Special Diabetes Program for Indians

10th Annual Poster Session

National Tribal Public Health Summit

March 17, 2020, 6pm-8pm

CHI Health Center Omaha
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 10th 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.
American Indian Health & Services (AIH&S)
AIH&S SDPI Program (California)

The AIH&S SDPI team works to offer integrative services that tie in both cultural and clinical activities to improve the health of our participants. The clinic hosts monthly diabetes meetings; weekly gardening events; and beading circles that, among other things, offer the participants an avenue to cope with their diagnosis. This year, we implemented bi-weekly walking groups and quality improvement projects that structuralized the medical assistant workflow to ensure comprehensive, standardized care; and we developed a Diabetes Passport- which outlines key diabetes care measures for patients to complete and earn incentives along the way. We also hosted two Diabetes Day events. These intensive clinics targeted patients who had gaps in care, high A1C levels, or many overdue care measures. The events were structured to ensure maximum efficiency of available staff to ensure that each patient would receive all the diabetes-related care they needed in one appointment.

Cheyenne River Sioux Tribe (CRST)
CRST Youth Diabetes Prevention Program (Great Plains)

The Cheyenne River Sioux Tribe Youth Diabetes Prevention Program focuses on diabetes prevention by providing case management and follow-up for all identified high risk youth. The program staff completes annual school screenings for overweight, obesity, pre-diabetes, and diabetes to identify the high risk youth. The program’s target population are students in grades Kindergarten thru 12th grade at the five area reservation schools. Our goals are to identify youth with overweight, obesity, pre-diabetes, and diabetes and provide education to improve healthy eating and physical activity among the youth. The CRST Youth Diabetes Prevention Program staff is preventing diabetes in our youth and benefiting our communities on Cheyenne River by providing consistent diabetes prevention education, nutrition education, nutrition consultation/counseling, physical fitness activities, mobile unit services, encouragement and lifestyle coaching to our program clients and their families as well as all who take the opportunity to participate in the scheduled activities offered.
**Chinle Service Unit**  
**CSU Diabetes Program (Navajo)**

The aim of the Chinle Diabetes Program is to support the well-being of our community through the introduction of education in self-management care to prevent diabetes, manage the progression of diabetes, and address other chronic diseases. Our goal is to enhance the systems of care for the patient while utilizing a consistent cultural approach.

Assuring that patient-centered care remain to be applied across primary care is a key focus of the Chinle Diabetes Program. Through our health coaching model, we are persistent in exploring ways to further define our case management strategies to tailor services to the individual needs of patients living with diabetes. We continue to collaborate with clinical and community partners on projects and initiatives for prevention and management of diabetes to strengthen systems of care that improve population health. We have patient success stories and data to give value and meaning to Chinle’s SDPI program.

**Hualapai Tribe**  
**Employees Working 4 Health (Phoenix)**

The Hualapai Tribal Community is located on a one million acre reservation in northwest Arizona. The 2018 estimate of diabetes prevalence in adults is 15.1%. Since most households have one or more members who are Tribal employees, the Hualapai Tribe is turning to its employees to adopt and model the health behaviors needed in the community. Employees Working 4 Health (EW4H): 1) offers health assessments at the worksite including the remote locations; 2) provides group and individual physical fitness training and diabetes prevention education classes to fit into employees’ work schedule; 3) coordinates community-wide walking and weight loss challenges so employees can recruit their family members to participate in healthy behaviors; and 4) serves on annual event planning committees to integrate walks/run into all community events. The goal is to change acceptable norms, by motivating our community members to be active and make healthy food choices.
Confederated Tribes and Bands of the Yakama Nation
Yakama Nation Wak’ishwi Program (Portland)

In 2016, the SDPI Yakama Nation Wak’ishwi Program had the opportunity to merge with SDPI Yakama IHS Healthy Heart Program to cohesively provide medical care with integrated nutrition and physical activity for improved outcomes. This collaboration between Tribal and IHS programs has proved to empower our community with additional resources to reduce the risks and complications of diabetes in Indian Country.

The Wak’ishwi Program utilizes certified Physical Health Educators to provide a variety of culturally integrated group, individual and community events and challenges. Traditional food gathering and gardening are core to the program’s success. The clinical case managers “prescribe” fitness and nutrition during the monthly visits and labs, vitals and medications are reviewed and optimized for improved clinical outcomes. GPRA standards are exceeded in the patients that participate in the program. The program provides CDC Prevent T2 courses as well as being an AADE Diabetes Education Accredited Program.

Nebraska Urban Indian Medical Center (NUIMC)
NUIMC Diabetes Education Program (Great Plains)

It is the mission of the Nebraska Urban Indian Medical Center Diabetes Education Program to elevate the health status of Native Americans and members of our community through the prevention and/or delay of diabetes and its complications. Our staff is committed, passionate, caring, dedicated, knowledgeable, and hardworking. Our patients are brave, resilient, caring, appreciative, and dedicated to taking care of their health. Our aims our to increase community awareness of diabetes and its complications, provide support and education to empower our clients to successfully manage their diabetes, and to create an environment of trust and respect that encourages open communication between our patients and staff. NUIMC offers group and individual diabetes education. Our FREE monthly group education classes are focused on the AADE seven self-care behaviors and are tailored to meet the patient’s educational needs. NUIMC offers FREE monthly self-care art classes as well. These classes allow patients to socialize and use their creative abilities to make art and craft projects in a non-medical setting.
Native American Rehabilitation Association of the Northwest (NARA)  
NARA Diabetes Treatment and Prevention Program (DPP) (Portland)

The NARA Diabetes Treatment & Prevention Program’s focus is screening, prevention and early diagnosis of diabetes and reducing the burden of diabetes complications in AI/AN living in the greater Portland, Oregon metropolitan area. The NARA diabetes team is comprised of health care professionals from multiple disciplines and has more than 80 years of combined experience working on SDPI grants. The team manages the care of over 500 people with diabetes and 1000 with prediabetes and works closely with other chronic disease programs and behavioral health professionals to provide integrated care to their patients. The DPP has been offered at NARA since 2005. The NARA DPP uses the Prevent T2 curriculum and has preliminary recognition from CDC. The program strives to use clinical data to drive quality improvement efforts and will highlight efforts to improve diabetic retinopathy screening rates over the last four years using SDPI best practices and SOS data collection and management techniques.

Navajo Area Health Promotion Disease Prevention Program  
Navajo Area SDPI/HPDP Program (Navajo)

The purpose of the project is to increase the postpartum glucose screening rates among Native American mothers with a recent pregnancy that included a gestational diabetes diagnosis. Moms between ages 15 and 35 with gestational diabetes during their recent pregnancy were sent a letter 3 weeks following childbirth and received a call 2 weeks before their scheduled appointment. The project occurred between Jan-Apr 2019. At baseline, only 10% of women returned for postpartum glucose testing. After intervention with letter and phone call, the rate of women returning for postpartum glucose testing increased to 42%. This intervention has the promising potential to be further adapted and incorporated into healthcare system that serves Native American women.
Navajo Area Office

Navajo Area Diabetes Educational Accredited Program (DEAP) (Navajo)

Navajo Area Office established a DEAP Task Force with the goal to have all 10 Federal and 638 Tribal Health Care Facilities attain National Diabetes Educational Accredited Programs in 2 years. This DEAP Task Force are members of the SDPI Grantees who are Diabetes Management Coordinators in Navajo Area. One by one each site is supported and mentored along the DEAP process with 2 new sites accredited in the past year, leaving 4 more sites to attain this goal.

Navajo Nation

Navajo Nation Special Diabetes Program (Navajo)

We are incorporating the Public Health model and the Navajo Wellness Model, moving towards developing a prevention program. We are the Navajo Nation Special Diabetes Program consisting of 62 staff members residing on the Navajo Nation reservation (States include Arizona, New Mexico and Utah). Vision Statement: Life filled with beauty & wellness, without diabetes on the Navajo Nation. Mission Statement: Reduce diabetes to improve quality of life through wellness programs and physical activities.
Ponca Tribe of Nebraska
*Ponca Tribe of Nebraska Diabetes Program (Great Plains)*

The Ponca Tribe of Nebraska Diabetes Program staffs two dietitians who collaborate with other Ponca Health Services staff to provide direct care services through our two wellness centers, diabetes education classes, medical nutrition therapy, cooking classes, chronic care management, nurse foot care, diabetes prevention activities for youth and adults, and access to exercise facilities and group classes. Funding is also available for glucose testing supplies, orthopedic shoes, and annual eye exams. In the past five years alone, we have significantly improved the percentage of patients receiving diabetes education, improved the percentage of patients receiving foot and eye exams, and have shown improvements in blood pressure of diabetes patients. This past year we have started a program remotely monitoring blood glucose and blood pressure levels, along with providing intensive chronic care management to these patients. Through this program we have seen improvements in A1c and patients have reported behavior change.

Sac and Fox Nation of Oklahoma
*Sac and Fox Nation SDPI (Oklahoma)*

Community partnership is our focus; it gives us the opportunity to be in schools with Oklahoma Tribal Engagement Partners teaching diabetes prevention with healthy eating and active living, we team up with the local health department to aid us in our community garden project, and we collaborate with other programs within our Tribe and surrounding Tribes. We recently received a letter of recognition for the National Diabetes Prevention Program and are in the beginning stages while working hand in hand with the Choctaw Nation. The Elder’s, Title 6 program, Juvenile Detention Center, Behavioral Health, Education and language departments give us a variety of opportunities to be involved and allow our program to display its flexibility and proficiency in the community. One of our newest partnerships is with Joslin Vision Network offering Retinal imaging on site for the convenience of our Tribal members.
San Carlos Apache Reservation Arizona located in southwest Arizona has 17,000 plus Tribal members. San Carlos Healthcare Corporation provides inpatient and outpatient services to Tribal member which includes the SDPI diabetes program. Our clinical program includes 2 medical providers, a registered dietitian, a clinical nurse, and a pharmacist. Our goal is to provide the best care possible while educating overall health and wellness to help improve their diabetes self-management. Our community component includes 3 community outreach educators and 8 fitness instructors that train members at 2 separate locations. We consistently have over 1500 visits to our fitness centers monthly as well as consistent attendance of our group fitness classes. We also provide diabetes classes and healthy eating classes and will also be starting CDC Diabetes Prevention Classes in 2020.

Southern Indian Health Council
Native Own Wellness (California)

Southern Indian Health Council (SIHC) is proud to have the Special Diabetes Program for Indians as it has greatly improved access to medical care and supplies, as well as improve parameters such as weight and blood glucose levels. Each month, SDPI personnel attend our Elder Congregate meals to prepare something healthy and provide diabetes management and prevention education and materials. SDPI personnel at SIHC are also teaching pediatric nutrition education classes, emphasizing Native MyPlate Guidelines and providing a fun and interactive way to learn about health and diabetes prevention. Moreover, SDPI is measuring eye exams as our Best Practice. To improve this Best Practice, SIHC is trying to purchase a retinal camera for the Campo clinic, which is a rural clinic one hour east of San Diego.
The Sault Tribe Diabetes Program’s mission is to provide high quality patient-centered health care that is responsive, courteous, and sensitive to individual, family, community and cultural needs with an emphasis on disease prevention and health promotion.

The Sault Tribe Health Division has seven health clinics providing various levels of medical services throughout our seven-county service area. Our services are offered to all Native Americans, ages infant to adult. The diabetes program is a recipient of SDPI Community Directed Grant since 1998.

The Sault Tribe Diabetes program has guided the Tribe’s Health Division’s program planning and driven outcomes to reach optimal diabetes standards of care. Our program strives to improve the health of our Native people with diabetes and advance the health of our Native children and communities. It encompasses the circle of life and is integrated into all of the Sault Tribe’s health programs. We continuously look for ways to inform, educate and support our native community and extended community to help prevent and manage diabetes in a positive way. We treat the family as a whole, not just the person with diabetes. We encourage self-acceptance and educate patients and families on how to develop healthy strategies to live in harmony with diabetes.

Sault Tribe’s SDPI program offers a team approach that focuses on physical, emotional, mental and spiritual health. 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.
Southern Ute Indian Tribe  
*Shining Mountain Health (Albuquerque)*

Shining Mountain Health and Wellness Program is a longstanding program within the Southern Ute Indian Tribe and surrounding community. The Program hosts runs, educational luncheons, classes, and more. We collaborate with Tribal departments, the State of Colorado, Breastfeeding Coalitions, and any entity that whose goals coincide with ours for the betterment of community health. We have hosted awareness events, traditional meal events, healthy cooking classes, diabetes education classes, elder’s classes, and breastfeeding parent support groups. The Program’s Registered Dietitian Nutritionist discusses menu changes with the Southern Ute Montessori’s chef, and teaches the children about nutrition. The Program’s LPN ensures that patients diagnosed with diabetes have a yearly foot exam—at minimum. The Program provides memberships to the local community center to Native Americans who are diagnosed with diabetes, pre-diabetes, or metabolic syndrome. The participants are held accountable to their health and supported by the program and community center staff.

The N.A.T.I.V.E Project  
*NATIVE Project’s SDPI Program (Portland)*

NATIVE Project’s SDPI has a team that works collaboratively to address the many varied needs of the American Indian/Alaska Native patients who have been diagnosed with diabetes in the clinic. The core diabetes management team consists of one RN/CDE, one RD/CDE and one RDN/Exercise Specialist, an MSW, and a care coordinator and a patient services person. The advisory committee that advises the core diabetes team includes a physician, and a youth specialist and one community partner and two patients that sit on the committee. The SDPI grant covers the education and co-management of diabetes with the AI/AN patients on a daily basis and there are special projects like the quarterly diabetes clinic days which we would like to showcase. The diabetes clinic days have been a great opportunity to get the labs and education to the patients. It is an opportunity to extend Sacred Hospitality to patients.
Nevada Urban Indians, Inc.
Nevada Urban Indians Diabetes Program (Phoenix)

Nevada Urban Indians, Inc. Diabetes Program under Title 5 Urban Program consists of our Diabetes Educator, who went to school for nutrition with an emphasis on diabetes intervention. For the coming year of 2020 the Diabetes Program will be adding more personnel. We are now working on prevention of diabetes especially with the youth and families of both Native American and non-Native communities. We have begun a new partnership with a local urban gardening in the heart of Reno, NV to provide farm to table education on nutrition and provide a “learn by doing” environment. We offer weekly yoga and Zumba classes free to the community. As an urban program, we rely on partnerships with the community surrounding us to ensure we reach as much of the Reno and Carson City regions as possible. This in turn, gives us endless possibilities on what we can offer for our community.

Tulalip Tribes of Washington
Diabetes Care and Prevention Program (Portland)

Our goal within our program is to provide real life applications to our teachings and all curriculum we use and is the foundation for our programs success. We actively seek out curriculum which are adaptable to our culture by changing the activities into innovative games and providing educational material at the school level for our families to understand. We rely on our diabetes medical team, lifestyle coaches, alternative medicine providers and, elders (who have been equipped to assist with extensive diabetes education) to assist with mentoring all participants with understanding the prevention of diabetes and diabetes.

Our SDPI audit for 2018 results which were received 12/09/2019 demonstrated the following: Patients age >40 meeting all the following criteria: A1C<8, statin prescribed and mean BP <140/<90 = 39% of our registry as compared to Portland area =26% and IHS =25%
Urban Indian Health Institute
Diabetes Program (National)

The Urban Diabetes Care & Outcomes Summary Report, Audit Years 2014-2018 is primarily funded by the Special Diabetes Program for Indians (SDPI). It aims to monitor diabetes healthcare and outcomes within urban AI/AN patients with diabetes to better inform programs. Urban Indian Health Institute analyzed data of AI/AN patients with diabetes from urban Indian health programs (UIHPs) that receive SDPI funding and take part in the annual Indian Health Service Diabetes Audit. A total of 39 diabetes healthcare and outcome indicators were analyzed including each indicator’s trend from 2014 to 2018. Based upon key findings, recommendations were made that aim to continue to support effective program work, inform of gaps in care, and improve health outcomes for urban AI/AN patients with diabetes. Due to the unique needs of urban AI/AN patients, this report provides important information about diabetes care and outcomes for UIHPs.

Winnebago Tribe of Nebraska
Whirling Thunder Wellness Program (Great Plain)

The Winnebago Tribe of Nebraska, has had SDPI funding since 1998. The multidisciplinary team funded by SDPI are able to reach participants through a variety of programs. The team includes a registered nurse/diabetes educator, a lead fitness trainer, fitness specialists, and a nutrition educator. With other funding sources we are able to collaborate with other departments and expand outreach efforts. Five activities will be presented: Group Exercises, Freezer meal workshops, Diabetes Self-Management classes, after school programming, and Diabetes Prevention Classes. Each activity offers a unique delivery of diabetes related education while including physical fitness. A unique group exercise included this year is Wellness in the Workplace. The fitness staff take the workout session to the workplace to reduce barriers and promote physical activity. Many individuals have busy schedules and getting away from work is difficult. These workout sessions are fun, easy and user-friendly for everyone. Fitness can be fun.
Winslow Indian Health Care Center, Inc.
*Hozhoogo Lina Wellness Program (Navajo)*

The Hozhoogo Lina Wellness Program at Winslow Indian Health Care Center, Inc. implements Diabetes-Related Education 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 year. 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 of the patient which include: a weekly multidisciplinary clinic, diabetes foot care, home glucose monitor and supply services, case management of high risk patients by the DM community health nurse, nutrition education provided by an RD and two nutrition technicians, fitness coaching services provided by fitness specialists, DM youth prevention and management provided by Youth Wellness Nurse Diabetes in pregnancy case management and education services, and diabetes in pregnancy. December 11, 2019 WIHCC gained accreditation with American Associate of Diabetes Educators Diabetes Education Accreditation Program.

**Woodrow Wilson Keeble Memorial Health Care Center**
*SWO Diabetes and Fitness Center (Great Plains)*

Our program has educational classes for those diagnosed with pre-diabetes and diabetes. They can be in a group setting or one-on-one sessions. We also have a walking/running club. Participants earn "walking dollars" that can be used to purchase incentives from our store. We hold monthly events for our community to participate in, it can be anything from a walk/run to a bean bag tournament. We want to get our community up, moving and having fun! We also select "Motivators Of the Month". These are participants at our facility who come in to better their health, wellness, and encourage others to do so well. Throughout the year we've seen so many people make great strides in improving their health. We are happy to see that our participants improved their A1c's, physical activity minutes, and blood pressures. Because of this our participants motivate us to be the best program we can be.
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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