COLORADO RIVER INDIAN TRIBES

The Colorado River Indian Tribes is a geo-political unit consisting of the four distinct tribes associated with the Colorado River Indian Reservation: Chemehuevi, Mohave, Hopi, and Navajo. The reservation covers 432.22 square miles of land in Riverside and San Bernardino counties in California, and La Paz County in Arizona. Today, the tribe has about 4,200 active (or enrolled) members. Most reside in communities in and around Parker and Poston, AZ. The largest community is the town of Parker. The 2000 census reported a population of 9,201 persons residing on the reservation. There are three (3) commercial food stores that are within the reservation boundaries as well as one (1) Government food program and two (2) food banks. There is one Indian Health Services clinic located on the reservation, which services over 7,000 individuals.

SPECIAL DIABETES PROJECT-RECREATION PROGRAM

The goal of the CRIT SDP-REC Program is to increase physical activity among Native Americans enrolled in a federal recognized tribe living within the boundaries of the CRIT reservation to prevent diabetes and to help individuals manage their diabetes with exercise. The Program has three facilities that include two workout centers and a gymnasium. These facilities feature 25 cardio machines, 40 strength training machines, and a gymnasium for team sports. Individuals receive fitness and exercise education from certified Fitness Instructors as well as nutrition and diabetes education from our Community Health Educator.

NUTRITION EDUCATION

The SDP Program, in collaboration with IHS, provides nutrition education to its participants. Participants receive information on the basic food groups, portion sizes, meal planning and preparation in a classroom setting and on an individual basis.
- Healthy Cooking Demonstrations
- Recipes and Cooking Supplies
- Healthy Snack Demonstrations
- Printed Materials

BLOOD GLUCOSE/BLOOD PRESSURE SCREENINGS

Throughout the year, the SDP-REC Program conducts random BGL/BP screenings in the community to bring awareness to those who are at risk of developing Type 2 Diabetes. SDP-REC also recommends those with abnormal BGL and/or BP results to follow up with their physician for further diagnostic testing.
Over 2,400 BGLs & 650 BPs are taken on a yearly basis.

STRUCTURED PHYSICAL ACTIVITIES

The SDP-REC Program hosts 6 walk/run events throughout the year. These events are open to the community and are meant to promote physical activity and aid in recruiting participants.

“Empowering individuals to live an active and healthy lifestyle”

COLORADO RIVER INDIAN TRIBES

SDP-REC FACILITIES

BUILDING 1
- Cardio
- Weight Machines
- Wellness Center

BUILDING 2
- Competition Floor
- Fitness Center
- Game Room

IRATABA HALL
- Meeting Room
- Multipurpose Room

COMMUNITY EVENTS

- Volleyball Leagues & Tournaments
- Basketball Leagues & Tournaments
- Baseball/Softball Leagues & Tournaments
- Youth Leagues & Tournaments
- Zombie Parties
- Open Gym
- Choir/Volleyball

DM SOCK AND ATHLETIC SHOE PROGRAM

CRIT Tribal Members diagnosed living with diabetes who are active with the CRIT SDP-REC Program are provided with diabetic socks and athletic shoes to help them on their journey towards becoming more physically active.

PROGRAM STAFF

- Stacey Amador: SDP-Rec Manager
- Chelsea Flores: Assistant Project Coordinator
- Jackson Short: Recreation Coordinator
- Charmaine Etsitty: Data Specialist
- Dusty Wooddell: Community Health Educator
- Lisa Swick: Secretary-Receptionist
- Whitney Sharpe: Fitness Specialist
- Louis Gillett: Fitness Specialist
- Tyson Esquerra: Fitness Specialist
- Codie Espinoza: Fitness Specialist
- Robin Howard: Recreation Specialist
- Eileen Garcia: Recreation Specialist
- Jennifer Carter: Recreation Specialist
- Narcisse McCowan: Recreation Specialist

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