



New Investigator Projects

Summer 2017

Update By: Dr. Norria Brice and Dr. Mary-Anne Reynolds
Increasing Awareness of Heart Health in Native Americans in Northern Arizona:
CAIR Community Education Project

Drs. Brice and Reynolds have participated in two Tuba City swap meets this spring presenting culturally adapted educational materials and activities relating to heart healthy diet and nutrition, and learning about cardiac risk factors and signs and symptoms associated with Acute Coronary Syndrome (ACS). Approximately 300 participants of all ages observed the preparation and then sampled heart healthy fry bread and chicken stew. Many taking home heart healthy recipes. Participants also played “spin the wheel” by answering questions related to cardiac risk factors and signs and symptoms of ACS. Prizes included healthy foods and drinks, as well as gift cards to Basha’s grocery store. A healthier option of fry bread of which the main ingredient was wheat flour was made, and it was then fried it up in canola oil and served samples to the participants. In April, they presented a poster describing their CAIR project at the Western Institute of Nursing Conference in Denver.



Healthy Hearts for Native Americans Swap Meet

