

1                   Anyways, I'm sorry to take you away from this  
2 conference. But let me bring you back to Nia, and she will tell  
3 you about her program. Thank you.

4 Pacific Diabetes Education Program

5 BY MS. NIA AITAOTO:

6                   (Speaking in foreign language.) Welcome from the  
7 beautiful island of Yap. Many of you never seen Yapese before.  
8 As you can see, we're very gorgeous and beautiful people.

9                   (Audience interruption) honor my culture by saying  
10 "kuro." [Phonetic.] Kuro is a word that when we're talking to  
11 another elder, we bend down and talk. That's (indiscernible) of  
12 respect.

13                   With that spirit and in that note, I would like to say  
14 kuro to our traditional leaders who are here. I would like to  
15 say kuro to our FAPE-based leaders who are here. I would like  
16 to say kuro to our elders who are here, and I would like to say  
17 kuro to all the women who prosper and nourish (indiscernible).  
18 So thank you very much.

19                   Now on to my presentation. The word (indiscernible).  
20 So the word (indiscernible) describes -- to many people, the  
21 word -- you know, words that you use have a conceptual framework  
22 for your Ph.D. dissertation -- the word that we use as a buzz  
23 word so you can get money to serve Micronesians.

24                   But ask Micronesians, the word is very tangible. I  
25 wake up in the morning (indiscernible). And we go to bed

1 (indiscernible). So I'm gonna cry. People never see me cry.  
2 All people know me; they know I'm tough.

3 But anyway, (indiscernible) talking about my people,  
4 it's very tough to talk about my people because, you know, we  
5 use that word, but it's real. It's real to me and it's real to  
6 all of us here.

7 In that note, what can you do about it as  
8 Micronesians? What I can say right now, I'm here as a provider,  
9 you know, as a health professional. But I'm not gonna sit --  
10 stay on this (indiscernible). I'm gonna sit on a different  
11 (indiscernible). I'm gonna (indiscernible).

12 My words come from my voice as a Micronesian. So  
13 please excuse me if you invited me as a professional, but I'm  
14 gonna talk about my issues as a Micronesian woman and  
15 Micronesian (indiscernible).

16 I only have 15 minutes. Or is it half an hour?

17 MS. HOWARD: 12 minutes.

18 (Talking over each other.)

19 CONTINUED BY MS. AITAOTO:

20 (Indiscernible). So if you want to know the  
21 statistics, I (indiscernible) Department of Health. You can  
22 talk to her about statistics.

23 What I'm here, I'm talking about health service  
24 providers who are serving Micronesians here. And my message to  
25 you is that, you know, all the barriers and all the things you

1 hear up here, the solution is in the community. You go to your  
2 communities (indiscernible).

3 I only have a few minutes, but I have a great example  
4 for you. I am part of a great group called Micronesians United.  
5 And I think all the alpha females are here. Gina?  
6 (Indiscernible). Give them a hand.

7 (Applause.)

8 (Indiscernible). We spend millions and millions of  
9 dollars trying to get Micronesian women to go in and get a  
10 mammogram. But, you know -- so we have Ph.D.'s. We have  
11 M.D.'s. We have nurses. Everyone. With all these resources  
12 and money in, and guess what? Our rates -- mammography rates is  
13 very low. One, two a year.

14 So we decided -- Micronesian women -- that we gonna  
15 take action. We didn't get a (indiscernible) from anyone.  
16 There is a saying in Micronesia: A bird sings, not because he  
17 has the answer but because he has a song. We didn't have the  
18 answer, but we do have a song, a song that our maker gave in our  
19 heart to help our people.

20 So we're not gonna wait until the paper is published,  
21 (indiscernible) is published. We're gonna do it because it is a  
22 song that we need to do it for our people.

23 So what we did is we take all the (indiscernible).  
24 All of you said, oh, best practice. You know what? We took  
25 best and appropriate practice. A lot of people giving us

1 practice from Arkansas and Kentucky, and it doesn't apply over  
2 here.

3 So what we did is we also followed the science. There  
4 is a science in there. We look at five curriculums, and we took  
5 the best curriculum. I think (indiscernible) all five  
6 (indiscernible) to make it appropriate or us.

7 Now, what does that mean? That doesn't mean you put a  
8 flower over the brochure and you pass it around and that's  
9 appropriate. No. We translated.

10 I think that somebody over here asked a question about  
11 translation, on how you know that's right. What we did is we  
12 also paid our translator. A lot of you think that, oh,  
13 Micronesians, they'll work for free. They gonna translate this  
14 whole five-page paper and it's free. (Indiscernible) hello?  
15 (Audience interruption).

16 And a lot of people, you know, talk about, you know,  
17 (indiscernible) (audience interruption). The point is that  
18 (indiscernible). (Indiscernible) multilingual. Not all of us  
19 can speak four, five languages and English and pidgin.

20 And what we trying to (indiscernible). It's  
21 (indiscernible) there's a cultural concept. My program is  
22 actually develop educational material for the Pacific, not only  
23 diabetes, -- also diabetes, cancer, and cardiovascular disease.  
24 We have all these materials (indiscernible).

25 If you think that's not culturally appropriate, we

1 actually work with all the doctors and nurses. (Indiscernible)  
2 health professionals to (indiscernible) because there's a lot of  
3 terms in there. There is a difference between putting medicine  
4 in your ear and put 'em in the other part of your body.

5 But if you get the wrong translator, (indiscernible)  
6 (audience interruption).

7 (Indiscernible) participatory. You know a lot of  
8 people (indiscernible) oh, it's a nice word (indiscernible).  
9 (Indiscernible) the recommendation. That's another part of this  
10 disparity.

11 But anyway (audience interruption). These group of  
12 women -- you know, high school graduates, 15 of them. We  
13 actually outreach to 550 Micronesian women in the State of  
14 Hawai`i. That is more than half of women over the age of 40.  
15 We sent 180 women to get a mammo in six months.  
16 (Indiscernible).

17 All the money that went into the other program, they  
18 couldn't get one or two in. We got 108. That's the power of  
19 Micronesian women. That's the power of Micronesian people, and  
20 that's the power of Micronesian communities in Hawai`i.

21 So we need to really figure out whatever program  
22 you're in, you need to go and touch base with your community.  
23 (Indiscernible). If you don't know who they are, then just look  
24 around you, all the beautiful people around here. They're  
25 Micronesians.

