



Promoting Culturally-Relevant, Holistic Health Curriculum and Resources for Native Youth and Trusted Adults

Christine Markham, PhD
UTHealth Houston School of Public Health



Funded by the CDC, NIH, Indian Health Service & Office of Minority Health

Our HNY Partners



*Northwest Portland Area
Indian Health Board*
Indian Leadership for Indian Health



ALASKA NATIVE TRIBAL HEALTH CONSORTIUM



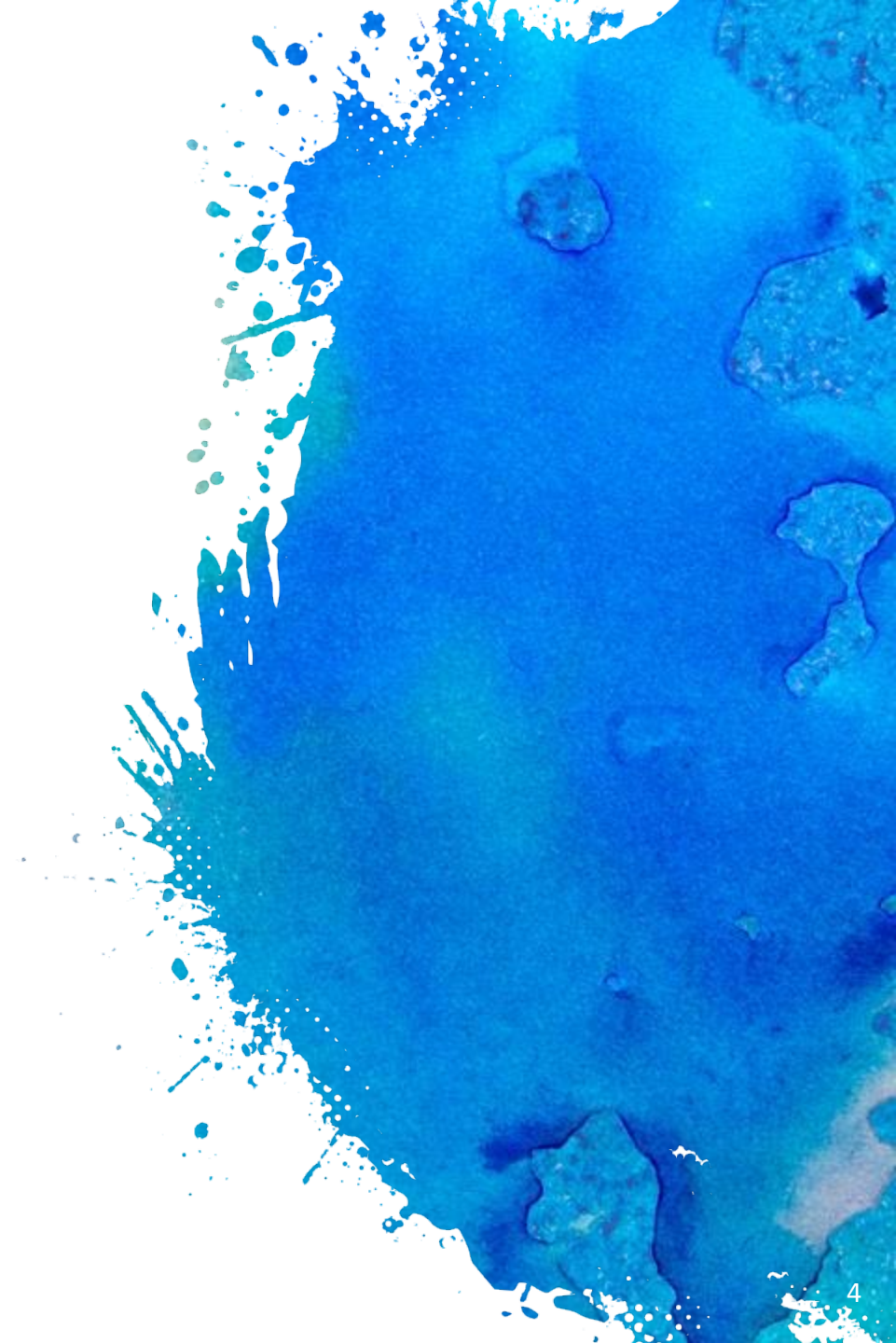
UTHealth[®] Houston
School of Public Health
Health Promotion
and Behavioral Sciences

Session Objectives

- Identify current health topics among Native youth
- Locate culturally-responsive, holistic, inclusive health promotion resources for Native youth, parents/caregivers, and youth-serving professionals
- Describe strategies to connect youth to sexual health services



What Tribes are represented
in your community or state?

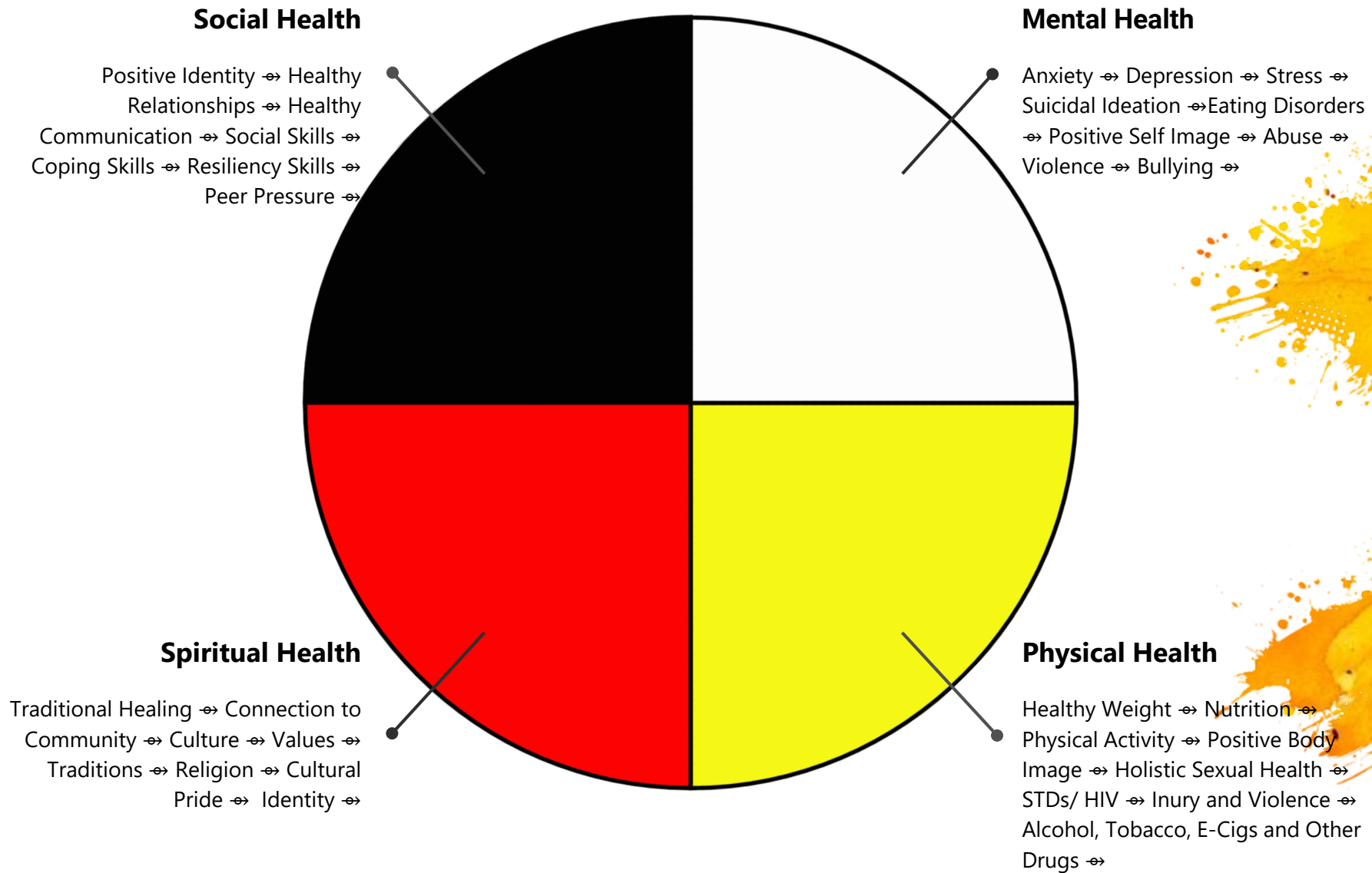


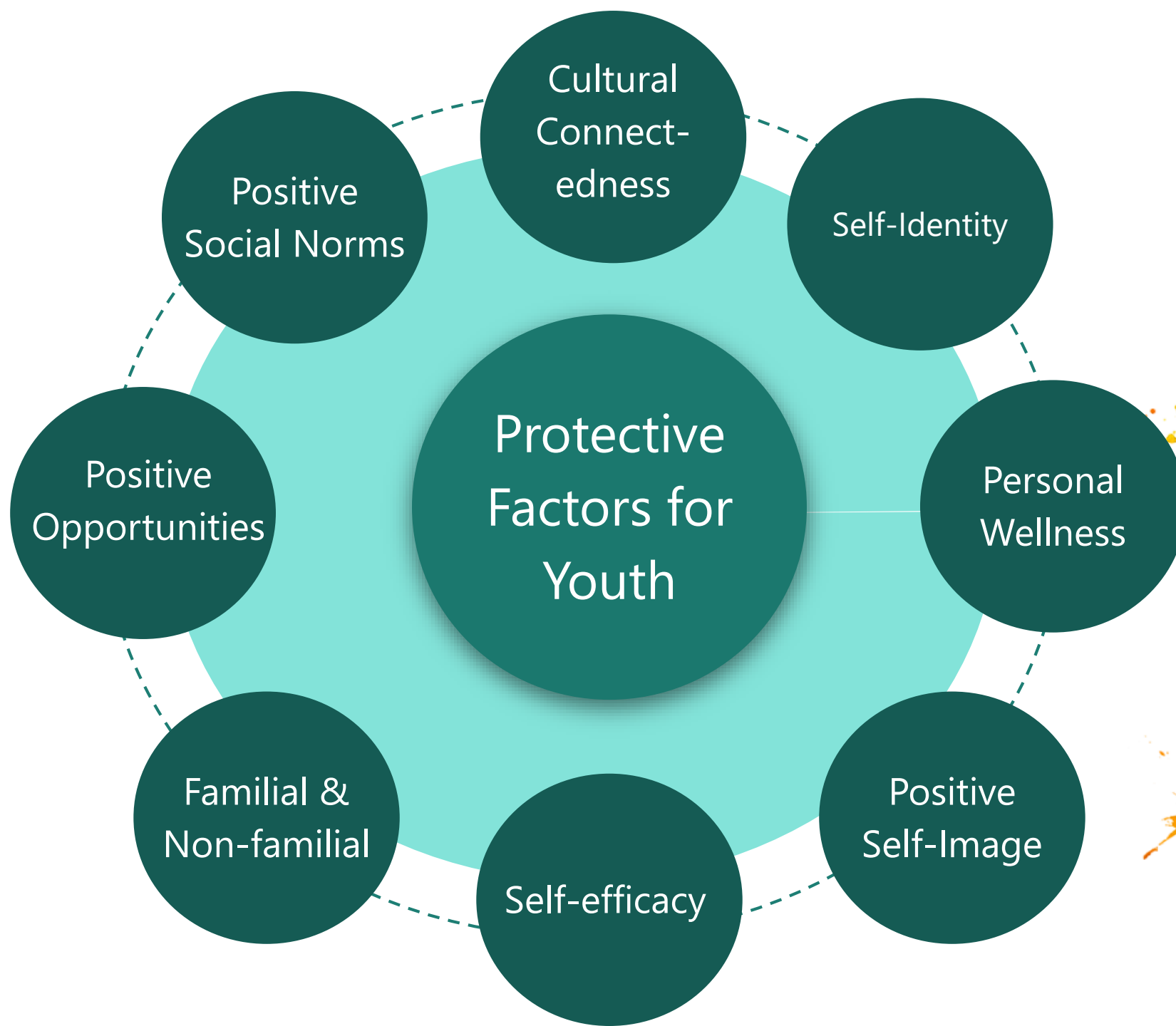
National & State Representation

- 574 American Indian and Alaska Native (AI/AN) Tribes in USA

Arkansas	Louisiana	New Mexico	Oklahoma	Texas
<ul style="list-style-type: none">• Blackfoot• Caddo• Cherokee• Chippewa• Quapaw	<ul style="list-style-type: none">• Choctaw• Chitimacha• Coushatta• Tunica-Biloxi	<ul style="list-style-type: none">• Apache• Navajo Nation• Multiple Pueblo Tribes	<ul style="list-style-type: none">• Apache• Arapaho• Caddo• Cherokee• Cheyenne• Choctaw• Delaware Nation• Kaw Nation• Kickapoo• Modoc• Osage• Wichita	<ul style="list-style-type: none">• Alabama-Coushatta• Apache• Caddo• Comanche• Tigua• Kickapoo• Tonkawa• Ysleta del Sur Pueblo

Holistic Health







Raising Healthy Native Youth

Through Culturally Relevant Health
Education

ENGAGING. RELEVANT. EFFECTIVE.

HealthyNativeYouth.org contains health promotion curricula and resources for American Indian and Alaska Native youth. The curricula housed on our site promote positive youth development, embrace cultural teachings, and demonstrate evidence of effectiveness.

This site is designed for tribal health educators, teachers, and parents.

<https://www.healthynativeyouth.org/>



Search for lessons, subjects and videos



LOGIN

IMPLEMENTATION TOOLBOX CURRICULA TOOLS FOR CARING ADULTS COMMUNITY RESOURCES

- ALL CURRICULA
- CURRICULA COMPARISON CHART
- STAND-ALONE LESSONS
- CURRICULUM SUBMISSION FORM

Raising Healthy Native Youth

Through Culturally Relevant Health Education

ENGAGING. RELEVANT. EFFECTIVE.

HealthyNativeYouth.org contains health promotion curricula and resources for American Indian and Alaska Native youth. The curricula housed on our site promote positive youth development, embrace cultural teachings, and demonstrate evidence of effectiveness.

This site is designed for tribal health educators, teachers, and parents.

<https://www.healthynativeyouth.org/>

ALL CURRICULA

GIVE US FEEDBACK



VIEW:



FILTER YOUR SEARCH:



HEALING OF THE CANOE

Ages
High SchoolProgram Setting
Flexible

VIEW MORE

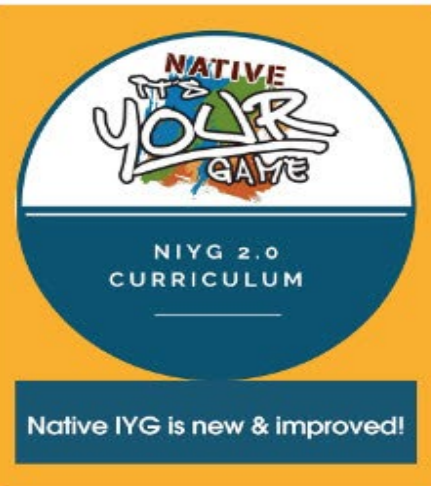
Native
STAND 2.0

Students Together Against Negative Decisions

NATIVE STAND 2.0

Ages
High SchoolProgram Setting
Flexible

VIEW MORE

NATIVE IT'S YOUR GAME
2.0Ages
Middle SchoolProgram Setting
Flexible

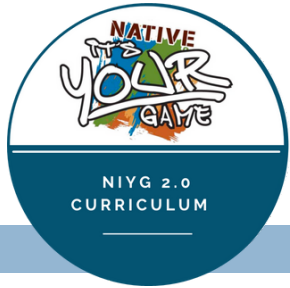
VIEW MORE

FINDING THE RIGHT
CURRICULA









To be effective, health curricula must be age-appropriate, culturally-relevant, and reflect the values and learning styles of the learners being taught. Finding curricula that meet these requirements for American Indian and Alaska Native youth can be challenging. *Healthy Native Youth* is a one-stop-shop for educators and health advocates who want to expand learning opportunities for youth. Click on the program name to learn more about each curriculum, including intended age-group, where it can be implemented, and how much time will be required. Lesson plans, handouts, and supplemental materials are also listed there. Many include recorded videos and webinars to help prepare educators to facilitate each

Cultural Considerations

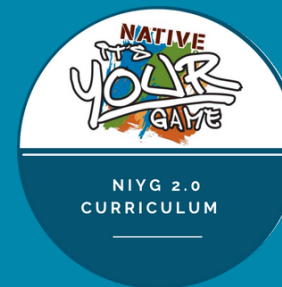
Level	Strategy	Examples
Surface culture	Peripheral	Clothing, colors, images, fonts, pictures of group members, places
	Evidential	Epidemiological data
	Linguistic	Language(s), terms, literacy level
Deep culture	Constituent-involving	Indigenous staff and lay health workers, indigenous peers and elders
	Sociocultural	Cultural values and beliefs; social, historical, environmental and psychological forces that influence target health behavior

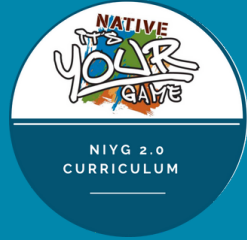


Example Lessons

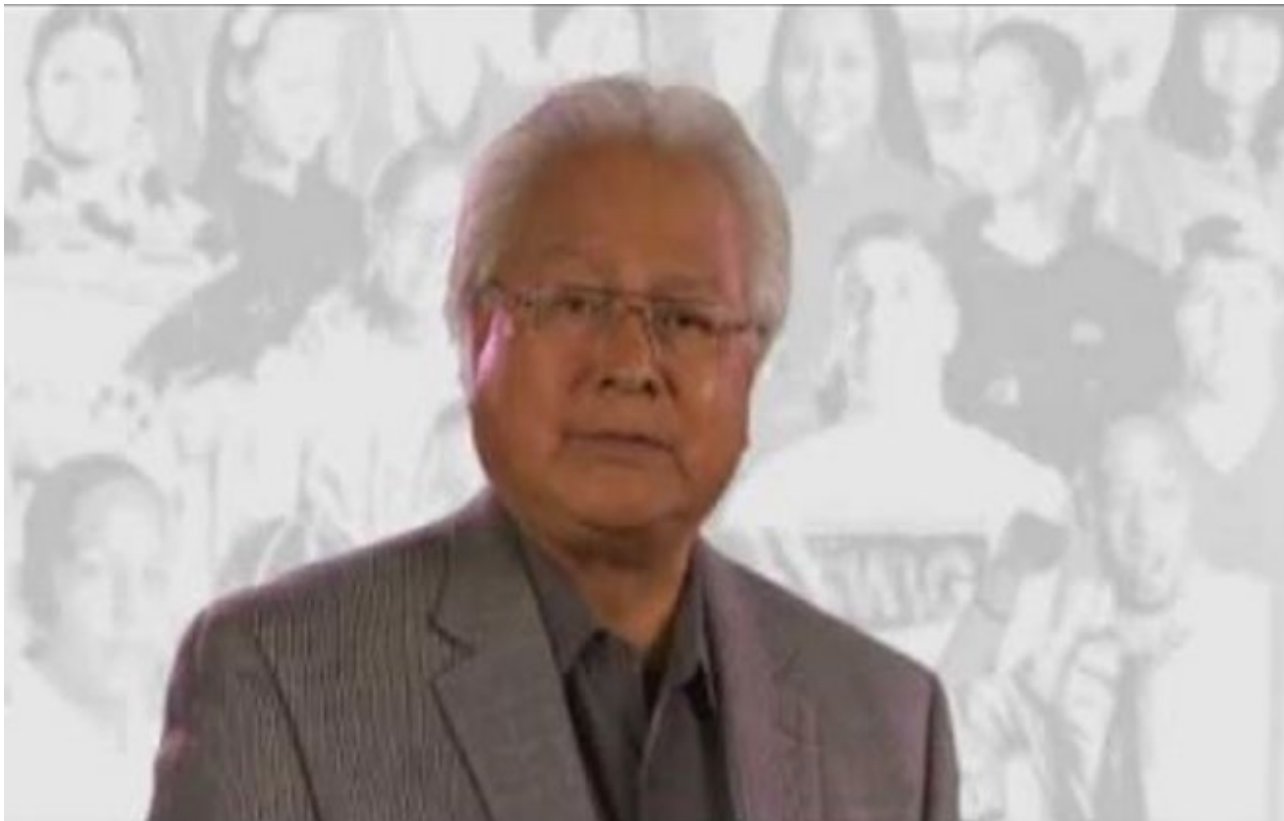
		Homework	Complete?	Quiz
	Lesson 1 Pre-Game Show			
	Lesson 2 Keeping it Real...Among Friends			
	Lesson 3 Playing By Your Rules...SELECT DETECT PROTECT	 Download Homework		
	Lesson 4 Protecting Your Rules			
	Lesson 5 Know Your Body			
	Lesson 6 Keeping it Real...Healthy Dating Relationships	 Download Homework		

Adaptation

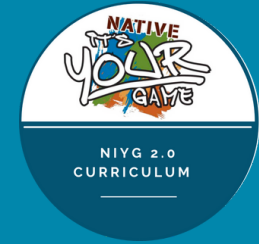




Tribal Elders and Native Health Experts



Youth Videos



Select the Teen Parents that you want to hear from...



[Native It's Your Game Intro Video - YouTube](#)

Teens who received NIYG reported ...

- More reasons not to have sex
- Increased STI knowledge
- Retained knowledge about condoms
- More confidence to obtain and use condoms
- More likely to seek education beyond high school

Reaching 2000+ youth in 14 states



Meeting
Youth where
they're at...





We R Native For Youth

- ★ Multimedia health resource for Native youth by Native youth
- ★ Youth can text “NATIVE” to 94449
- ★ Follow on Instagram, Twitter, YouTube, Facebook





ask your
relative



my culture



my life



my
relationship



my mind



my impact



ambassado
rs



gear up



search

ASK YOUR RELATIVE



What is Ask Your Relative?

Ask Your Relative is a team of educators, public health professionals, and caring adults supporting Native Youth through our Q&A service.

Here, Native you(th) are able to ask us questions on a variety of topics ranging from how to flat stitch to snagging.

We do our best to answer – as your relatives, we recognize the ways identity, culture, and community influence our lives and our

Youth Support



In crisis? Connect 24/7...

CRISIS TEXT LINE

Crisis Text Line
Text: NATIVE to 741 741
WhatsApp



National Suicide Prevention Lifeline
Call: 1-800-273-TALK
Chat

Abuse & Sexual Assault



StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
Chat



National Sexual Assault Hotline Call
(24/7): 1-800-656-HOPE
Chat



National Teen Dating Abuse Helpline
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
www.loveisrespect.org



Childhelp National Child Abuse Hotline
(24/7): 1-800-4-A-Child (422-4453)

Mental Health



Mental Health America
Call: 1-800-969-6642
Text: MHA 741 741

teen line

Teens Helping Teens
Call: 1-800-852-8336
Text: TEEN to 839 863



We R Native: My Mind
[Ask Auntie & Uncle](#)
Text: CARING to 65664



National Hotline. Reach Out
& Get Help
Call: 1-800-448-3000
Text: VOICE to 20121



Caring Messages - to
remind you of how
awesome you are!
Text: CARING to 65664
Text: COLLEGE to 65664



PAGE 1

CLICK ON THE LOGOS TO GO TO RESOURCE

<https://www.wernative.org/wp-content/uploads/Youth-Support-Resources.pdf>

Youth Support



PAGE 2

Relationships & Dating



StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
Chat



Love is Respect
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
www.loveisrespect.org



That's Not Cool
Healthy Relationships, Online & Off
Call (24/7): 1-866-331-8453



We R Native: My Relationships
[Ask Auntie & Uncle](#)

Sexual Identity - 2SLGBTQ+



Paths (Re)Membered Project
Text: 2SLGBTQ to 97779



Native Youth Sexual Health Network



The Trevor Project
Call (24/7): 1-866-488-7386
Text: START to 678 678
Chat



It Gets Better Project
Embrace the Journey



Sexual Health



Planned Parenthood
Call: 1-800-230-7526
Chat: [Ask Roo](#)
[Find a Clinic](#)



We R Native: Sexual Health
Text: SEX to 97779
[Ask Auntie & Uncle](#)



I Know Mine
[Ask Nurse Lisa](#)
[I Want the Kit & Order](#)
[Condoms \(AK mailing only\)](#)



It's Your Sex Life
[Live Chat](#)



Bedsider



Get Yourself Tested #GYT
[Find a clinic near you](#)



Bullying



Stopbullying.gov
[What Teens Can Do](#)
[What Adults Can Do](#)



Cyberbullying
[Resources for Youth](#)
[Report Cyberbullying](#)



We R Native: Bullying Prevention
[Ask Auntie & Uncle](#)

Find Help Near You



SAMSHA - Zip code locator
for a treatment center
closest to you



Mental Health America - Zip
code locator for a clinic
closest to you

CLICK ON THE LOGOS TO GO TO RESOURCE

Youth Support



PAGE 3

Text Message Campaigns



Text: NATIVE to 97779
For health & wellness tips



Caring Messages - to remind you of how
awesome you are!
Text: CARING to 65664 (ages 13-24)
Text: COLLEGE to 65664 (college youth)



Text: SEX to 97779
Get tips and resources to protect your sexual
health



Text: LGBTQ2S to 97779 or ALLY to 97779
Native. Two-Spirit. LGBTQ. #BornSacred



Text: STEM to 97779
For inspiration and motivation on your journey
in Health, Technology, Engineering or Math



Text: FITNESS to 97779
For inspiration and motivation to conquer your
personal wellness goals and you could win
fitness gear or a fitbit!!!

TIP: SIGN UP FOR ONE CAMPAIGN AT A TIME. OTHERWISE
YOUR MESSAGES WILL GET ALL MIXED UP AND THAT'S NO
BUENO

We ALL need Help...

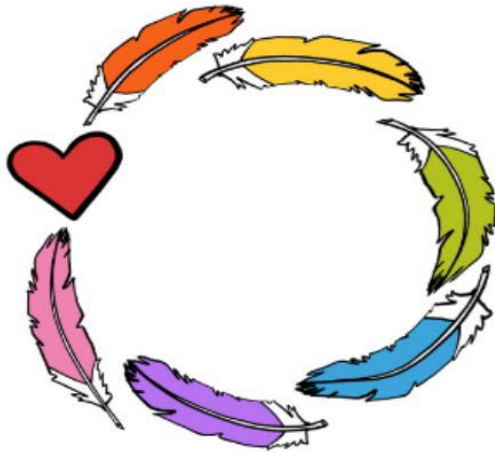
... at different points in time. Every single one of us! Trust your gut and...

Share - any concerns you have

Talk - with someone you can trust

Report - if you're worried about someone





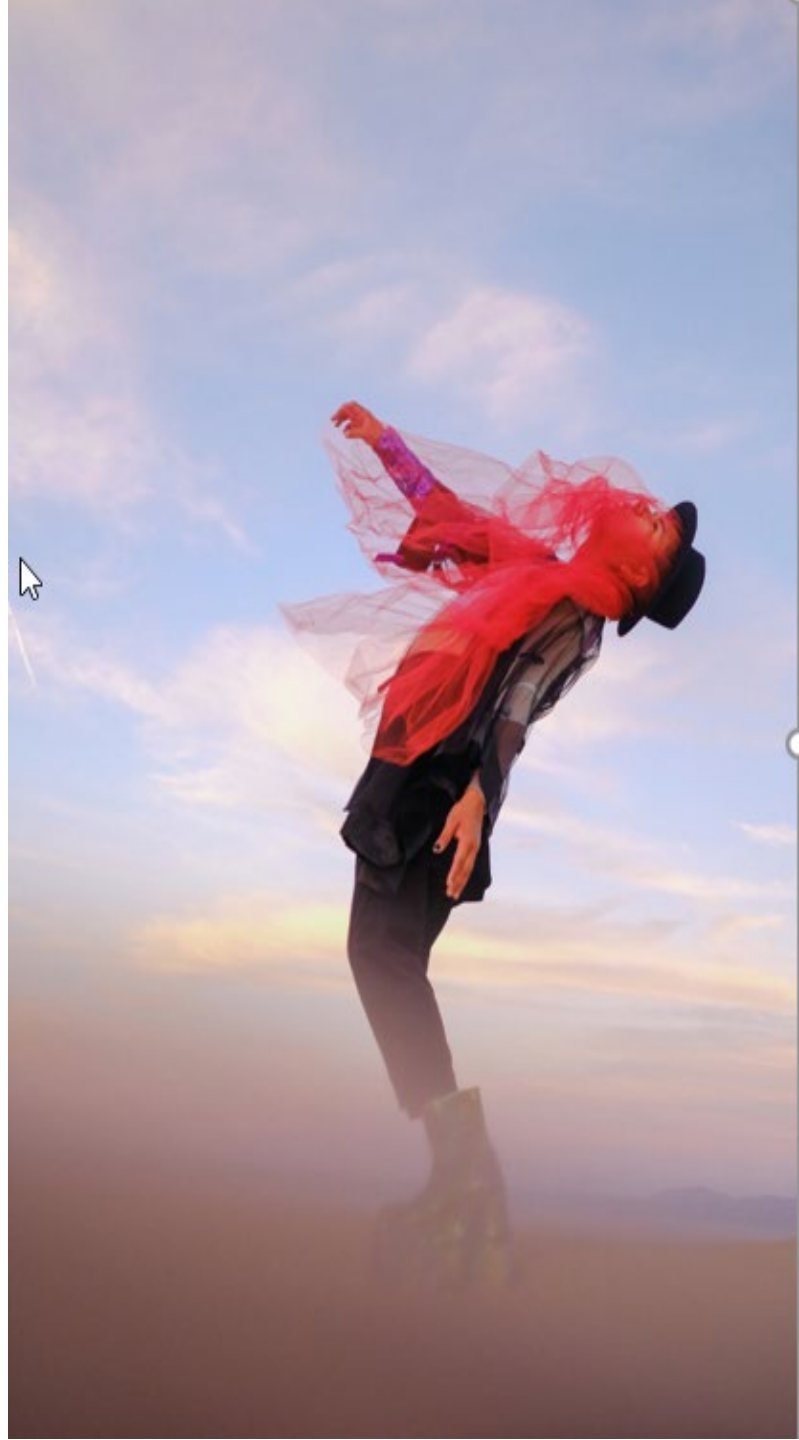
PATHS (RE)MEMBERED PROJECT

Northwest Portland Area
Indian Health Board

The Paths (Re)Membered Project centers the Two Spirit and LGBTQ+ community – its strengths, resiliencies, and histories – in our movement toward healthy equity. Through community engagement, research, and advocacy, we work toward a liberated 2SLGBTQ+ future, which includes the memories of Two Spirit ancestors, the wisdom of our elders, and the creativity of our young people.

www.pathsremembered.org

**Text 2SLGBTQ to 94449 to get
regular updates and resources**



Request our Toolkit

We offer Two Spirit and LGBTQ+ Pride Toolkits for community and clinical spaces. These toolkits are designed to ensure Two Spirit and LGBTQ+ clients see themselves reflected in the printed materials in a space. They include:

- 3 sets of pamphlets and rack cards about Two Spirit and LGBTQ+ health—one for providers, one for accomplices, and one for Two Spirit and LGBTQ+ people
- 2 copies of the Celebrating Our Magic Toolkit
- 3 sets of one-pagers about pronouns and gender identity
- 20 Rainbow Corn Enamel Pins
- Pronoun Pins (she/they/he)

Name

Mailing Address

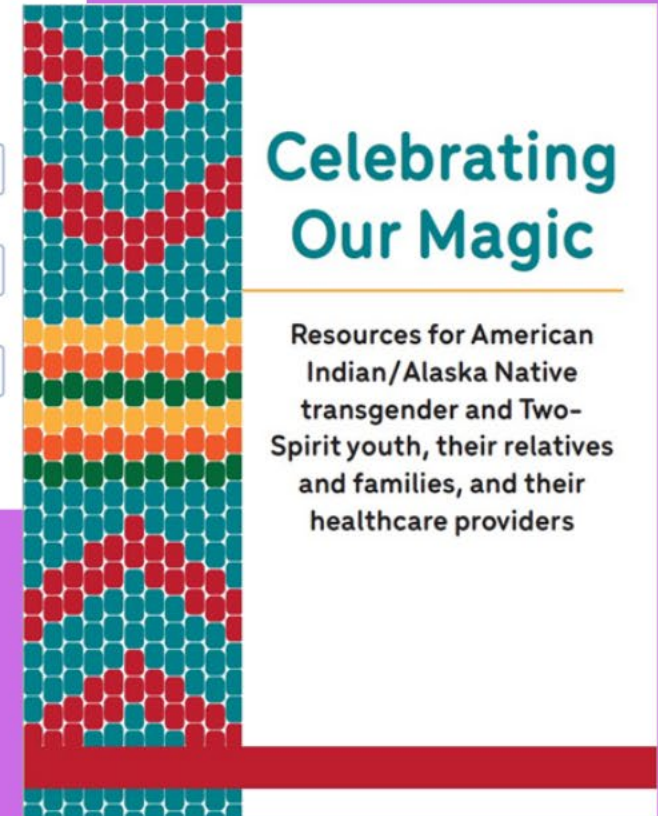
Email

Number of Pronoun Pins

Number of Toolkits

ORDER

www.pathsremembered.org/toolkit/



Gender Pronouns Guide

GENDER PRONOUNS: Provider 101

Why should pronouns matter to you? Because they matter to your patients.

The use of correct name and pronouns is associated with decreased depressive symptoms, suicidal ideation, and suicidal behavior in trans youth.

Used incorrectly, a pronoun may cause a patient to feel you don't understand or accept their gender identity and aren't capable of providing them competent care.

Used correctly, they show respect and affirm the gender identity of your clients.

**Ask your patients
about pronouns.**

**Ask every patient.
Ask every time.**

When should I ask?

Any time you interact with a new patient, as a regularly part of your introduction.

How should I ask?

"Do you use pronouns, for example he, she, or they? Which pronouns do you use?"

Note: Some patients may not be familiar with this question or with parts of speech. To explain, use yourself as an example – "I use she/her pronouns. What pronouns do you use?"

The English language, including its pronouns, are part of the forced assimilation Indigenous people experience. We know that Indigenous people have always taken great care in how we refer to one another which is why we have ceremonies for gifting names.

more at

www.pathsremembered.org





Use of chosen name and pronouns associated with a **56% decrease** in suicide attempts



Visualization Activity

Imagine walking into the space your youth gather. Do a quick inventory of the things that you see and hear there. Is there anything you can replace or add to the space to make it more safe and affirming for youth?

Support for Parents & Caring Adults



Talking is Power For Adults

Tips & Resources for

- ★ Talking to Youth About Sexual Health
- ★ Getting the convo started
- ★ Online Printable Resources [here](#)

text
"EMPOWER"
to 94449

TALKING IS POWER
A Text Messaging Service for
Parents and Caring Adults

Talking with youth about sensitive topics is never easy, but it's important. You are your teen's biggest influencer when it comes to making decisions about sex and healthy relationships.

Text **EMPOWER** to 94449

You'll receive up to 3 text messages per week with conversation starters, tips, video demonstrations, and words of encouragement.

We'll cover sexual health, pregnancy, STDs, and consent. You don't need to have all the answers, you just need to start talking - be open and honest - and keep at it. Talking with your teen will help them make healthy decisions.

#TalkingIsPower #HealthyNativeYouth #weRnative

CURRICULA LESSON PLANS HANDOUTS RESOURCES

www.healthynativeyouth.org
fb.com/HealthyNativeYouth
Listserve: Text "YouthNews" to 22828
https://www.instagram.com/healthynativeyouth/
@HealthyNativeYouth
native@npaih.org

HEALTHY
NATIVE
YOUTH

SIGN UP TO RECEIVE UPDATES
VIA TEXT MESSAGE
TEXT "HEALTHY" TO 97779

TEXT

MIND4HEALTH



**TO
65664**



Respond



Heal








Grow

Support for Professionals





Healthy Native Youth Implementation Toolbox: Phases and Steps

				
Gather	Choose	Prepare	Implement	Grow
<p>Gather input on youth interests and health priorities</p> <ul style="list-style-type: none">• Identify your community's needs and resources• Select your program setting	<p>Choose which criteria are most critical to your program</p> <ul style="list-style-type: none">• Select a program that aligns with your goals• Get approval if needed	<p>Prepare an implementation action plan that includes self-care</p> <ul style="list-style-type: none">• Order supplies, teaching tools, and incentives• Practice going through the curriculum & activities	<p>Implement your program with confidence!</p> <ul style="list-style-type: none">• Track your implementation journey• Assess student learning and experiences	<p>Grow with your program</p> <ul style="list-style-type: none">• Share successes and lessons learned• Keep the momentum going
<p>GET SUPPORT: Connect with community members for guidance and feedback</p>	<p>GET SUPPORT: Identify decision-makers</p>	<p>GET SUPPORT: Invite guest speakers and attend Community of Practice sessions</p>	<p>GET SUPPORT: Explore technical assistance and resource supports</p>	<p>GET SUPPORT: Collaborate with other youth programs</p>
<p>YOUTH VOICE: Gather input from youth and program participants</p>	<p>YOUTH VOICE: Seek input from youth and community</p>	<p>YOUTH VOICE: Recruit caregivers, youth and allies</p>	<p>YOUTH VOICE: Celebrate the youth</p>	<p>YOUTH VOICE: Stay connected beyond programming</p>



INTRODUCTION

WHERE DO I START?

THE BIG PICTURE



Get Tools From Our Implementation Toolbox

As a member of your community, you already know a lot about what your community needs to better support youth. Other members of your community – like youth, parents, teachers, youth advocates and school counselors – also have important perspectives and are vital decision-makers and champions when you select and implement a health ed curriculum.

The steps and tools in the Implementation Toolbox will help walk you through important phases in the planning process with ready-to-go templates, tips, examples, and words of encouragement.

[Start From the Beginning](#)[Find Your Best Starting Point](#)[See the Big Picture](#)

Raising Healthy Native Youth

Through Culturally Relevant Health
Education

<https://www.healthynativeyouth.org/>

ENGAGING. RELEVANT. EFFECTIVE.

HealthyNativeYouth.org contains health promotion curricula and resources for American Indian and Alaska Native youth. The curricula housed on our site promote positive youth development, embrace cultural teachings, and demonstrate evidence of effectiveness.

This site is designed for tribal health educators, teachers, and parents.



Template: Identify Youth & Community Partners Map

GATHER

Identify Youth Advocates and Community Partners



Get Support: This is a resource that can help you identify community partners and key decision-makers that can help support the delivery and implementation of your program. These partners may have resources or contributions beyond what you can think of, so stay open to learning about what they are doing and how they want to work together.

Instructions: In the left column, brainstorm potential and existing partners that can support your work. Include actual names or organizations, if you know them. There are a few categories written in to get you started and a few “Other” spaces that can be used for partners that don’t fit into the other boxes. In the right column, list ways these partners can support or participate in your programming.

Youth Advocates and Community Partners

Who can support the program?

How can they support the program?



Youth:



Families & Relatives:



Tribal Departments:



Decision Makers:
Health committee,
Tribal council



Schools: School
Board, Principal,
Teachers



Clinic & Health Staff:



Community Orgs:



Other:





Template: Community Needs and Resource Assessment

GATHER Community Needs and Resource Assessment



Use the “Community Needs and Resource Assessment” to help organize your outreach while you meet with partners to identify health priorities. There are several options included in the template that you can use to engage partners in the planning process, depending on your setting and audience. You will collect feedback from different audiences and c

The goal of a community needs and resource assessment is to und

- What youth, their families, and the broader community we
- What resources you have available to your program,
- What constraints or challenges may need to be addressed

To assist you in the process, we have included a planning template with the following steps.

- Step 1: Selecting Who to Engage in the Planning Process
- Step 2: Questions to Discuss
- Step 3: Sharing Your Findings

Instructions: Use this template to guide your planning process.

Sample Q's for Youth

Health Priorities and Ideas

1. What health topics are most important to you and your friends right now?
2. What health resources do you and your friends use in the community?
3. Are there any you avoid? Why?
4. What additional health resources do you wish our community had?
5. What ideas do you have that would make the health resources in our community better for teens and young adults?

Stories From the Field

From 2022-2024:

- 2566 new users
- 4564 page views

Stories from the Field



Michelle Singer

Oregon

Michelle Singer (Navajo), Healthy Native Youth Project Manager, shares her words of encouragement to inspire caring adults to support Native youth by selecting and implementing culturally-relevant programs.

Markham, C.M., et al. (2022). The *Healthy Native Youth Implementation Toolbox*: Using Implementation Mapping to adapt an online decision support system to promote culturally-relevant sexual health education for American Indian and Alaska Native youth. *Frontiers in Public Health*, 10:889924.



Community of Practice



The graphic is a vertical calendar for the 'Community of Practice' series. It features a light green background with a decorative border of colorful geometric shapes. A large, stylized flame-like logo in orange, red, and blue is on the right side. The calendar lists six events from December to June, each with a date, a title, and a brief description. At the bottom right, there is a QR code, a 'SCAN ME' button, a website URL, and contact information for NPAIHB.

COMMUNITY OF PRACTICE

DECEMBER 13 **SAFE SPACES 101**
Youth's learning environment & Healthy Boundaries (relationships & media) are key to creating safe spaces for youth. Come talk with us about it!

JANUARY 10 **2SLGBTQ+ 101**
Come hear how we can build strong communities that are inclusive within our 2SLGBTQ+ youth health programs.

FEBRUARY 14 **SEXUAL HEALTH 101**
Come hear the FAQ's & how to answer youth's sexual health questions, along with effective strategies for program delivery for persons with intellectual and developmental disabilities.

MARCH 13 **SWAB SQUAD TO THE RESCUE!**
Join our (affectionately named) Swab Squad and hear about HIV, Syphilis, and STD INDGI! Want The Kit at-home testing resources for your communities.

APRIL 10 **SUBSTANCE MISUSE 101**
Come get the breakdown of Substance Misuse 101 as well as resources and strategies for your community!

MAY 08 **BEING A GOOD RELATIVE 101**
Come join us as we lean into our Traditional Indigenous Knowledge; the know-how's and practices of being good relatives to each other with the intent of supporting our youth through adolescent health programming.

JUNE 12 **CELEBRATING CULTURE & COMMUNITY 101**
Come spend some time with us as we share our celebration strategies and discuss the important role the culture of our communities play in our adolescent health programming.

REGISTER HERE



SCAN ME

<https://www.healthynativeyouth.org/community-of-practice/>

CONTACT US
tdean@npaihb.org

NPAIHB

Every second Wednesday of the month at 12 pm Central time

- ★ 90-minutes
- ★ For: Tribal health educators, teachers, parents, prevention specialists; people who share a passion for improving the lives of Native youth

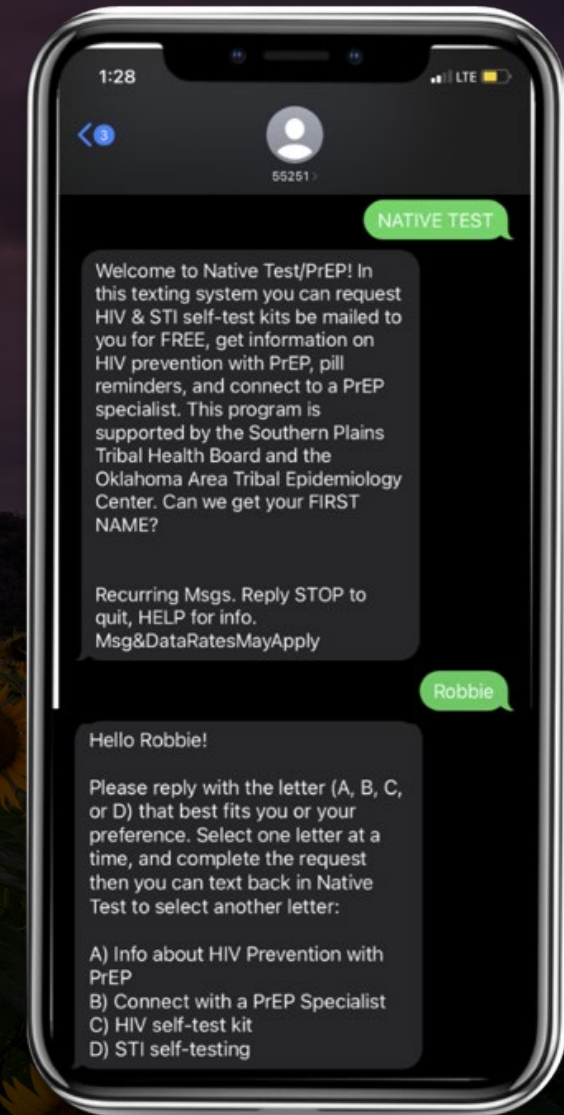


Access to HIV & STI Testing



Native Test Program Overview

- Nationwide distribution of self-test kits, reaching all 50 states
- 55 Community Partners across Indian Country
- Provides Native and Non-Natives 13 years or older with access to free HIV self-testing, information on PrEP, and free STI self-collection testing
- Over 5,679 HIV self-test kits distributed nationwide, in addition to over 55,528 condoms and educational materials.
- 29 Individuals linked to PrEP care




For More Information, Scan the QR Code

TEXT

**NATIVE
TEST**

TO 55251

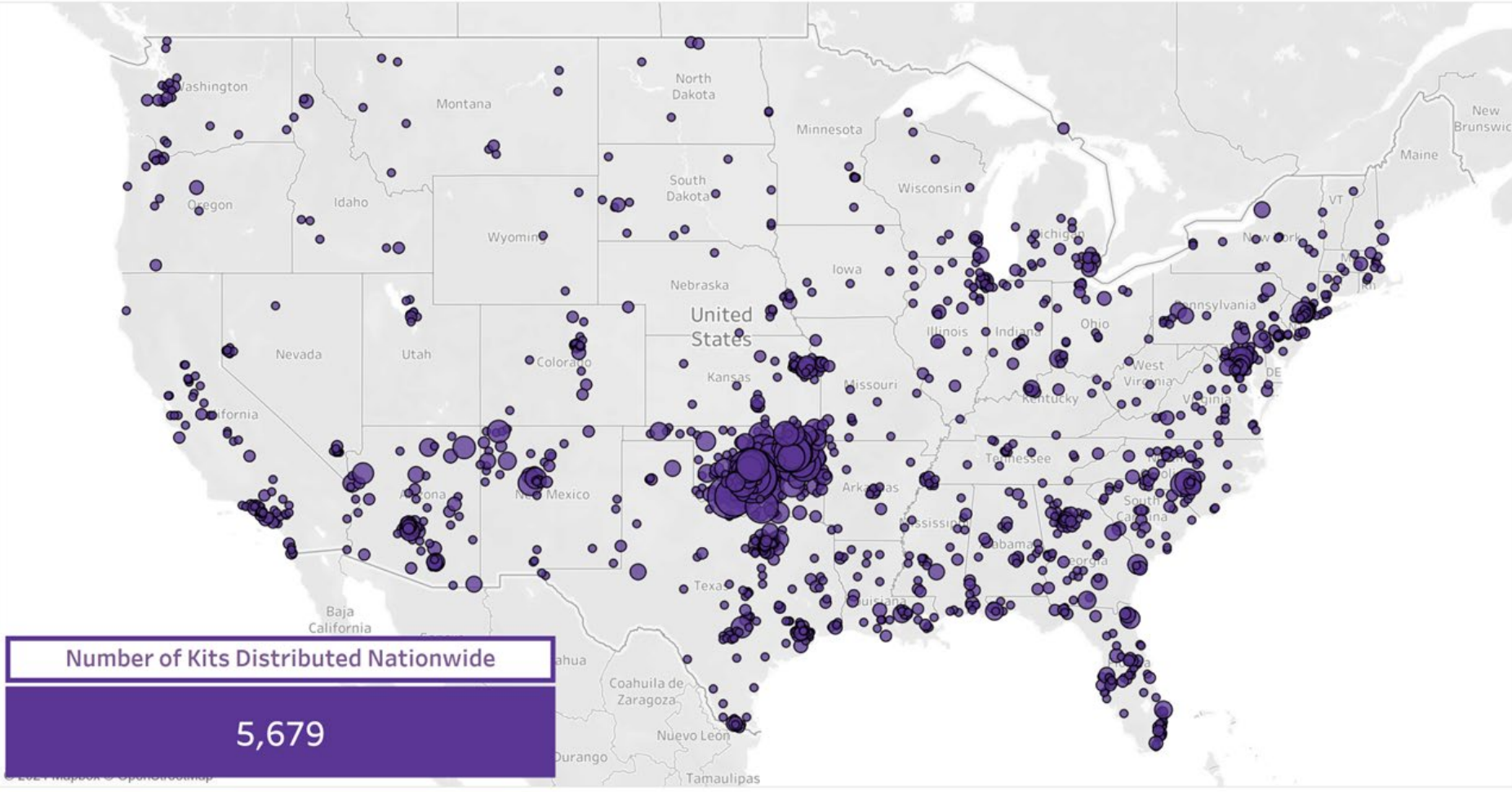


Scan me 

To get a rapid HIV and STI self-test kit
mailed to you for **FREE**

Native Test National Distribution

June 1, 2021 - January 15, 2024



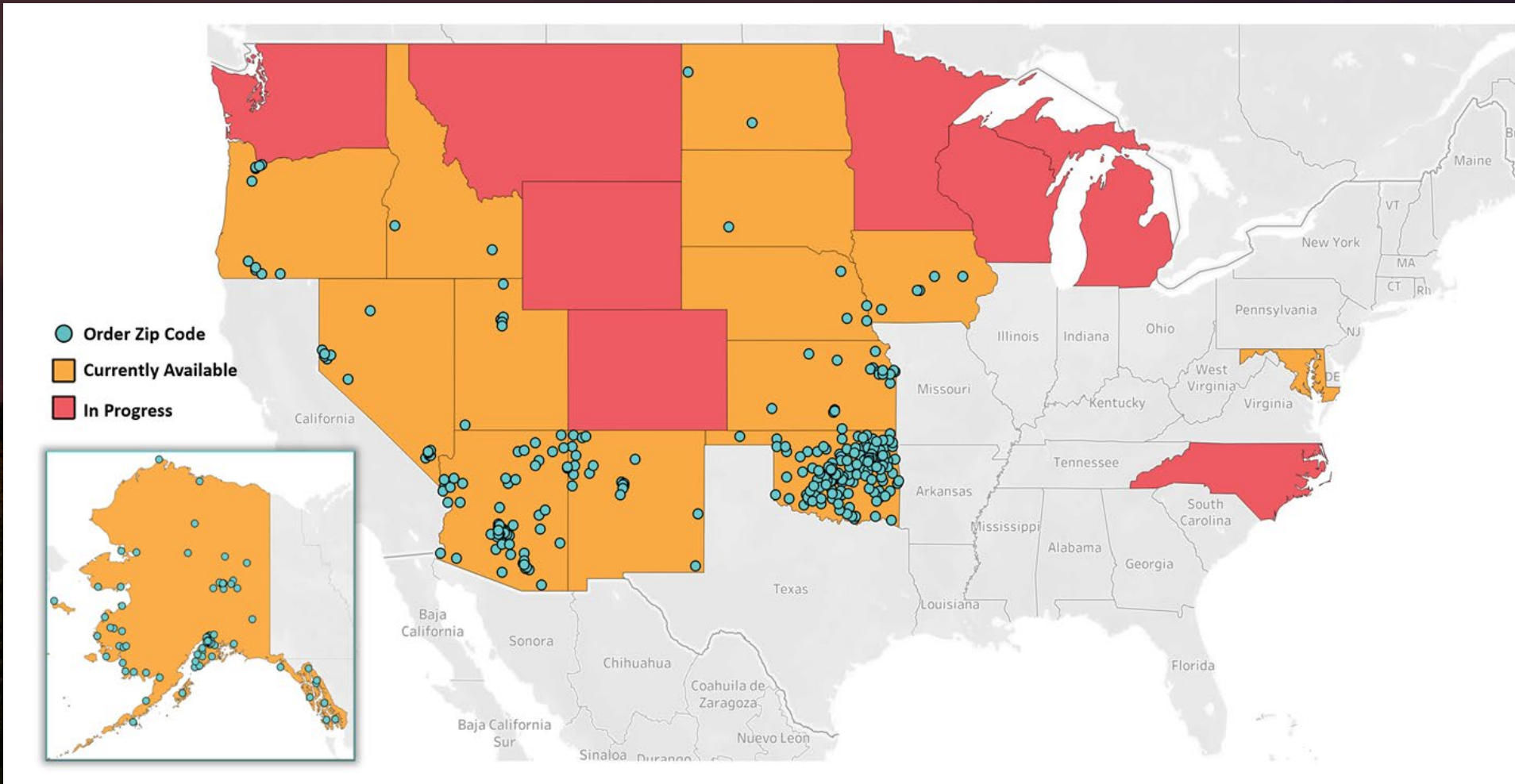
I Want the Kit (IWTK) Program Overview

The I Want the Kit (IWTK) Program offers free, accurate, and confidential in-home specimen collection and lab-based testing for two common STIs, Chlamydia and Gonorrhea, as well as Trichomoniasis testing for those assigned female at birth.

Syphilis, HIV, Hepatitis B, Hepatitis C, and Pregnancy testing is also available in Oklahoma, with more states coming soon. You can order by going online to iwantthekit.org or texting “NATIVE TEST” to 55251.



IWTK Distribution



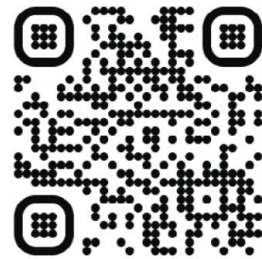
**Zip codes where orders were made indicated by dots*

For More Information, Scan the QR Code



Take Control. Know Your Status.

ORDER A **FREE**, CONFIDENTIAL **STI TEST KIT**



iwantthekit.org

COMMUNITY OF PRACTICE

SWAB SQUAD TO THE RESCUE! - MAR 13TH

Join our (affectionately named) Swab Squad and hear about HIV, Syphilis, and STD INDGI I Want The Kit at-home testing resources for your communities.

WHEN?

March 13, 2024

90-minute virtual gathering.

Start Times:

9:00 AK, 10:00 PST, 11:00 MST, 12:00 CST, 1:00 EST

CONTACT US

agaston-contractor@npaihb.org

tdean@npaihb.org

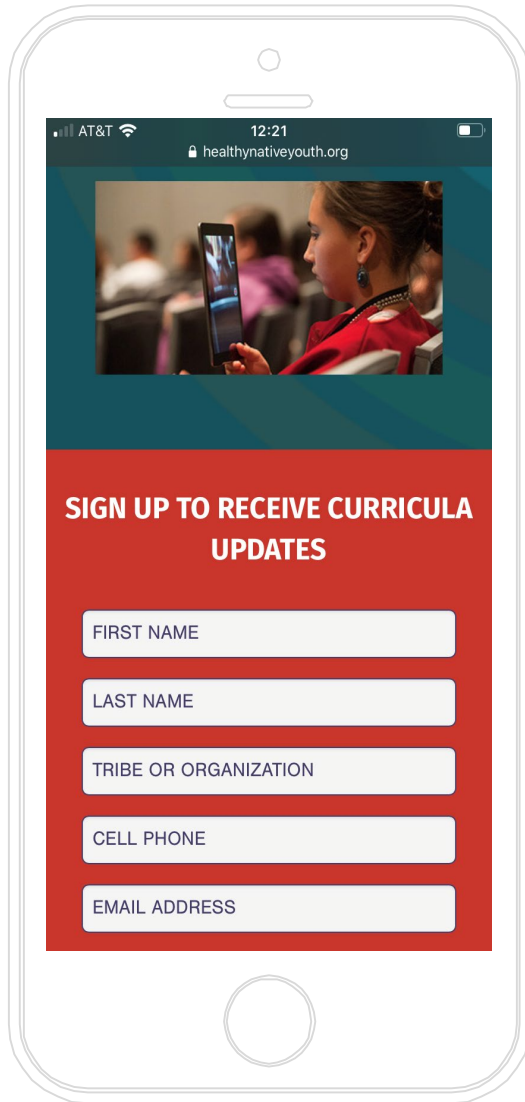
REGISTER HERE

<https://www.healthynativeyouth.org/community-of-practice/>



NPAIHB





HNY [Linktree](#) QR Code

Join the *Healthy* *Native Youth* Movement!

Sign up for [Newsletter](#)

- ★ Text "HEALTHY" to 94449
- ★ Follow us on Facebook, Instagram, Twitter, YouTube



Thank You!

Christine Markham Christine.Markham@uth.tmc.edu

References

1. Office of Minority Health. Profile: American Indian/Alaska Native (2022). <https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=3&lvlid=62>
2. U.S. Census Bureau. Facts for Features: American Indian and Alaska Native Heritage Month: November 2021 (2022). <https://www.census.gov/newsroom/facts-for-features/2021/aian-month.html>
3. Allen, J., Wexler, L., & Rasmus, S. (2021). Protective factors as a unifying framework for strength-based intervention and culturally responsive American Indian and Alaska Native suicide prevention. *Prevention Science*, 1-14. doi: [10.1007/s11121-021-01265-0](https://doi.org/10.1007/s11121-021-01265-0)
4. Clayton HB, Kilmer G, DeGue S, et al. Dating Violence, Sexual Violence, and Bullying Victimization Among High School Students —Youth Risk Behavior Survey, United States, 2021. *MMWR Suppl* 2023;72(Suppl-1):66–74.
5. CDC 2020. Summary Health Statistics: National Health Interview Survey: 2018. Table A-15a. <https://www.cdc.gov/nchs/nhis/shs/tables.htm>
6. Styne DM. Childhood obesity in American Indians. *J Public Health Manag Pract*. 2010;16:381–387.
7. Ogden CL, Carroll MD, Kit BK, Flegal KM. Prevalence of childhood and adult obesity in the United States, 2011–2012. *JAMA*. 2014;311:806–814.
8. Dabelea D, Mayer-Davis EJ, Saydah S, et al. Prevalence of type 1 and type 2 diabetes among children and adolescents from 2001 to 2009. *JAMA*. 2014;311:1778–1786.
9. Martin JA, Hamilton BE, Osterman MJK. Births in the United States, 2017. *NCHS Data Brief*. (2018) 318:1-8.
10. Centers for Disease Control and Prevention. HIV in the United States by Race/Ethnicity: HIV Incidence <https://www.cdc.gov/hiv/group/raciaethnic/other-races/incidence.html>
11. Indian Health Service and Centers for Disease Control and Prevention. *Indian Health Surveillance Report - Sexually Transmitted Diseases 2015*. Rockville, MD: U.S. Department of Health and Human Services (2018).
12. Craig Rushing S, Stephens D, Shegog R, Torres J, Gorman G, Jessen C, et al. (2018). Healthy Native Youth: Improving access to effective, culturally-relevant sexual health curricula. *Front Public Health*. 6:225. doi: [10.3389/fpubh.2018.00225](https://doi.org/10.3389/fpubh.2018.00225)
13. Shegog, R., Craig Rushing, S., Gorman, G., Jessen, C., Torres, J., Lane T., Gaston, A., Revels, T., Williamson, J., Peskin, M.F., d’Cruz, J., Tortolero Emery, S.R., Markham, C.M. (2017). NATIVE-It’s Your Game: Adapting a technology-based sexual health curriculum for American Indian and Alaska Native youth. *Journal of Primary Prevention* 38(1-2):27-48.
14. Shegog R, Craig Rushing S, Jessen C, Lane T, Gorman G, Torres J, et al. (2017). Native It’s Your Game: Improving psychosocial protective factors for HIV/STI and teen pregnancy prevention among youth in American Indian/Alaska Native communities. *J Appl Res Child*, 8(1): Article 3.
15. Russell ST, Pollitt AM, Li G, Grossman AH. (2018). Chosen Name Use Is Linked to Reduced Depressive Symptoms, Suicidal Ideation, and Suicidal Behavior Among Transgender Youth. *J Adolesc Health*, 63(4):503-505. doi:[10.1016/j.jadohealth.2018.02.003](https://doi.org/10.1016/j.jadohealth.2018.02.003)
16. Markham, C.M., Craig Rushing, S., Manthei, J, Singer, MS, Jessen, C., Gorman, G., Singer, M., Peskin, M., Hernandez, B., Sacca, L., *Evans, G.S., *Luna-Meza, C., Merritt, Z., Shegog, R. (2022). The Healthy Native Youth Implementation Toolbox: Using Implementation Mapping to adapt an online decision support system to promote culturally-relevant sexual health education for American Indian and Alaska Native youth. *Frontiers in Public Health*, 10:889924.