Chinle Service Unit
Navajo Area
Indian Health Service
Chinle Hospital

Tsaile Health Center

Pinon Health Center
Spider Rock-
Canyon De Chelly
The Navajo Reservation
25,000 square miles in size
The Navajo Nation

- Second largest federally recognized tribe in the United States (Cherokee being first)
- Approximately 298,000 members nationwide
- 168,000 members reside on the reservation
- Half of the population is under age 25
  - Growth rate is nearly 4x that of the U.S.
Census Information

• **1990**
  - 50% without running water/electricity
  - Less than 20% have a telephone
  - 40% speak English less than “very well”

• **2000**
  - 70% with access to clean running water.
  - 40% of homes now with telephone access
    - *Greater number if cell phones included*
  - 25% speak English less than “very well”
Census Information

- **1990**
  - 55% of population below Federal Poverty Line.
    - Unemployment rate of 30%
  - 40% over the age of 25 have a high school degree

- **2000**
  - 40% of population below Federal Poverty Line.
    - Unemployment rate of 25%
  - 56% over the age of 25 have a high school degree
2000 Census Information

**Navajo**
- Median Age 24
- Annual Per Capita Income $7,269
- Persons Living Below Poverty Level: 42.9%
- Unemployment Rate: 25.1%
- Persons with HS Diploma > 25 years old: 55.9%

**US**
- Median Age 35
- Annual Per Capita Income $21,587
- Persons Living Below Poverty Level: 12.4%
- Unemployment Rate: 5.8%
- Persons with HS Diploma > 25 years old: 80.4%
2000 Census Information

**Navajo**
- Language spoken at home other than English: 93.2%
- Housing lacking plumbing: 31.9%
- Housing lacking phone: 60.1%
- % Using Wood for Heat: 54.3%

**US**
- Language spoken at home other than English: 17.9%
- Housing lacking plumbing: 0.6%
- Housing lacking phone: 2.4%
- % Using Wood for Heat: 1.7%
Canyon De Chelly
Chinle Service Unit

- Centrally located on the Navajo Reservation
  - Northeast Arizona
  - Canyon De Chelly
- Indian Health Service site since 1955
  - Chinle Comprehensive Health Care Facility dedicated in 1982
- Serves roughly 34,000 patients
- 716 Full Time Employees
- Many patients travel 100 miles round trip to clinic
Chinle Service Unit

- Chinle Comprehensive Health Care Center
- Tsaile Health Center
- Pinon Health Center
- Adolescent Clinics
Chinle Comprehensive Health Care Facility

- Full Service Community Hospital
- 60 beds
  - 12 bed Pediatric Care Unit
  - Nursery
  - 24 bed Adult Care Unit
  - 4 bed Special Care Unit (Adult)
  - 16 bed Obstetrics Care Unit
- ED – 25,000 visits per year / staffed 24hrs / 9 beds
- Admitting facility for several area clinics
Chinle Comprehensive Health Care Facility

• 2005 Statistics
  – 179,407 Outpatient Visits
  – 124,285 Primary Care Visits
  – 14.5 Physicians Per 10,000 census population
  – 2,795 Adult / Pediatric Discharges
  – 592 Newborn Discharges
Chinle Hospital
ER Entrance
Internal Medicine and Family Practice

• Outpatient
  – Adult and Family Practice Clinics
  – Mixture of acute and continuity care
• Inpatient Hospitalist
  – One week every 1-2 months
  – 2 Adult providers on service each week
• Call
  – One night per week
  – One weekend per month
Family Practice

- Full Spectrum Practice
- Family Practice Clinic
  - Adult
  - Pediatrics
- OB/GYN (not required)
- Labor and Delivery
Our Population is Growing

- Birth Rate Per 100,000
- NAIHS
- US

Specialty Services

• Exercise Treadmill Testing
• Chest Clinic (Latent and Active TB)
• Pacemaker Clinic, Fracture Clinic
• Acupuncture Clinic
• Clinical Services for the Extended Care Facility and the Home for Adults / Children with Exceptional Needs
Sub-Specialty Services

- Visiting MDs from Farmington, Gallup,
- Flagstaff, Phoenix, Tucson
  - Nephrology
  - Rheumatology
  - Cardiology
  - Neurology
  - Orthopedics
  - Pediatric Pulmonology, Genetics, Cardiology, Neurology
Leading Causes of Mortality

- Unintentional Injuries 22%
- Heart disease 16%
- Cancer 12%
- Pneumonia/Influenza 6%
- Diabetes 6%
Diabetes Prevalence

<table>
<thead>
<tr>
<th>Year</th>
<th>Rate Per 100 Users</th>
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<tbody>
<tr>
<td>1997</td>
<td>13.8</td>
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<tr>
<td>2001</td>
<td>17.4</td>
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<td>2002</td>
<td>18.3</td>
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Age Specific Diabetes Prevalence

<table>
<thead>
<tr>
<th>Age Group</th>
<th>FY 1998</th>
<th>FY 2004</th>
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<tbody>
<tr>
<td>All Ages</td>
<td>5</td>
<td>7</td>
</tr>
<tr>
<td>Under 20 Yrs</td>
<td>3</td>
<td>4</td>
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<tr>
<td>20-44 Yrs</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>45-64 Yrs</td>
<td>20</td>
<td>30</td>
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<tr>
<td>Over 64 Yrs</td>
<td>30</td>
<td>40</td>
</tr>
</tbody>
</table>
Behavioral Health

![Graph showing rates of Homicide, Suicide, and Alcoholism per 100,000 population for NAIHS 1996-1998 and US 1997.]

- **Suicide**: NAIHS 1996-1998 = 16.8, US 1997 = 10.6

Rate per 100,000 population.
Unique Pathology

- Infectious Disease
  - Hantavirus Pulmonary Syndrome
  - Plague
  - Black Widow & Snake Bites!
- Chronic Lung Disease (not COPD)
- Uranium Exposure
- Rheumatic Disease
- Navajo Neuropathy
Medical Education

• Up to 6 students or residents per month
• IM/FP/OB-GYN Ambulatory Rotations
• Allied Health Students (Pharmacy, Rehab, Midwifery, Nursing)
• Housing, travel stipend provided
Canyon De Chelly National Monument
Life in Chinle

- Elevation Range 5,500 – 9,000 ft
- Semi desert plateau with wooded mesa, mountain ranges, canyons and valleys
- Temperature range 0 – 90 degrees F
  – (with low humidity)
- Annual rainfall 8.5 inches
- Seasons: Winter, Wind, Sun, Monsoon
Three Turkey Ruins
Life in Chinle

• Activities:
  – Ultimate Frisbee
  – Book Clubs / Film Nights
  – Wellness Center
  – Potlucks
  – Hiking, biking, kayaking, fishing, rock climbing, skiing
The Flying Goatheads
(Ultimate Frisbee)
Chinle “Window Rock”
Life in Chinle

- Services
  - Basha’s Supermarket / Tucson Co-op
  - Restaurants
    - Garcia’s, Junction, Thunderbird, fast food
  - Wells Fargo Bank, US Post Office
  - Video Rental
  - Churches
  - DSL Internet
Some of our government housing…

Chinle

Pinon
Checking out the ball field
Native Culture in Chinle

- Rodeos, pow-wows, ceremonies
- Dine Community College – weaving classes, language classes and Native literature classes
- Native food
- Native crafts and craft fairs
- Hiking the canyon with a Navajo guide
Pinon Health Center

• Outpatient Clinic
• 15 exam rooms
• 4 Optometry exam rooms
• 14 Dental bays
• Large Physical Therapy area
• Large Pharmacy Area
Life in Pinon

• Elevation Range 5,500 – 9,000 ft
• Semi desert plateau with wooded mesa, mountain ranges, canyons and valleys
• Temperature range 0 – 90 degrees F – (with low humidity)
• Annual rainfall 8.5 inches
• Seasons: Winter, Wind, Sun, Monsoon
Life in Pinon

• Activities:
  • Book Clubs / Film Nights
  • Potlucks
  • Gardening
  • Fire pits
  • Hiking, rock climbing, camping, biking, and cross country skiing all in the backyard
  • Downhill skiing, kayaking, rock climbing, and fishing are all within a few hours
Pinon Health Center Departments

- IM, FP, Peds
- OB/GYN, CNMs
- Counseling
- Dietary and Community Nutrition
- Dental
- Health Promotions
- Laboratory and X-ray
- Native Medicine
- Optometry
- Pharmacy
- Physical Therapy
- Podiatry
- Public Health Nursing
Petroglyphs
Life in the Four Corners

• Skiing
  – Southern Colorado: Telluride, Durango, Wolf Creek
  – Northern New Mexico: Taos
  – Salt Lake City, Utah: Park City
  – Northern Arizona: Snow Bowl
• Mountain biking – Moab, Durango
• Ice climbing – Ouray
• Hiking/canyoneering – Grand Canyon
• White water rafting – Green River, Colorado River, San Juan River
Hanging Ladders Trail!
Twin Trails – Canyon De Chelly
Telluride, Colorado
Life in the Four Corners

- National Parks – Canyonlands, Arches, Mesa Verde, Bryce, Zion, Capitol Reef, Monument Valley, Grand Canyon, Chaco Canyon, and MORE!!
- Hubbell Trading Post Historical Site
- Nearest Cities – Flagstaff, Albuquerque, Phoenix, Sedona, Las Vegas
Grand Canyon