About the Sault Tribe Diabetes Program

**OUR MISSION:** 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.

**LOCATION:** We have eight health clinics providing services throughout our seven-county service area in Michigan. Services are offered to all Native Americans, ages infant to adult.

**PHILOSOPHY:** Our program strives to improve the health of Native people with diabetes and advance the health of Native children and communities. It encompasses the circle of life and is integrated with all of the Sault Tribe’s health programs.

Our program has received the SDPI Community Directed Grant since 1998. SDPI has guided our Health Division’s program planning and driven outcomes to reach optimal diabetes standards of care.

**Diabetes Patient Education**

In 2018, Sault Tribe reached 1,603 patients with diabetes. The majority were:

- **Female:** 54%
- **Over the age of 45:** 83%
- **Obese (BMI > 30):** 67%
- **Had A1C levels below 8.0:** 60%

**EDUCATION ACTIVITIES:** We continuously look for ways to inform, educate and support our community to help prevent and manage diabetes in a positive way. We work with the whole family, not just the person with diabetes. Our program encourages self-acceptance and educates patients and families on how to develop healthy lifestyles and ways to live in harmony with diabetes.

Many of our patients are living with multiple chronic health conditions. We are striving to increase our focus on nutrition and exercise education. A total of 1,444 (90%) of patients received at least one education session in 2018.

A Diabetes Case Coordinator and a Registered Dietician at a community education event

**Focus on Healthy Lifestyles**

Our program offers a team approach that focuses on physical, emotional, mental and spiritual health. We provide support to patients and families, and empower them to manage all areas of health and promote overall wellness.

**2018 ACHIEVEMENTS:** We grew our partnership with our tribal Community Health, Recreation, and MSU Extension to provide the community with free healthy cooking classes and events. In 2018, 35 classes were held across our service area.

**BIG ACHIEVEMENT IN 2018!**

We hired a full-time Diabetes Fitness Trainer who assesses patients’ physical fitness and designs physical activity programs tailored to them.

With the patient in the center of the team, our staff at the Sault Tribe Diabetes Program help guide our patients toward living in balance with diabetes.