Special Diabetes Program for Indians

9th Annual Poster Session

National Tribal Public Health Summit
May 13, 2019, 6pm-8pm
Ballroom B/C
Albuquerque Convention Center

National Indian Health Board
The Special Diabetes Program for Indians (SDPI) provides locally-driven, culturally-informed, and evidenced-based diabetes treatment and prevention programs in over 300 Tribal communities. It is one of our nation’s most effective federal efforts in combating diabetes and results in significant positive health outcomes as well as short and long term federal health care savings.

This year at the 9th Annual SDPI Poster Session, eighteen SDPI grantees have been selected to display their approaches towards diminishing diabetes throughout Indian Country. Native Americans and Alaska Natives are known to have a greater chance of developing diabetes than any other racial group. Thanks to the dedication of these Tribal Public Health programs, families across Indian Country are getting the treatment they need, becoming more aware, and taking action to prevent this harmful disease. We are proud to acknowledge their work and care in creating a healthier environment.
Alaska Native Tribal Health Consortium
Diabetes Prevention Program (Alaska)

For Alaska, the Special Diabetes Program for Indians (SDPI) is a powerful tool that provides a strong return of federal investment. It has helped support two pillars of care: the treatment of diabetes and the prevention of diabetes. For people with diabetes and those at risk, these are two key factors to living a life in wellness. Many of the 19 SDPI grantees in Alaska encourage group education and group medical visits as a portion of these pillars of care. These group models harness the healing power of communal learning while incorporating a multidisciplinary team approach to chronic disease management by increasing access to medical care in high risk populations and improving economic infrastructure of Tribal communities by attracting skilled diabetes experts, and decreasing diabetes complication. The poster titled, The Power of Synergy: Stronger Together, will showcase photos and feedback from group medical visits and diabetes prevention classes.

Fond du Lac Human Services
Fond du Lac Band of Lake Superior Chippewa Diabetes Program (Billings)

In January 2017, the Flathead Diabetes Program launched what is now known as the Kidney Keepers Wellness Club. The Flathead Diabetes Program challenged the reservation to increase physical activity by training and participating in the Missoula, MT half marathon. Out of the 78 initial registrants 38 participated in the half-marathon. Since then, the club has evolved into a multi-activity club that meets on a monthly basis with plan activities surrounding healthy lifestyle and the CSKT community strong prevention principals.
Chinle Comprehensive Healthcare Facility  
Chinle Service Unit Diabetes Program (Navajo)

**Poster 1:** Diabetes and behavioral health conditions have well-established bidirectional effects on one another. This poster describes the Chinle Integrated Behavioral Health (IBH) Model applied to the Diabetes Population. Our IBH model employs paraprofessionals (behavioral health coaches) and licensed psychologists and social workers to provide mental health support in primary care. The program provides screening, assessments, and brief interventions for common behavioral health issues identified during and affecting primary care practice. Coaches are selected based on life experience, but do not require prior specialized mental health training; we develop behavioral care skills through training and supervision. As community members, the health coaches incorporate the Navajo Wellness Model including cultural beliefs during their treatments. The coaches have discovered that traditional cultural games, activities related to weaving (e.g., shearing, carding, spindle, dying wool, preparation of wool for use), and activities and/or discussions about plants, animals, and ceremonies connect patients to pleasure and renew well-being.

**Poster 2:** Bringing Healthcare to the Community through balancing culturally congruent community-centered activities and services for prevention and treatment of diabetes. The Chinle Diabetes Program improvements have blended public health, native and clinical medicine to more effectively meet the needs of the Navajo Nation population. Activities and services demonstrated by:
- Pictures of community gardening, food demos, walk/runs, pediatric goals with healthy habits, and diabetes shared medical appointment, multidisciplinary team care, home visit follow up and mobile health in the communities.
- Patient success stories to give voice to patients’ efforts to transform the care of diabetes.
- Display of art expression from diabetes shared medical appointment patients
- Importance/benefit of patient experience surveying
- Graphs of positive clinical outcomes that show comparisons of glycemic control, blood pressure control and statin use.
- GIS mapping with new mobile health clinic, ‘Health care in Motion’ for high risk patients.
Three Affiliated Tribes
Fort Berthold Diabetes Program (Great Plains)

The Three Affiliated Tribes (Fort Berthold Diabetes Program) SDPI program offers a wide range of activities for those residing in the six communities on the Fort Berthold Indian Reservation (resident population 5,613). In 2018, our SPDI program provided diabetes education to 2,750 individuals and offered 246 activities in our communities. Activities consisted of cooking classes for youth and adults, community garden plot, sports leagues, walks, 5K run, Zumba and chair exercise classes, and much more! Of the 1,460 students enrolled in schools on Fort Berthold, our program screened (height, weight, BMI) 1,331 or 91%; 760 of these students were also screened for HbA1C. In the fall, we provided two diabetes education presentations to all classrooms in the schools. In an email from the mother of an elementary student, she stated that her son came home and taught the family how much sugar we can have and ideas for healthy snacks!

Indian Health Service, Towaoc, CO
Sleeping Ute Diabetes Prevention Program (Albuquerque)

In 2015, the Ute Tribe and its Sleeping Ute Diabetes Prevention Program was selected as one of 4 Tribes out of 566 in the nation to pilot the "Tiwahe Initiative". Tiwahe means family in Lakota. The Tribes diabetes program leaders, Rita King and Radona Tom, helped brand the initiative Tour de Ute-A Journey of Wellness. Tour de Ute, is a holistic place-based rural development and youth development initiative designed to promote the health, safety, and well-being of children, youth and families. Since 2015 we have achieved extraordinary results through this collaborative initiative which will be reflected on our poster. The Sleeping Ute Mountain will be in the background with people hiking and biking looking at markers along trails that highlight achievements:

- 140% increase in physical activity
- $44 million
- 3 award winning youth films
- 3 million online views
- 4,500 social media
Navajo Area Office

Navajo Wellness Model Curriculum (Navajo)

Navajo Wellness Model Curriculum is a power point compilation of Navajo Philosophy, Dine Creation Story and teachings that were utilized by Navajo elders to prepare Dine people to live well and healthy to the age of 102. The curriculum identifies teachings that prevent inactivity, overweight, obesity and diabetes. The NWM Curriculum was designed by Key Cultural Experts in 2008. Since its inception, three additional curricula were developed and added to the NWM Curriculum Instructor Trainings. They are the Dine Positive Kinship, Healthy Aging and Cultural Leadership. NWM Paradigm provides a context to frame and re-frame health and wellness by identifying the teachings at the individual level, family level, and societal level. The NWM Curriculum teachings are used by clinical personnel at hospitals, teachers at schools, counselors at behavioral health centers and health promotion and disease prevention staff in the communities on the Navajo Nation. NWM Trainings are provided only during the winter season.

Navajo Nation

Navajo Nation Special Diabetes Program (Navajo)

How do we change the Course of Diabetes on the Navajo Nation, is a question that was posed to the Navajo Special Diabetes staff members. Diabetes is on our Navajo Nation land, it affects 359 Navajo youths and 2,542 Navajo adults. We need to move our program forward by weaving both the Navajo Wellness Model and the Public health approach (Assessing, Planning, Implementing and Evaluating). Our Dine people are reminded about being healthy and living to reach “hozho” to live in balance, to be 102 years old. NSDP strategy includes assessments of 150 schools and 110 chapters to implement diabetes prevention education, nutrition and physical activities. Despite the vast land size of 27,413 miles and a total population of 356,890 Navajos, we will continue to remind our people to make the ultimate healthy choice for themselves and their children.
Oklahoma City Indian Clinic  
**Get SET (Oklahoma City)**

Get SET is an SDPI program created for Oklahoma City Indian Clinic (OKCIC) patients to fight diabetes with Screening, Education and Treatment. It started in 2007 with 29 participants in a 12 week program. Get SET today has almost 200 patients who enroll in the eight week sessions that are offered four times a year. Participants who enroll complete an assessment of their weight and fitness with the Diabetes Treatment and Prevention team of Life Coaches, Dietitians and Registered Nurse. Program participants' workout in the OKCIC Wellness Center and attend nutrition education events in order to meet their weight and fitness goals by the end of the eight weeks. Results show cumulative weight loss and increase in fitness.

**Parker Indian Health Services**  
**CRIT Special Diabetes Project-Recreation Program (Phoenix)**

The Colorado River Indian Tribes Special Diabetes Project has selected Physical Activity Education as its Best Practice. Over the past 17 years CRIT SDP has focused on creating an infrastructure to increase physical activity on the CRIT reservation and has generated a high participation rate. All previous funds have been used to develop a strong SDP program that includes two Fitness/Exercise facilities, that includes over 20 pieces of cardio equipment and 40 strength training machines, and Irataba Hall Gymnasium. We offer instructor lead exercise classes as well as community physical activity events on a daily basis and throughout the year such as walks/runs, youth camps, and various sporting tournaments.
Rosebud Sioux Tribe  
*Rosebud Wellness Program (Great Plains)*

The fitness staff complete a Fitness Assessment on individuals who are recruited or self-referred to the Rosebud Wellness Center (RWC). The assessment includes height and weight to calculate BMI, waist measurement, flexibility, strength, and cardio testing. All participants have their fitness baseline established and set goals with a Fitness Tech for improvement in one or two of the following: cardio, strength, flexibility, or nutrition. Reassessments will continue every 90 days until the goals are met. The staff provide fitness activities and the awareness of health issues related to diabetes and use the education to reinforce the education and prevention classes. Other activities we provide are; walk/runs, fitness challenges, specialized training sessions (marathon training), bike challenges, cooking classes, yoga, and WOWW (Women Working on Wellness) women’s night, and a 24/7 program (allows Tribal programs and IHS employees who work in a 24/7 program to utilize the Wellness Center during closed hours).

Sault Tribal Health Center/Community Health-Diabetes Program  
*Sault Ste. Marie Tribe of Chippewa Indians Diabetes Program (Bemidji)*

The Sault Tribe Diabetes Program’s mission is to provide high quality patient-centered health care throughout our 7 county service area that is responsive, courteous, and sensitive to individual, family, community and cultural needs with an emphasis on disease prevention and health promotion. We treat patients as a whole and identify tools to help manage all areas of health and wellness in relation to diabetes. With the patient in the center of the team, the SDPI program staff guide the patient in living in balance with diabetes.
SouthEast Alaska Regional Health Consortium (SEARHC)
SEARHC Diabetes Program (Alaska)

SouthEast Alaska Health Consortium (SEARHC) has worked for over 30 years to affect behavioral change and policy that improves health. There is evidence that Alaska Native communities were healthier before the influx of western culture, when people were living more traditional lifestyles. This suggests that traditional Native lifestyles based largely on living off the land, through hunting, gathering, and gardening, are an effective way to restore good health.

SEARHC staff did a comparison of chronic disease risk factors of the members of communities that have traditional food gathering, programming and access against communities that do not. The results are shown in this poster.

Spirit Lake Tribe
Spirit Lake Tribe SDPI Program (Great Plains)

Spirit Lake Tribe SDPI program of North Dakota has come a long way since it began in 1998. We went from having one office to a modular and on to our forever home. The Sacred Life Center is a two-story building that includes a fitness center, a relaxation room, nutrition education kitchen, diabetes education classroom and a conference room. We offer in home fitness, education, one on one personal training, fitness classes, lifestyle classes, and gardening classes. We have five full time and two part time staff members. We hold various fitness competitions throughout the year and walk/runs in the community. One of our biggest success stories is when a 39-year-old gentleman came in and wanted to walk again. Due to diabetes, he is a double amputee and hadn't walked in two years. Through his hard work, determination and dedication, Derek is now able to walk on his own!
Southern Indian Health Council, Inc.  
*Native Own Wellness (California)*

Southern Indian Health Council is AAAHC accredited with Medical Home. Our SDPI participants are encouraged to utilize all the specialties we have to offer; Medical, Dental, Podiatry, Optometry, Pharmacy, Nutrition, Behavior Health, and Community Outreach. For 2019, we have chosen to focus our Best Practice on retinopathy once again. To help SIHC exceed our rates in the past, we are training many of our medical staff to perform the fundus photography; this will create more opportunity to serve members more conveniently. Our nutritionist is working closely with our youth population, by conducting monthly nutrition education classes and creating healthy menus to ensure children are meeting their nutrition needs. Nutrition education classes and new menus are exposing youth to different foods and developing lifelong healthy habits. We will offer education for self-glucose monitoring, including the use of continuous glucose monitors to patients for better self-management and personalized treatment.

**Stockbridge-Munsee Health and Wellness Center**  
*Stockbridge-Munsee Diabetes Program (Bemidji)*

The Stockbridge-Munsee Diabetes Team consists of: Diabetes Program Coordinator, Diabetes Nurse Educator, Dietitian, and two Community Health Representatives. Our community consists of about 700 members. Each month we host a physical activity event, which provides education and diverse forms of physical activity. This allows our varying population a chance to try different forms of physical activity. Some of these events include: kayaking, volleyball, and themed walks/runs such as our PowWow 5K Trail Run, Jingle Bell Walk, Turkey Trot, Fall Color Walk, Summer Walk, and Annual Diabetes Walk. We also are focusing on cultural activities such as weekly lacrosse during summer months and weekly snowshoeing during the winter. In our first year, our lacrosse series consistently had around 30 people attend each week. Our powwow 5K went from 57 participants in 2017 to 95 participants in 2018. In addition to these events, we provide diabetes and nutrition education in varying methods.
Winslow Indian Health Care Center  
*Hozhoogo lina Wellness Program (Navajo)*

The Diabetes (DM) Program at Winslow Indian Health Care Center, Inc. (WIHCC) implemented the Systems of Care best practice to increase access to diabetes care and treatment for patients and families living with diabetes residing within the WIHCC service area for grant years 2012-2019. In collaboration with interdepartmental supportive services the DM Program provides preventive services to promote early detection of complications and early intervention to promote the quality of life. Services include: a weekly multidisciplinary clinic; diabetes foot care and wound care services guided by wound care certified primary providers and foot specialists; home glucose monitor and supplies services; case management of high risk patients by the DM Community Health Nurse, nutrition education provided by a Registered Dietitian and two Nutrition Technician, fitness coaching services provided by Fitness Specialists, diabetes in pregnancy case management and education services, and breastfeeding program to promote primary diabetes prevention for the next generation.

Yukon-Kuskokwim Health Corporation  
*YKHC Diabetes Prevention & Control (Alaska)*

YKHC DP&C serves a region the size of the state of Oregon with over 48 villages spread throughout. Each village is only accessible by plane or boat, making coordination of services and access to supplies very challenging. Due to this, the logistics of getting produce out to the village in a timely and affordable fashion prevent many stores from offering these items to their customers. Items that are easier to bring in and sell are non-perishable, less healthy options. To help combat this, DP&C partnered with a local farm in Bethel to provide fresh produce directly to participants. The program was a huge success and enabled us to provide produce to over 1,027 participants. Feedback from participants was overwhelmingly positive, with individuals offering that it allowed their families to eat healthier meals. Produce boxes were provided at no cost to the participant and mailed out on a weekly basis.
Zuni Pueblo  
Zuni Healthy Lifestyles Program (Albuquerque)

The Zuni Healthy Lifestyles Program has chosen the SDPI best practice: Diabetes-Related Education to reduce the risk of DM and its complications, is proving to work effectively within the Zuni Community, with both nutrition and physical education. 16,804 Participants were served in 2018 and 70% of the S.O.S target group reached their program goals. 962 glucose checks were done, 346 pre/post results showed 65% improvement. Blood Pressure checks on 989 individuals resulted in 68% improvement of at-risk participants as well. The ZHLP monthly/weekly fitness calendars and interventions help reduce these healthcare disparities to improve the measurements and quality of life and include: Little Chefs, Healthy Moms, Warrior Challenge, Biggest Loser Weight-Loss Challenge, Tai Chi, Zumba, Elder Workout, Spinning, Battle Buddy, Basketball Kids Club, Harvest Dance, Slam Dunk Diabetes Basketball and Softball League, Lifestyle Coaching, HbgA1c testing, cultural resilience and education through community gardens and the Running Medicine program.
NIHB would like to thank all SDPI participants across Indian Country for your help in ensuring a healthier future for our Tribal communities. We look forward to displaying your ongoing work in the future.
National Indian Health Board

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