Natives Own Wellness (SDPI)

The Natives Own Wellness (NOW) program is designed to meet the needs of American Indian/Alaska Natives in our community who have diabetes or pre-diabetes.

Our NOW Collaboration team consists of staff from Medical, Nutrition, Dental, Optometry, Podiatry, Pharmacy, and Behavioral Health.

Our goal at Southern Indian Health Council, Inc. is to provide integrated, comprehensive, quality care through a team approach with American Indian/Alaska Natives who have diabetes and those who are at risk for developing diabetes.

We deliver culturally sensitive care and respect our patient’s wants, needs, and preferences. We provide health screenings, coaching, education, and support to assist with personal decision-making, goal-setting, and participation in one’s own care. We work hard to establish mutually agreed-upon plans of care with emphasis on disease prevention and health promotion.

Our monthly community events programs are designed to provide up-to-date diabetes information and to motivate the community to eat healthier, portion control, and to move more.

Together as a patient-centered medical home team, we are committed to making a difference!! Take Action and Be Empowered....

- Physician medical care access
- A1C, glucose, blood pressure, and cholesterol testing
- Access to a Certified Diabetes Educator
- Personalized nutrition counseling by a Registered Dietitian
- Self-monitoring blood glucose education
- Medication / insulin education and supplies
- Diabetes education support groups
- Menu Planning for The Boys and Girls Club of Kumeyaay Nation Wellness
- Community Health Fairs: screenings and counseling
- Flu clinics, immunization services
- On-site Laboratory, Optometry, Dental, Podiatry, Pharmacy, Substance Abuse, Behavior Health, and Family Support Services

Southern Indian Health Council, Inc.
Serves a consortium of seven Federally recognized Tribes:

Patient-Centered Team

Podiatry- Keeping diabetes under control can help prevent poor circulation and nerve damage, which is often the cause of more serious foot conditions.

Optometry- Diabetic retinopathy affects blood vessels in the light-sensitive tissue called the retina that lines the back of the eye. It is the most common cause of vision loss among people with diabetes and the leading cause of vision impairment and blindness among working-age adults.

Dental- People with diabetes are at greater risk for dental problems. They’re more likely to have infections of their gums and the bones that hold their teeth in place, because diabetes can reduce the blood supply to the gums.

Nutrition- People with diabetes have too much blood sugar in their blood. Through lifestyle changes and making the right food choices, people with diabetes can keep their blood sugar, blood pressure, and cholesterol levels in their target ranges.

Eye Exam

Target Measure: Eye Exam
Required Key Measure: Number and Percent of individuals in your target group with completed annual diabetic eye exams
Guidance: Adults with diabetes
Number of Members: 231
Description: Comprehensive diabetic eye exams

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