Parents/guardians are notified of elevated results. Students who have a BMI at or above the 85th percentile and an A1C at or above 5.6% are invited to be apart of our Healthy Futures Program. To identify pre-diabetes and diabetes.

In fall 2018, 1,295 students received education related to diabetes prevention provided by the Diabetes Program staff.

The Together Raising Awareness for Indian Lives (TRAiL) Diabetes Prevention Program was taught in one 3rd grade class in Mandaree in the fall 2018 semester.

On The Move to Better Health, a five week health program developed by North Dakota State University, was implemented in one 5th grade class in New Town.

Our goal is to provide education to this group to help build healthy lifestyle habits from a young age to impact the rising obesity and diabetes rates in our population. We provided 246 total activities for all ages in 2018.

Program staff screen students in grades K through 11 for height, weight, and Body Mass Index (BMI) in all schools once per year during January to March.

Through these screenings, we identify children who are at or above the 85th percentile for BMI. For all children who are in this BMI class, we then conduct a HgbA1C screening to identify pre-diabetes and diabetes.

In 2018, 91% (1331 student screened of 1460 students enrolled) of students in schools on Fort Berthold were screened by the Diabetes Program. A1C screenings were conducted on 760 students; 64 students had elevated A1C results (at or above 5.6%).

During these screenings, program staff also provide health and diabetes prevention education to help reinforce concepts taught in our fall education lessons.

Parents/guardians are notified of elevated results. Students who have a BMI at or above the 85th percentile and an A1C at or above 5.6% are invited to be apart of our Healthy Futures Program.

Healthy Futures is a program that educates children and their families about healthy lifestyles and provides the support and tools they need to make healthy lifestyle changes. The goal of Healthy Futures is to build healthy, diabetes-free futures for children. In 2018, there were 64 participants in our Healthy Futures Program (our target group).

Healthy Futures Clinic is a clinic created for SDPI activities where a physician evaluates diabetes and cardiovascular risk factors (BMI, A1C, blood pressure, lipids) and works with the participant and family to develop a plan for diabetes prevention and health improvement. After the visit with the pediatrician, the participant and family meet with the community dietitian for diabetes prevention nutrition and lifestyle education. A thorough assessment is conducted and family goals are set. Families are encouraged to attend three Healthy Futures clinics throughout the year.

Healthy Futures Lifestyle Training is a 5 day program for children ages 8-14 in our Healthy Futures Program. The training teaches children how to adopt healthier nutrition and activity habits through a traditional summer camp experience. During camp, participants spend part of the time in nutrition, activity, lifestyle, and diabetes education activities. Traditional time and activities, like beading, ribbon skirt making, drying meat, and drying corn are provided. Lastly, throughout the event, participants have the opportunity to participate in camp style activities like swimming, archery, horseback riding, canoeing, and more.

Throughout the Healthy Futures program, other fun events are offered periodically. They include cooking classes, grocery store tours, fitness classes like Zumba, and activities like biking and kayaking.

After school and summer programs are offered to all school-aged children to provide youth with opportunities to stay active, learn about healthy lifestyle habits, and learn healthy cooking skills in an effort to prevent and/or delay obesity, pre-diabetes, & diabetes.

Cooking classes. Cooking classes are provided on a regular basis to the youth at the Boys & Girls Clubs. Participants learn how to prepare healthy meals & snacks as well as why the items prepared are good for their bodies.

Gardening. The Diabetes Program manages a community garden plot in New Town, ND. During the growing season, program staff manage the community garden. Twice per week, kids from the Boys & Girls Club come to the garden to assist and learn the benefits of gardening. Produce harvested from the garden is used in cooking classes at the Boys & Girls Club as well.

NB3 Fitness Week. In November, staff provide activities through both teaching sessions and active play in recognition of National Week of Native Youth Health & Fitness with the purpose to engage Native youth and families in physical activity, nutrition, and healthy lifestyle habits.

<table>
<thead>
<tr>
<th>Weight Classification (using BMI) of Children Enrolled in Head Start through Grade 11 on Fort Berthold</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>1%</td>
</tr>
<tr>
<td>Healthy weight</td>
<td>38%</td>
</tr>
<tr>
<td>Overweight</td>
<td>18%</td>
</tr>
<tr>
<td>Obese</td>
<td>43%</td>
</tr>
</tbody>
</table>