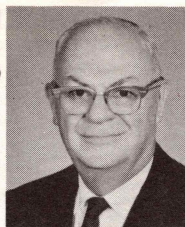


B. E. McBrayer, M.D.



With this first issue of 1967 may I, on behalf of all the personnel in the Area Office, wish you, our readers, a very successful, worthwhile and happy New Year. As we leave 1966, I hope that most of your thoughts in retrospect are pleasant ones.

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Many of you responded to my questionnaire of some months ago concerning our Area publications, "Talking Leaves," and "PHS Personals." It was evident from the replies I received that "Talking Leaves" was well liked and appreciated, but also many worthwhile suggestions were submitted.

As a result of your response I have decided to place our efforts in preparing and distributing this publication once a month.

We shall attempt to bring you information concerning many aspects of our program with articles written by the people who are responsible for such activities.

Editorializing will be held to a minimum and will be prepared by the Indian Health Area Director.

We will also hope to give you more information of the various Service Units, the programs they carry out, the services they

INDIAN HEALTH AREA DIRECTOR'S REGULAR  
MONTHLY COLUMN IS CONTINUED ON PAGE 2

# TALKING LEAVES

U. S. Department of Health, Education and Welfare; Public Health Service  
Division of Indian Health; Oklahoma City Area

Vol. XII, 1

January 1967

## NUTRITIONIST ADDED AT TALIHINA

### Indian Health Program Expands

By

Miss Doris P. Longman, Chief  
Area Nutrition and Dietetics Branch

Public health nutrition services are being augmented in this Area when Miss Agnes Schulz becomes Public Health Nutritionist for the Talihina Service Unit this month.

Consultant services have been provided previously by the Area Office since 1960, and prior to that through the Washington headquarters office of Division of Indian Health. With the appointment of Miss Schulz there can be more focus on nutrition in the 16 county Talihina Service Unit.



Miss Agnes Schulz, new Nutritionist for Talihina Service Unit, is shown with Miss Doris Longman, Chief, Area Nutrition and Dietetics Branch in Area Office.

Miss Schulz, rt., formerly Nutrition Consultant, Division of Maternal and Child Health, Oklahoma State Department of Health, has been with the County Health Department, San Angelo, Texas, for the past year.

Service Unit Directors and other medical officers at Talihina have said that poor nutrition is one of the Indian's greatest problems.

Miss Schulz is well known in Oklahoma from her years with the Oklahoma State Department of Health. She brings a wealth of experience to the job and also a fundamental knowledge of Oklahoma that will stand the Talihina Service Unit in good stead. She is a graduate of Oklahoma State University and obtained a Master's degree from Western Reserve University in Cleveland, Ohio.

Though her office will be at the hospital, the nutritionist will be a part of Field Medical Services, thus expanding services outside the hospital walls. She will be concerned with preventive health services particularly, and will help all staff to keep up-to-date in nutrition. She will also teach patients in

Continued Next Page



## Plain Talk Continued

IHAD, from Page One

render, and something of the people who have the responsibility for programs.

Changes in policy, personnel, resources, and regulations will be explained in the best way we know.

Our mailing list has been revised to assure that all current tribal leaders will receive copies of "Talking Leaves."

Every effort will be made to have this prepared in such a way that it will be informative, newsy and worthwhile.

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We have been much encouraged in the past few months with successful meetings with Indian groups in many parts of our widespread Area. The development of Health Committees gives our Service Unit and Area personnel an opportunity to discuss programs and problems, to learn to know one another better, and to reach a common level of understanding. The end result will enable all of us to do our jobs better.

Again, best wishes and thanks to all of you for your cooperation.

Sincerely yours,

*Benjamin E. McBrayer, M.D.*  
Benjamin E. McBrayer, M.D.



Buy U.S. Savings Bonds to retire on!

## NUTRITION AND DIETETICS PROGRAM EXPANDS ---

From Page One

clinics, supplementing the teaching of Miss Eunice Cormack, Chief Dietitian at the Indian hospital.

Nutrition is a dynamic subject with new findings constantly being added. There is also much misinformation on nutrition disseminated through advertising that needs combatting. The staff at Talihina welcomes this extension of health services.

### NUTRITIONISTS AND DIETITIANS

#### WORK TOGETHER

The nutrition and dietetics program in Indian Health provides a unique opportunity for public health nutritionists and dietitians to combine their talents to serve the Indian people in both prevention of illness and treatment of patients. The field nutritionist studies the nutrition problems of the community and counsels and works with the doctors, dentists, public health nurses, social workers, health educators, Extension workers, and with other health disciplines and agencies, in improving the nutrition of the Indian community. The dietitian is especially concerned with the nutrition of the hospitalized patient and management of the dietary department. She works closely with the doctors and with other hospital staff in seeing that the patient receives his proper diet and is instructed about his diet.

The nutritionist and the dietitian supplement each other. They well may work

with the same patient, the dietitian in the hospital and the nutritionist working with other field staff in providing follow-up of the patient after he leaves the hospital.

In the hospital nutrition education is also carried on by physicians and nurses. In the field the public health nurse does considerable nutrition education.

### BEDSIDE INSTRUCTION



Mrs. Janice Byrd, Chief Dietitian, new to PHS Indian Hospital, Tahlequah, during this past year, is shown discussing diet with a Cherokee patient.

Mrs. Byrd has been invited to meet with the doctors at the hospital regularly this year to discuss the principles of diet therapy.

Service Units where there are no nutritionists or dietitians, rely on the director of nursing at the hospital and the food service supervisor for hospital food service management. Direction is provided by the nutrition and dietetic consultants from Area Office.

### HOSPITAL DIETARY DEPARTMENTS

#### ARE IMPROVED

Miss Hazel Bolton, Area Dietary Consultant, has done a yeoman job these last several years in establishing the nutritional and cost accounting system for

Talking Leaves





A member of the Delaware tribe is shown receiving diet instruction from Miss Margaret Kellert, Chief Dietitian, at PHS Indian Hospital, Claremore.

Miss Kellert has just completed a highly successful year as President of the Oklahoma Dietetic Association.

hospital food supplies; in providing floor plans for dietary departments, and in getting much-needed approved equipment for the kitchens; in helping to recruit dietitians; to train dietary employees; and to assist in developing the Area program in other ways.

**ED. NOTE:** For photo of Miss Bolton see Page Four "Talihina Planning Discussed" under caption "Improved Medical Care Objective in a Parley With Architect at the Oklahoma City Office."

With medical and nursing staff from Talihina, she is reviewing schematic drawings to help hospital construction meet Indian Health program needs.

Food service supervisors and food service workers in all eight hospitals are very important to the nutrition and dietetics program and are considered in program planning. As the hospital dietary department becomes

adequately staffed, the dietitian and the nurse are freed to do more patient education.

#### FOUR HOSPITALS HAVE DIETITIANS

The four larger hospitals of the Oklahoma City Area (Claremore, Lawton, Tahlequah and Talihina) each have a dietitian. Mrs. Ellen Wapp, Chief Dietitian at the Lawton hospital, who is an Absentee Shawnee Indian, is presently involved in preparation for moving her department into the new hospital. Miss Eunice Cormack, Chief Dietitian at Talihina, has just completed a detailed study of dietary department staffing requested by Division of Indian Health. It is part of a study being made at the School of Business Administration, The University of Michigan.

Patient education is recognized to be a great need. The person who is ill most often needs diet counseling. Taking the proper diet in the hospital and at home can be important in preventing return as a hospital patient. More nutrition education is needed also in helping to develop a healthier new generation. Hospital and field health staff are involved in teaching the prenatal patient about her diet and mothers of infants about what to feed the baby. With a nutritionist in the field we can develop nutrition education further.

#### DR. CARRUTH J. WAGNER TELLS

##### PUBLIC HEALTH NUTRITION DIRECTORS

Dr. Carruth J. Wagner, Director, Bureau of Health Services, (then Chief of Division of Indian Health); speaking before the Association of State and Territorial Public Health Nutrition Directors, in October of 1965, said:

"Malnutrition among Indians and Alaska Natives occurs as a problem per se such as in anemia, obesity and emaciation and in periodic cases of kwashiorkor and marasmus. Malnutrition more often occurs as a major contributing factor to many other health problems and illnesses.

"Poor nutritional status increases susceptibility to a wide variety of infections and acute and chronic illnesses and reduces the capacity to recover. Repeated episodes of disease deplete nutritional reserves further, retarding physical and mental growth and development in children. Inadequate understanding of the relationship of nutrition to health, together with cultural, economic and social factors, contributes to increasing numbers of nutritional problems reported among Indians."



(For internal administrative use only)

Request information from

Benjamin E. McBrayer, M. D.

Indian Health Area Director

Editor, Sula Saltzman Goodman

Area Public Information Specialist

## SERVICE UNITS

Cherokee, N.C.	Will L. Nash, M.D.
Philadelphia, Miss.	M. A. Dawson, Jr. M.D.
Claremore, Okla.	William D. White, M.D.
Clinton, Okla.	J. Gail Neely, M.D.
Lawton, Okla.	William J. Atkinson, M.D.
Pawnee, Okla.	Howard Goldberg, M.D.
Tahlequah, Okla.	Emerson D. Farley, M.D.
Talihina, Okla.	Ralph C. Bailey, M.D.
Shawnee, Okla.	Kermit S. Dugan, M.D.
Haskell Institute	Kenneth L. Koehn, M.D.

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## IMPROVED MEDICAL CARE OBJECTIVE IN A PARLEY WITH ARCHITECT AT THE OKLAHOMA CITY OFFICE



Facing the architect over proposed drawing of plans for remodeling of Talihina hospital, dietary, nursing and medical personnel confer with Mr. Spaan who is sitting at right, and his Assistant Chief, Area Construction and Maintenance, Perry Tennison, who is standing at left.

## Talihina Planning Discussed

John H. Spaan, III, Chief

Area Construction and Maintenance

Preliminary drawings for the modernization and remodeling of the Talihina Indian Hospital were reviewed with representatives of the Choctaw and Chickasaw Nations at Talihina December 15, 1966. Harry J. W. Belvin, Principal Chief, Choctaw Nation, Mrs. Overton James, and Mrs. B. H. Roach, representing

Mr. James, Governor, Chickasaw Nation, attended the conference.

Dr. Ralph Bailey, Service Unit Director, Talihina, explained the proposed changes and how service would be improved when all the work is done.

Dr. B. E. McBrayer, Indian Health Area Director, and Mr. Calvin Beames, Chief, Area Office of Tribal Affairs, were also present.

## CHOCTAW AND CHICKASAW TRIBAL REPRESENTATIVES REVIEW ARCHITECT'S DRAWING FOR REMODELING



At PHS Indian Hospital, Talihina, three Indian leaders meet with Indian Health Area Director, Chief, Office of Tribal Affairs, and Service Unit Director to study remodeling plans for Indian hospital which is on land given by Choctaws.

Dr. McBrayer explained that this was a step ahead in our planning to provide better services to the Indian beneficiaries in the Talihina Service Unit. Dr. Bailey pointed out the various changes that are being proposed and the improvement that would result.

Mrs. James, Mrs. Roach and Chief Belvin indicated that they were very pleased with the planning and the prospects for the future. Area and Service Unit personnel appreciated the opportunity to present this planning phase in an effort to promote better understanding of the program and progress that is being made.