

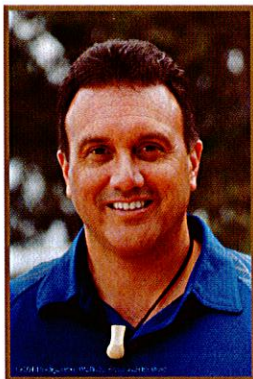


## Keawe 'aimoku Kaholokula, PhD, visits the UW

**By Matthew Town, MPH  
(Choctaw Nation of Oklahoma)**

When I first saw the announcement that Keawe was going to speak at UW, I got excited. It was the same kind of excitement that people get when their

favorite music group is coming to town and they can't wait to see the show. I know...I know...I'm a nerd like that. I



suppose it is also important to let you know that I am not a part of the UW community, but I am a part of the IWRI family, by way of the Indigenous Substance Abuse, Medicines, and Addictions Research Training program (Principal Investigators Karina Walters and Tessa Evans-Campbell). I'm a PhD candidate in the Department of Sociology at Portland State University.

Though I attended Keawe's presentation at Kane Hall on February 12, 2014, and the student Question and Answer luncheon on February 13, I was also fortunate to have had the opportunity to speak with him one-on-one. We discussed our research interests, upcoming projects, what I was intending on doing after my program, people we know in Hawai'i and Portland, and we "talked story." What I took away from these interactions with Keawe was more than networking or relationship development, but rather that Keawe is a good role model—a good indigenous role model within

the academy. Though he might see it differently, his research appears to balance his involvement within the Native Hawaiian community as well as within the academy. I thought his mentorship, which was highlighted over the student Question and Answer luncheon, was candid and direct, while at the same time, supportive and practical. I was honored to have had the opportunity to meet Keawe, to "talk story," and know that he and I are connected by way of our IWRI family. Keawe, if you are reading this, I look forward to meeting again and collaborating on a project together.

—Matthew Town graduated

*from Black Hills State University with a Bachelor's in Sociology and Oregon State University with a Master's in Public Health with an emphasis in Global Health. Matthew is pursuing his Ph.D. at Portland State University in Sociology and Social Inequality.*



used to develop study materials and protocols. The study offers a new health program in hopes of helping community members protect themselves against diabetes, obesity, and depression. The program is designed to promote adherence to positive health behaviors and has been culturally adapted to address depressive symptoms in American Indians who are pre-diabetic or have diabetes. The goals of this study are to improve symptoms of depression, which may be a barrier to taking care of one's diabetes. Poorly controlled diabetes can in turn lead to cardiovascular-related health problems. IWRI researchers will measure how the program affects self-treatment for diabetes, food and exercise habits, symptoms of depression, weight, blood pressure, and blood test results like cholesterol and blood sugar.

The first year of the project was spent developing the protocols and procedures, creating the culturally-adapted program curriculum, and gathering community feedback. The second year of funding saw the launching of the project and the active recruitment of local participants. The study is expected to run through 2015. "Healthy Hearts, Healthy Minds" is led by Karina Walters, PhD, and June LaMarr, PhD, with staff members Michelle Tiedeman, Yvette Pinkham, MSW, and Rachelle McCarty, ND, MPH. The project is administered through IWRI and is funded by the National Institute on Minority Health and Health Disparities (#P60MD006909 subproject 5702).

For more information on the project, see the project page on <http://iwri.org>.

## Healthy Hearts, Healthy Minds Study Launched

**Rachelle McCarty, ND, MPH**

The "Healthy Hearts, Healthy Minds" research study was designed to improve the cardiovascular health of a Northwest American Indian population. Local community resources and input from tribal members were

