

National Indian Health Board

October 25, 2012



Dear Tribal Representatives,

You are invited to join the National Indian Health Board (NIHB) on a bold journey to GO THE EXTRA MILE with NIHB. On November 1, 2012, the first day of both American Indian Heritage Month and Diabetes Awareness month, NIHB will launch its GO THE EXTRA MILE initiative, and we invite you to join us on this year-long journey. The kickoff event will take place on November 1st at 8 AM in front of the National Museum of American Indians in Washington, D.C., and you are invited to join us for this event and walk a mile with us. If you are unable to join us, we encourage you to organize your own community event on November 1st to GO the EXTRA MILE and begin this journey by walking the first mile together.

The GO the EXTRA MILE initiative is a result of the NIHB signing the CEO pledge, which is part of a national campaign to encourage Executive Directors to commit to supporting and fostering a physically-active workplace. NIHB's GO the EXTRA MILE initiative achieves these goals by creating a workplace that supports physical activity for every member of its staff. Through the GO THE EXTRA MILE with NIHB initiative, we will provide staff 30 minutes during the work day to walk one mile each day for a year. We will aggregate these miles and "virtually" walk to each of the 12 Indian Health Service Areas, either to an Area Indian Health Board or to a Tribal Partner in Areas that do not have a Board. We invite you to join NIHB by signing the CEO pledge and participating in the November 1st launch. You will have access to the NIHB Go The Extra Mile website, which will include a toolkit, electronic mapping for your journey, and access to information like "Hot Health Tips" from our partner, the Association of American Indian Physicians. More information is also provided in the enclosed materials.

As you know, American Indians and Alaska Natives (AI/AN) have the highest age-adjusted prevalence of Type 2 diabetes among all U.S. racial and ethnic groups and our People's obesity rate is 39% for those 18 and older. Among AI/AN adults 18 and older, the percentage of inactive physical activity in 2010 was 53.9%, which was far from meeting federal physical activity guidelines (at least 150 minutes or 30 minutes a day of moderate-intensity aerobic activity per week, i.e., brisk walking). There is a correlation between physical activity and chronic diseases. The Diabetes Prevention Program clinical trial, led by the National Institutes of Health, has shown that getting at least the recommended 30 minutes a day of moderate physical activity and losing 5% to 7% of body weight can reduce the risk of developing type 2 diabetes by 58% in people at risk. NIHB's GO the EXTRA MILE is one small step toward supporting diabetes and obesity prevention for AI/AN.

Remember, the journey for health is not a marathon, nor a sprint, but a relay that we, together, walk in order to outsmart chronic diseases that threaten our health in Indian Country

We will be joined for the November 1st kick off event by the Association of American Indian Physicians, American Diabetes Association, Juvenile Diabetes Research Foundation, National Obesity Awareness Coalition, and the National Coalition on Promoting Physical Activity. We hope to see you there and on the virtual road ahead, as we GO the EXTRA MILE together.

Miigwech – Thank you,

Stacy A. Bohlen

A handwritten signature in black ink, appearing to read "Stacy A. Bohlen". The signature is fluid and cursive.

Executive Director, NIHB

