Our Target Population: 5 - 44 Years old

Curriculums
- Native Lifestyle Balance
- My Plate Lesson
- SPARK
- Child Health Initiative for Lifelong Eating & Exercise
- Diabetes Education in Tribal Schools
- Healthy Heart
- Physical Activity Kit
- AADE
- Grocery Tours
- Food Demonstration

Major Activities
- MOU’s with Schools
- 5 Youth Sports Camp
- Youth Triathlon
- Navajo Specific Curriculums
- SPARK/PAK in Schools
- Community Physical Activities
- Running for a Stronger and Healthier NN
- AADE Certification
- Nutrition Conference

Direct Services
- 30 hrs per week
- (62) Staff Total
- Monthly Staff Meetings
- Weekly Updates
- Program Supervisor Meetings
- (3) New Wellness Centers*
- Mobile Unit

New Positions
- Diabetes Case Manager
- Health Planner
- Health & Wellness Coordinator
- Healthy Schools Coordinator

Harvesting of Data
- Knowledge & Skills
- Sign-in Sheets
- Fitness Assessments
- Diabetes Risk Tests
- Pre and Post Tests
- Diabetes Prevention in Schools
- Community Readiness Assessments
- Community Profiles

Sihasin / North / Evaluation

Nahas’á / South / Planning

Nitsáhákees / East / Thinking / Assess

Mission Statement:
Reduce diabetes to improve quality of life through wellness/programs and physical activities.

Vision Statement:
Life filled with beauty & wellness, without diabetes on the Navajo Nation.

Chinle Service Area
Population: 26,749

Chinle
- 47 Schools
- 79 Fast food/Restaurants
- 6 Staff
- CRA: Denial/Resistance

Crownpoint Service Area
Population: 25,864

Crownpoint
- 59 Schools
- 13 Fast food/Restaurants
- 4 Staff
- CRA: No Awareness

Tuba City Service Area
Population: 29,872

Tuba City
- 14 Schools
- 32 Fast food/Restaurants
- 4 Staff/WC
- CRA: Vague

Kayenta Service Area
Population: 15,346

Kayenta
- 12 Schools
- 11 Fast food/Restaurants
- 6 Staff
- CRA: Vague

Shiprock Service Area
Population: 25,003

Shiprock
- 47 Schools
- 9 Fast food/Restaurants
- 4 Staff/WC
- CRA: Vague

Fort Defiance Service Area
Population: 12,431

Fort Defiance
- 23 Schools
- 18 Fast food/Restaurants
- 15 Staff/Wellness Center
- CRA: Vague Awareness

Dilkon Service Area
Population: 25,003

Dilkon
- 28 Schools
- 9 Fast food/Restaurants
- 4 Staff/WC
- CRA: Vague

Service Area Population: 15,346

Service Area Population: 25,864

Service Area Population: 26,749

Service Area Population: 25,003

Service Area Population: 25,003

Service Area Population: 12,431