



**2014 National Tribal Public Health Summit**  
National Indian Health Board  
SDPI Luncheon



Taryn Watson, Diabetes Prevention Manager  
Gila River Health Care – Thoak Thag Ké Life Center  
Diabetes Prevention Program



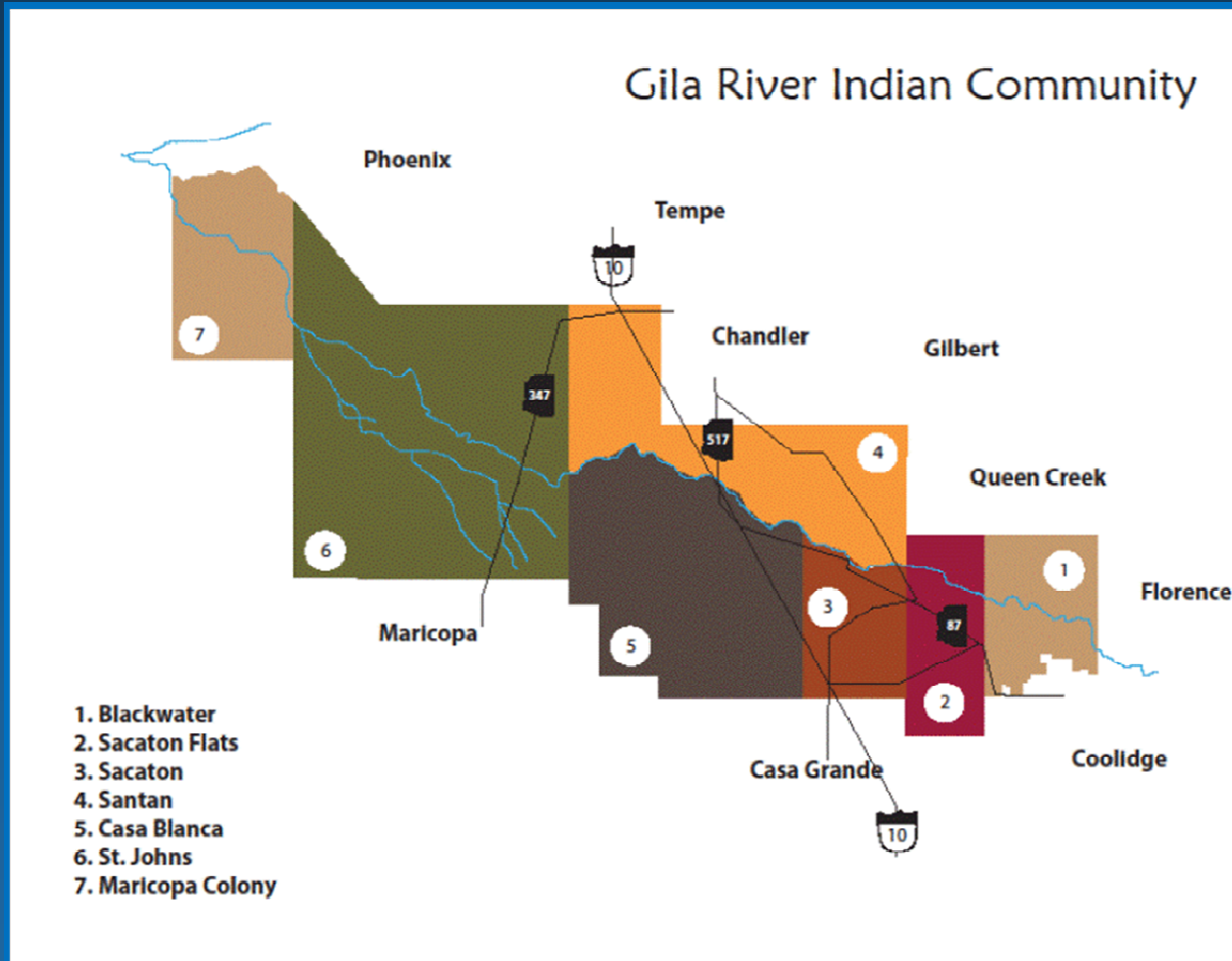
# The Community We Serve

- ❖ The Gila River Indian Community is the largest American Indian Community in the Phoenix metropolitan area. The Community is home to two tribes - the Akimel O'odham (Pima) and the Pee-Posh (Maricopa).
- ❖ The Community is divided into 7 districts and covers approximately 372,000 acres. Geographically located in southern Arizona between Phoenix and Tucson, each of the districts operate a district service center which provides community resources to district residents with an approximate population of 20,000 members.

The logo for the SDPI Diabetes Prevention Program is located in the bottom right corner. It features a brown square with a decorative gold scrollwork pattern at the top. Below the pattern, the text "SDPI DIABETES PREVENTION PROGRAM" is written in white, all-caps, sans-serif font. At the bottom of the square, there is a horizontal bar with a gold and brown checkered pattern.

SDPI  
DIABETES  
PREVENTION  
PROGRAM

# Our Service Area



SDPI  
DIABETES  
PREVENTION  
PROGRAM

# Gila River Health Care Life Center Thoak Thak Ké

Houses several diabetes prevention and management services including:

- ❖ Diabetes Education
- ❖ Diabetes Case Management
- ❖ Exercise/Training Support
- ❖ Diabetes Prevention for adults, youth & families

The logo for the SDPI Diabetes Prevention Program is located in the bottom right corner. It features a brown square with a decorative gold scroll design at the top. Below the scroll, the text "SDPI DIABETES PREVENTION PROGRAM" is written in white, all-caps, sans-serif font. At the bottom of the square, there is a horizontal bar with a gold and brown checkered pattern.

SDPI  
DIABETES  
PREVENTION  
PROGRAM

# Diabetes Prevention Program

- ❖ Grant funded since 2005
- ❖ One of three DPP grants funded in AZ
- ❖ Two DPP sites at Hu Hu Kam Memorial Hospital & Komatke Health Center

The logo for the SDPI Diabetes Prevention Program is located in the bottom right corner. It features a brown square with a decorative gold scroll design at the top. Below the scroll, the text "SDPI DIABETES PREVENTION PROGRAM" is written in white, all-caps, sans-serif font. At the bottom of the square, there is a horizontal bar with a gold and brown checkered pattern.

SDPI  
DIABETES  
PREVENTION  
PROGRAM

# Our DPP Team



- ❖ 1 Data/Administrative Support Staff
- ❖ 3 Lifestyle Coaches
- ❖ 1 Lead Lifestyle Coach
- ❖ 1 Program Manager

SDPI  
DIABETES  
PREVENTION  
PROGRAM



# DPP Grant Goals

- ❖ Ensure an adequate staffing plan for the project
- ❖ Recruit and screen enough individuals to meet target of 48 participants
- ❖ Successfully maintain the Intensive Activities
- ❖ Successfully retain participants in the Intensive Activities (After-core)
- ❖ Implement a data collection plan
- ❖ Provide and evaluate Community Based activities

# DPP Participant Goals



- ❖ Increase physical activity  
(to 150 minutes per week)
- ❖ 7% weight loss
- ❖ Lower A1c levels



SDPI  
DIABETES  
PREVENTION  
PROGRAM



# Our Health, Our Future, Our DPP

Making positive impacts in the Community

- ❖ In-house provider referral program
- ❖ Community-based Activities
- ❖ Collaboration with tribal health programs
- ❖ Enhanced Data Collection System

The logo for the SDPI Diabetes Prevention Program is located in the bottom right corner. It features a brown square with a decorative gold scrollwork pattern at the top. Below the pattern, the text "SDPI DIABETES PREVENTION PROGRAM" is written in white, all-caps, sans-serif font. At the bottom of the square, there is a horizontal bar with a gold and brown checkered pattern.

SDPI  
DIABETES  
PREVENTION  
PROGRAM

# In-house Provider Referral Program

- ❖ Receive an average of 31 referrals each month
- ❖ Clinical screening program with GRHC Provider



SDPI  
DIABETES  
PREVENTION  
PROGRAM

# Community-based Activities

- ❖ Implemented Community-wide fun/run walks & monthly fitness activities
  - Just Move It!
  - American Heart Month –  
Strong Heart, Strong Mind, Strong Body
  - Diabetes Health Fairs
- ❖ Fosters collaboration with Tribal Health Programs

The logo for the SDPI Diabetes Prevention Program is located in the bottom right corner. It features a brown square with a decorative gold scroll design at the top. Below the scroll, the text "SDPI DIABETES PREVENTION PROGRAM" is written in white, all-caps, sans-serif font. At the bottom of the square, there is a horizontal bar with a gold and brown checkered pattern.

SDPI  
DIABETES  
PREVENTION  
PROGRAM

# Community-based Activities



SDPI  
DIABETES  
PREVENTION  
PROGRAM



SDPI  
DIABETES  
PREVENTION  
PROGRAM



SDPI  
DIABETES  
PREVENTION  
PROGRAM

# Enhanced Data Collection System

- ❖ Developing a data collection system to meet the overall needs of the Life Center Department
- ❖ Simplify data collection for DPP Team Members
- ❖ New system to enhance tracking

# Arizona DPP Grantees



- Tuba City Regional Health Care Corp., Tuba City, AZ
- Native Americans for Community Action, Flagstaff, AZ
- Gila River Health Care, Sacaton, AZ





# Technical Assistance

## ❖ Meeting Topics

- Cross Training/Staff Development
- Nutrition Updates
- Fitness Industries
- Behavior Modification
- Adventure Learning
- Recruitment, Retention & After-core
- Program Sharing

The logo for the SDPI Diabetes Prevention Program is located in the bottom right corner. It features a brown square with a decorative gold scroll design at the top. Below the scroll, the text "SDPI DIABETES PREVENTION PROGRAM" is written in white, all-caps, sans-serif font. At the bottom of the square, there is a horizontal bar with a gold and brown checkered pattern.

SDPI  
DIABETES  
PREVENTION  
PROGRAM

# Future Regional Plans

- ❖ Technical Assistance
- ❖ Alternate meeting sites
- ❖ Quarterly Meetings
- ❖ Implement DPP Toolkit



SDPI  
DIABETES  
PREVENTION  
PROGRAM

# DPP Success Story

“Ronald has a keen sense of knowledge when it comes to exercise and wellness. When he joined the program he knew he had to make changes. One of the most important changes he made was to balance his eating with his physical activity. “You can’t eat a lot and not expect to gain weight. You have to exercise and burn it off”. Ronald is very thankful for all the time and effort that DPP has put forth into the community. He has noticed, at community gatherings, the foods are becoming healthier. There are more options of fruit and salads and Ron believes that the more knowledge you have about your body, the easier it would be to understand the importance of healthy foods.”

~Ronald Jordan, Gila River Indian Community Member

The logo for the SDPI Diabetes Prevention Program is located in the bottom right corner. It features a brown square with a decorative gold scrollwork pattern at the top. Below the pattern, the text "SDPI DIABETES PREVENTION PROGRAM" is written in white, all-caps, sans-serif font. At the bottom of the square, there is a horizontal bar with a gold and brown checkered pattern.

SDPI  
DIABETES  
PREVENTION  
PROGRAM



# Any questions?

Juli Kelly, Life Center Director

[jpkelly@grhc.org](mailto:jpkelly@grhc.org)

520.562.7940

Taryn Watson, Diabetes Prevention Manager

[twatson@grhc.org](mailto:twatson@grhc.org)

520.562.7940



SDPI  
DIABETES  
PREVENTION  
PROGRAM