



# Wyoming Office of Multicultural Health

OCTOBER 2012

WYOMING  
DEPARTMENT  
OF HEALTH

Program Staff:  
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## Mini-Grants 2012-2013

The Wyoming Office of Multicultural Health, part of the Wyoming Department of Health, is seeking applications for a new round of its Mini-Grant Program.

Funded projects must deal with improving Wyoming's health disparities for minorities or underserved populations such as Hispanic, Native American, or uninsured, underinsured, etc. to include disabled and special populations. Projects must have clearly stated goals and objectives; funding cannot be used for direct patient care, construction or renovation, fund raising, staff job training, political activities, clinical trials, or vocational rehabilitation.

Applications will be accepted through December 3. Funds range from \$100 to \$1,450 and will be awarded in January 2013.

Entities eligible to apply include:

- Public and state-controlled institutions of higher education;
- Native American tribal governments (federally recognized);
- Native American tribal organizations (other than federally recognized tribal governments);
- Nonprofits having a 501(c)(3) status with the IRS, other than institutions of higher education; \*Nonprofits that do not have a 501(c)(3) status with the IRS, other than institutions of higher education.

Please visit [www.womh.org](http://www.womh.org) online to download the required application materials. For more information, please contact Brittany Wardle, project coordinator, at 307-777-1941 or [brittany.wardle@wyo.gov](mailto:brittany.wardle@wyo.gov).





### Myth 5

**Tribal Sovereignty and treaties do not have any significance in today's political, social, and environmental arena.**

Again, this is a false perception based upon a poor understanding of the role of treaties and sovereignty in American Indian history and culture. The treaties negotiated in the 1800s have the same legal standing as

## Myths for Indian Country

Larry Keown

those negotiated with other countries in the world. Treaties outline retained rights (hunting, fishing, and gathering), compensation for ceded lands, reservation boundaries, and other factors. Retained rights are those rights tribes had well before the first foreigner set foot in this country. You need to be aware of the basic pre-

mise behind tribal sovereignty. Simply state, tribal sovereignty is pre-existing and inherent to that of the United States and was not given to tribes by the federal government. Treaties were negotiated between two sovereigns—the tribal government and the United States government.

## UNNatural Causes: Is inequality making us sick?

### In Sickness and in Wealth

- People in the highest income group can expect to live, on average, at least six and a half years longer than those in the lowest. Even those in the middle (families of four making \$41,300 to \$82,600 a year in 2007) will die, on average, two years sooner than those at the top.
- Low income adults are 50% more likely to suffer heart disease than top earners. Those second from the top are almost 20% more likely than those at the top.
- College graduates can expect to live at least five years longer than those who have not finished high school, and almost two years longer than those who didn't finish college.
- Children living in poverty are about seven times as likely to be in poor or fair health than children living in high-income households. Middle class children are twice as likely to be in poor or fair health than those at the top.



- Rates of illness for U.S. adults in their 30s and 40s with low income and lower education are comparable to those of affluent adults in their 60s and 70s.
- Low-income smokers are more likely to become ill and die sooner from tobacco-related diseases than smokers who are wealthy.
- The top 1% of the U.S. population holds more wealth than the bottom 90% combined. During the past 25 years, while the rich became richer, the net worth of the least affluent 40% of American families fell by half.

[www.unnaturalcauses.org](http://www.unnaturalcauses.org)

## October 2012 Events/Observances

### Month

Eye Injury Prevention Month  
 Health Literacy Month  
 Home Eye Safety Month  
 National Breast Cancer Awareness Month  
 National Bullying Prevention Month  
 National Down Syndrome Awareness Month  
 National Physical Therapy Month  
 Stop America's Violence Everywhere (SAVE)  
 Sudden Infant Death Syndrome Awareness

### Week

Mental Illness Awareness—7-15  
 Bone & Joint Health National Awareness—12-20  
 International Infection Prevention—14-20  
 National Health Education—15-19  
 Respiratory Care—21-27  
 Red Ribbon Week—23-31

### Day

Child Health Day—1  
 Walk to School Day—3  
 National Latino AIDS Awareness—15  
 World Food Day—16  
 International Stuttering Awareness—22  
 World Psoriasis Day—29



# 10 Guidelines for Writing in Plain Language

By: Nicole Donnelly, Penny Lane, and Joan Winchester

Plain language is written communication that is clear, concise, user-friendly, and organized with the reader in mind. Plain language highlights key messages and is written in the more personal, active voice. It uses words that are familiar to most adults, including those with limited literacy. Its tone is informal, friendly, and conversational. Plain language is straightforward, precise, and easy to read and understand.



## 1. Know your audience

You'll need to know whether your audience is likely to be familiar with the subject matter and vocabulary. Who is your target population? Does it include many people who are uninsured? Is it a specific racial, ethnic, geographic, or age group? Plain language must speak directly to the target audience, using words they know and giving them the information they need. You must be prepared to make adjustments in your writing to compensate for readers' lack of background knowledge.



## 2. Use a friendly tone

Write in a friendly, conversational tone. Ask yourself how your message would sound if you were trying to communicate it to friends or family at home, in your living room.

## 3. Use the active voice

Write as if you are speaking directly to the reader. Use pronouns like I, we, and you. Not only is this smoother, friendlier, and less intimidating, but it's also much easier to read. In the passive voice, something is being done to the subject. In the active voice, the noun (the person doing the action) comes first, and the verb (the action) comes second.

## 4. Use familiar vocabulary

Say it in the clearest, simplest way possible using words people know. Replace multi-syllable words with simpler ones. Use the same word consistently to mean the same thing. Beware of short words with complex or multiple meanings. Short words are not necessarily easy words. Use the best, most precise, most familiar, and simplest term that does the job.



### **5. Highlight what's important**

When you're formatting material in print or on the web, break it into manageable chunks and use consistent reading signposts to point the way. Use bold print, sections, headings, checklists, number, bullets, and arrows. Signposts help make the material easy to scan, so readers can find what they need quickly and find it again if they need to without re-reading everything.

### **6. Put important messages first**

Emphasize the importance of key messages by placing them at the beginning of a document or sentence.

### **7. Keep it simple**

Keep your writing brief. Take out unnecessary words and phrases to increase clarity and readability. Write simple and straightforward sentences, aiming for 15 words or fewer. Paragraphs should be brief and cover one topic, including only information the audience needs. Eliminate unnecessary details and edit ruthlessly.

### **8. Give instructions in logical steps**

Write instructions in the order you want readers to follow them, step-by-step if possible. Begin each instruction with an action verb. Make sure each step contains only one instruction, so the reader can clearly see what to do and what order to do it in.

### **9. Create a clear design and layout**

Make the document inviting and easy to read and understand. A good clean design will improve readability. Even content that is written in plain language can be difficult to understand if the words are too close together, the print is too small, or the layout is too busy.

### **10. Use the right images**

A picture is worth a thousand words, so use images to help clarify the content. Each image should speak to the audience, illustrate a single message, and be placed near the appropriate text. Choose relevant, culturally appropriate images that reinforce your message.

[www.enrollamerica.org](http://www.enrollamerica.org)

The logo for "Enroll America" features the word "Enroll" in a blue, sans-serif font above the word "America" in a larger, blue, cursive script font. A small red star is positioned between the two words. A red horizontal line is drawn beneath the word "America".



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**We look forward to working with you  
to eliminate health disparities in  
Wyoming.**

The mission of the Wyoming Office of Multicultural Health (WOMH) is to minimize health disparities among underserved populations in the state through networking, partnerships, education, collaboration, and advocacy; and to promote culturally competent programs aimed at improving health equity.



Wyoming  
Department  
of Health

Commit to your health.

## Halloween the Healthy Way—Centers for Disease Control and Prevention

Make Halloween festivities fun, safe, and healthy for trick-or-treaters and party guests.

- Take steps to prevent the flu.
- Wash your hands.
- Develop, maintain, and keep good sleep habits.
- Eat your fruits and vegetables.
- Quitting smoking can have long-term benefits for you and your loved ones.
- Prevent injuries.
- Keep your teeth healthy.
- Be prepared for cold weather.

**For more information visit: <http://www.cdc.gov/family/halloweenhealth>**

