 5 percent to 8 percent for those who try to quit smoking on their own. The All Nations Breath of Life program is targeting the 25 percent quit-rate.

To sign up for All Nations Breath of Life, contact Daley at 913-469-8500, ext. 4823, or KUMC at 913-588-0866. 🌿

Faculty

(left to right)
Dr. Won Choi, Katherine Redbird, Dr. Christine Daley, Dr. Sean M. Daley and Stacy Braiuca are partners on the All Nations Breath of Life smoking cessation grant.

