



YOUR HEALTH MATTERS TO YOUR FAMILY & COMMUNITY



SUN SAFETY AWARENESS

Why It Matters

- AI/AN people have the 2nd highest skin cancer rate in the U.S.
- Melanoma cases may be underreported due to misclassification of AI/AN people

Prevention Tips

- Use SPF 30+ sunscreen
- Wear hats, long sleeves, and sunglasses
- Seek shade (especially 10 AM–2 PM)



SARCOMA AWARENESS



What is Sarcoma?

Cancer that starts in the body's soft tissues or bones.

Why It Matters

- AI/AN people have a 36% higher risk of dying from sarcoma
- Later diagnosis can lead to poorer outcomes

Prevention & Early Detection

- Watch for new or growing lumps, swelling, or ongoing pain
- Get symptoms checked early
- Keep up with regular check-ups and referrals

MENTAL HEALTH AWARENESS

Why It Matters

- Highest suicide rates among racial/ethnic groups
- 91% higher suicide death rate than the U.S. population
- 2.5× higher psychological distress

Support & Prevention

- Talk with family, elders, or trusted community members
- Reach out to Tribal health, IHS, or local providers
- Stay connected to culture and community



Together, we can build healthy communities!

Connect with your Tribal Patient Navigator, Lisa Niels, for more information: lniels@chehalistribe.org (360) 709-1741.