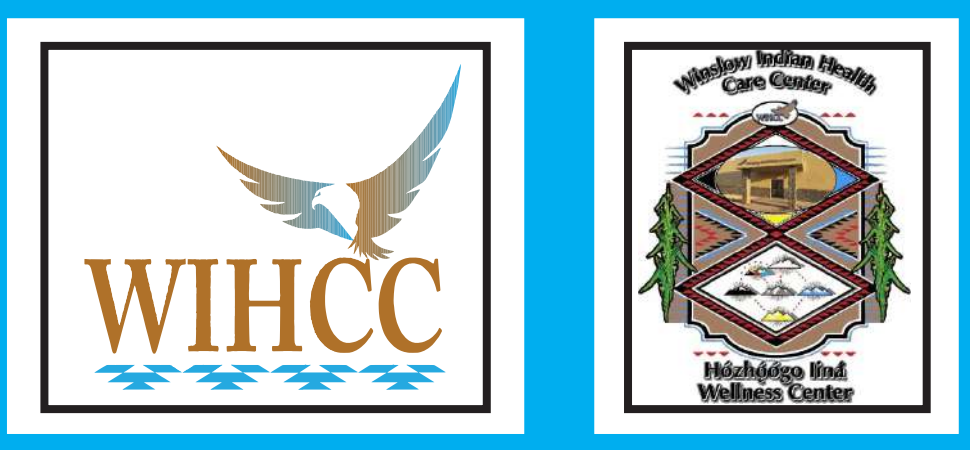


WHO WE ARE

The Hózhóogó Iiná Wellness Program (HIWP) was formerly called the "Diabetes Program." The Wellness Program parents the following sub-programs:

- Diabetes Clinical Services
- Wellness Center
- Nutrition
- Diabetes in Pregnancy
- Youth Wellness
- Concession Stand



The HIWP is partially funded by the Special Diabetes Project for Indian (SDPI) grant and the Winslow Indian Health Care Center. Services are provided for all Native Americans.

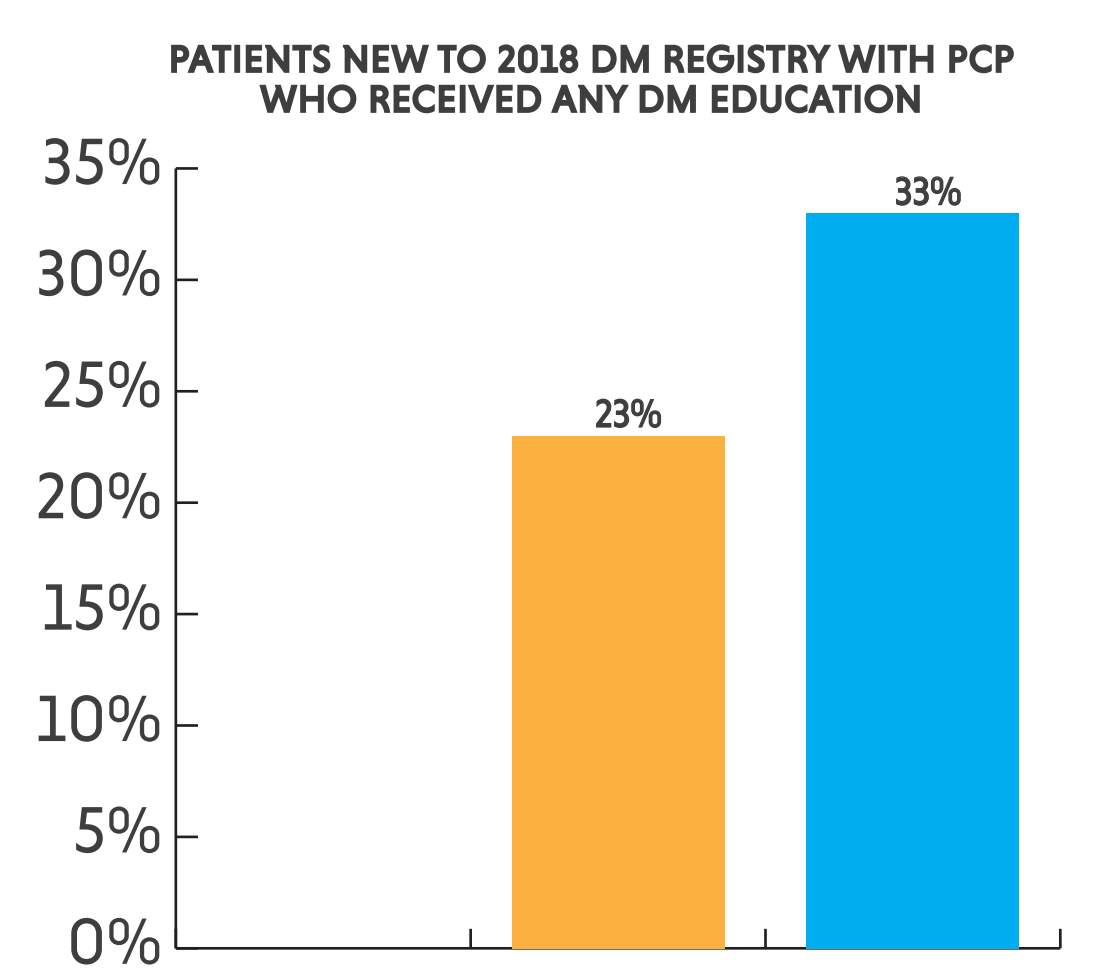
NAVAJO WELLNESS PROGRAM

The aim of the Hózhóogó Iiná Wellness Program is to use the Navajo Wellness Model concepts as the guiding principles to counter diabetes at the primary, secondary, and tertiary levels with an emphasis on k'e to define a patient-centered and culturally sensitive health care delivery service.

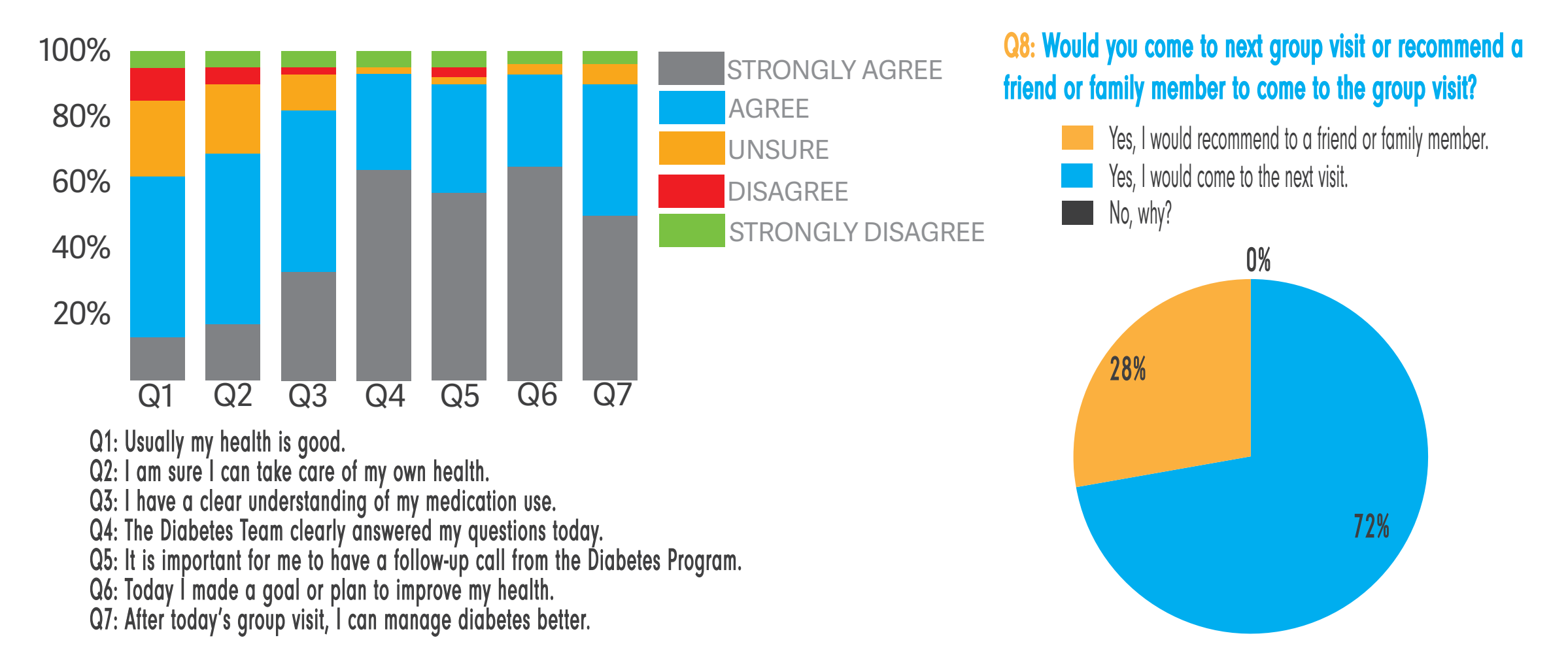
CLINICAL SERVICES

SDPI BEST PRACTICE FOR 2018 DIABETES-RELATED EDUCATION

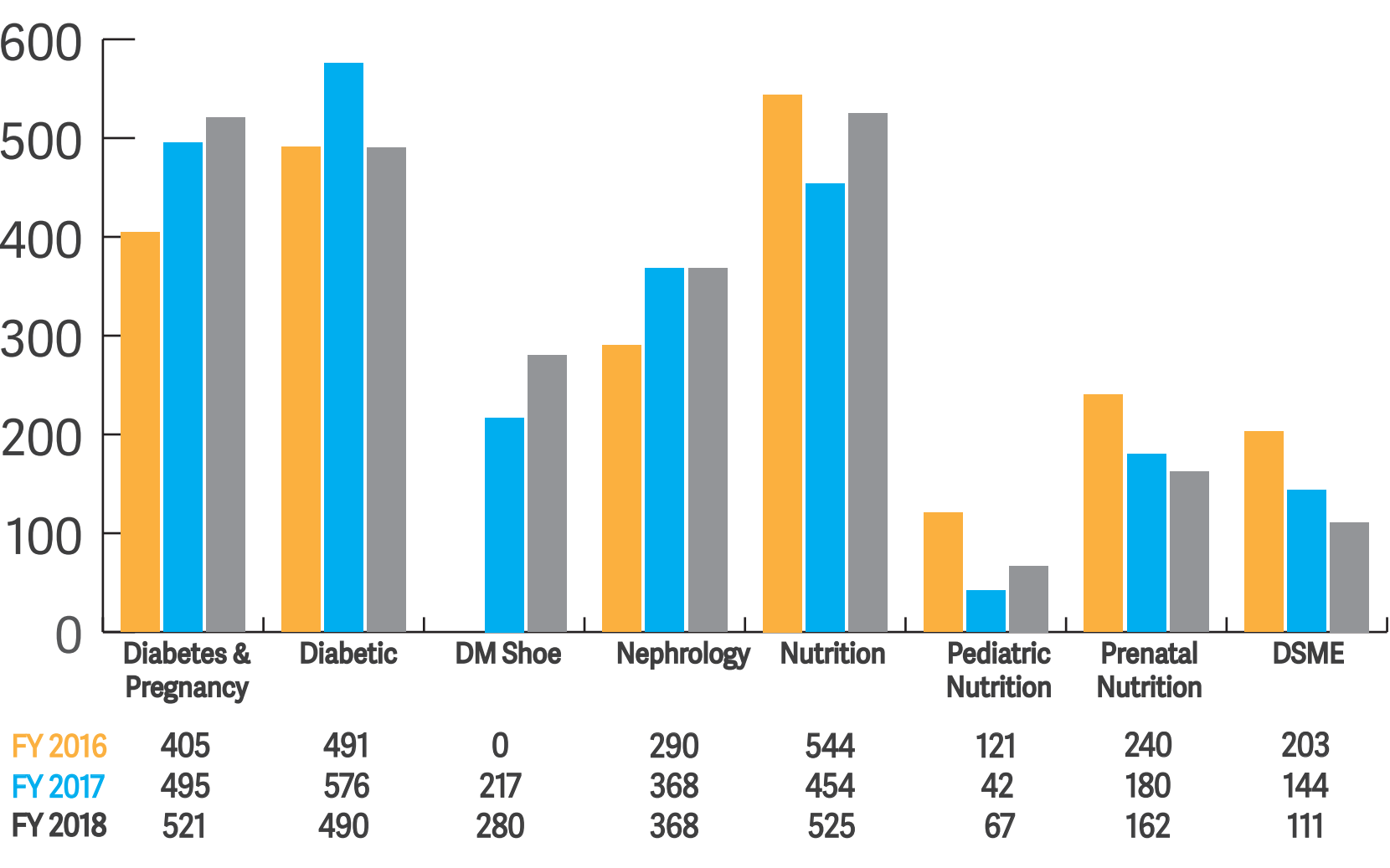
Required Key Measure
 Number and percent of individuals in your Target Group who receive education on any diabetes topic, either in a group or individual setting.
Target Group Information
 Patients who are new to 2018 Diabetes Registry with an assigned WIHCC Primary Care Provider.
Best Practice Results
 Of the selected target population an increase of 33% was provided by the end of calendar year 2018.



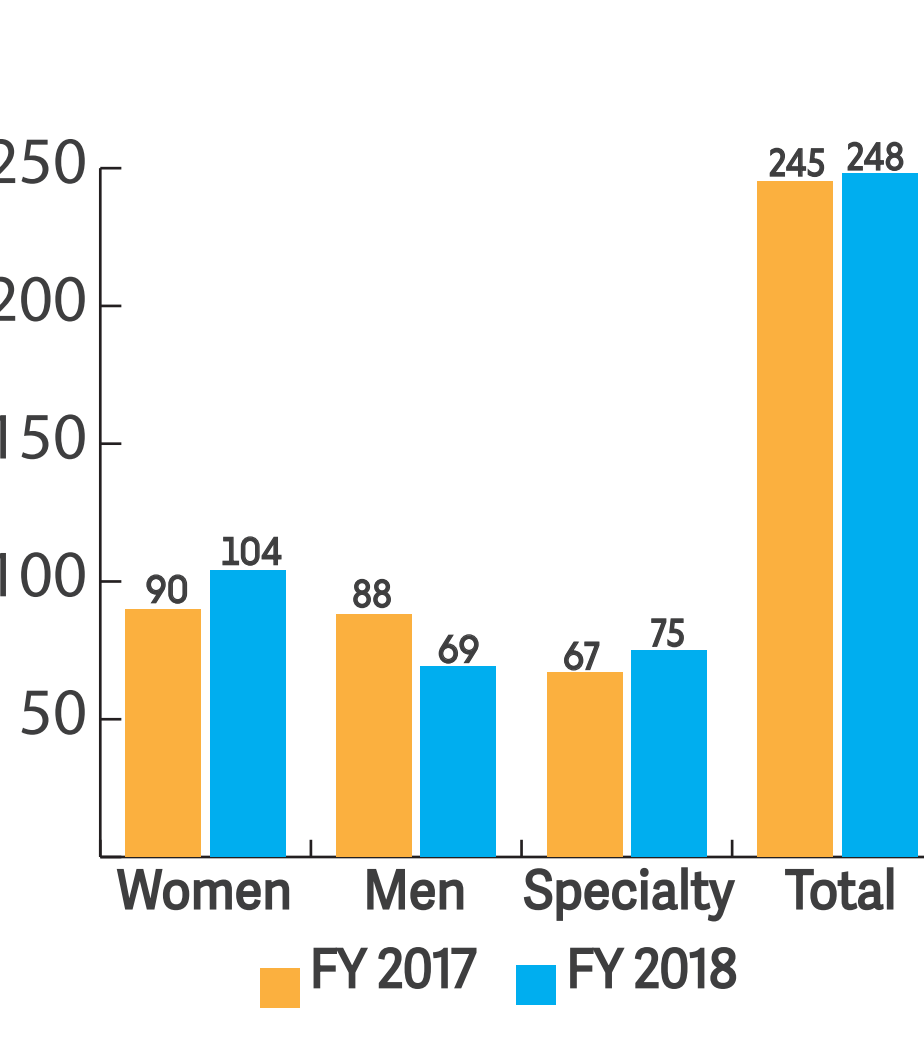
DIABETES SELF-MANAGEMENT EDUCATION



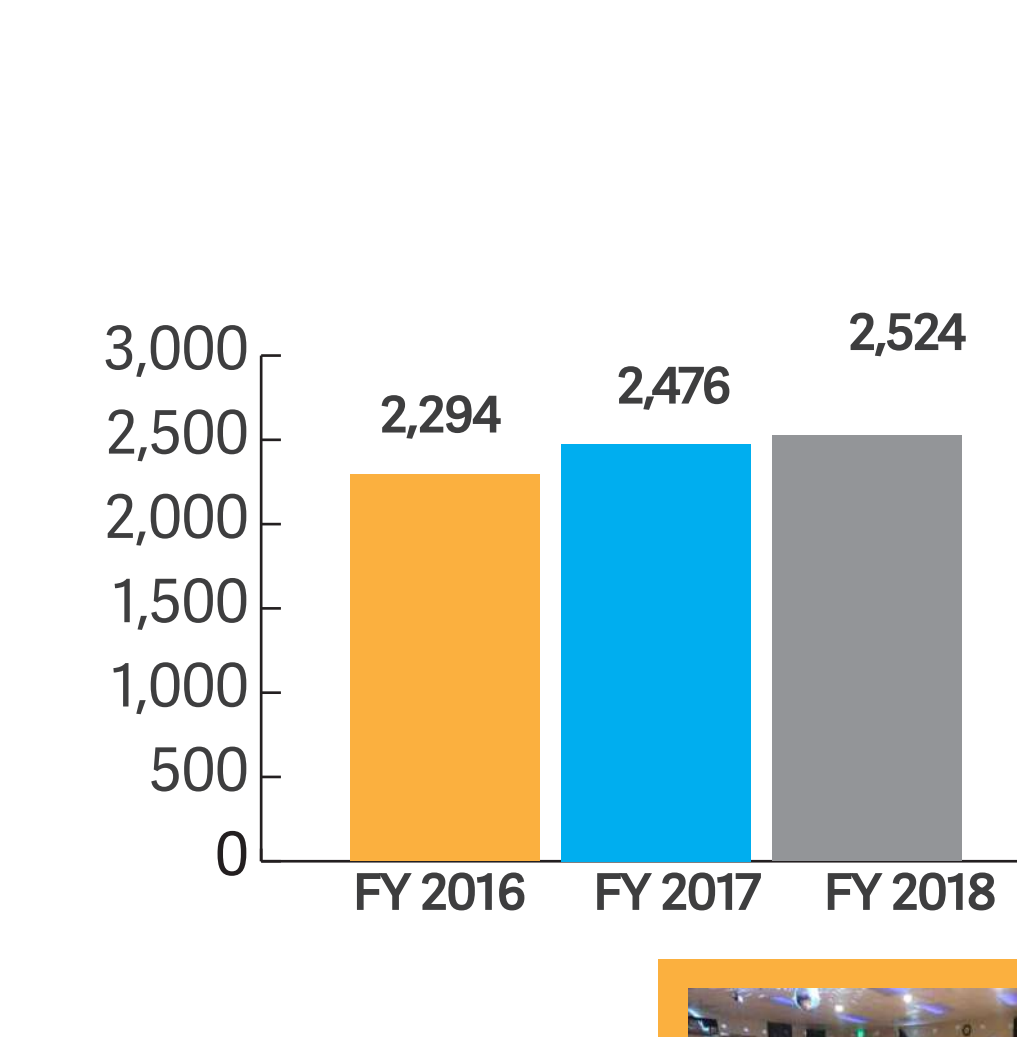
DM PROGRAM CLINICAL VISITS



DIABETES SHOE CLINIC



TOTAL DM VISITS



PROGRAMS DIRECTLY UNDER SDPI GRANT

Diabetes in Pregnancy

Diabetes Shoes

Diabetes Self-Management Education

Health & Fitness

Youth Wellness

HÓZHÓÓGÓ IINÁ WELLNESS PROGRAM

Yearly, 1998-2018, Received to Date: \$8,995,277.00

STAFF UNDER SDPI GRANT

- Administrative Assistant
- Diabetes Clinical Nurse Specialist
- Diabetes Nutrition Technician
- Diabetes Perinatal Nurse Educator
- (2) Fitness Technicians
- Youth Wellness Nurse

Collaborative Relationships

- AADE Advisory Group
- AZ Dept. Health Services
- AZ Kidney Foundation
- AZ Health Zone - UofA
- Community/Chapter Programs
- Internal Departments/Programs

IHS Standards of Care

Diabetes Appointment System

DM Prevention Systems

- DM Prevention Systems
- Parent & Offspring Ed
- Obesity and Diabetes Prevention Education
- Physical Activity Programs
- Youth Wellness Programs

Quality Improvement

- DM AUDIT
- I-Care
- SDPI Outcome System
- WIHCC-GPRA

Diabetes Registry

- New DM Patient Identification
- Case Management
- DM Audit Data
- Renal Registry
- Scott Registry
- DM Outpatient Registry System
- SDPI Outcome System

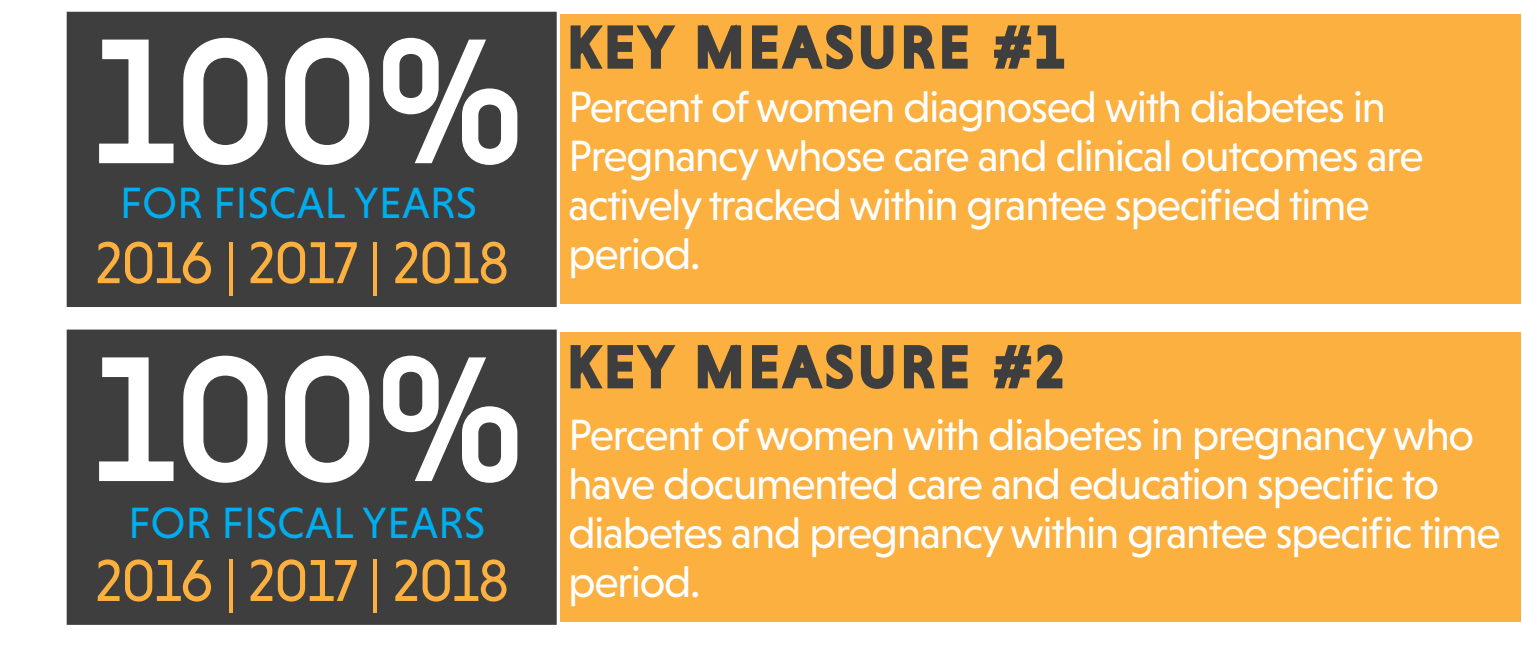
DM Treatment

- New DM Patient Identification
- Case Management
- DM Audit Data
- Renal Registry
- Scott Registry
- DM Outpatient Registry System
- SDPI Outcome System

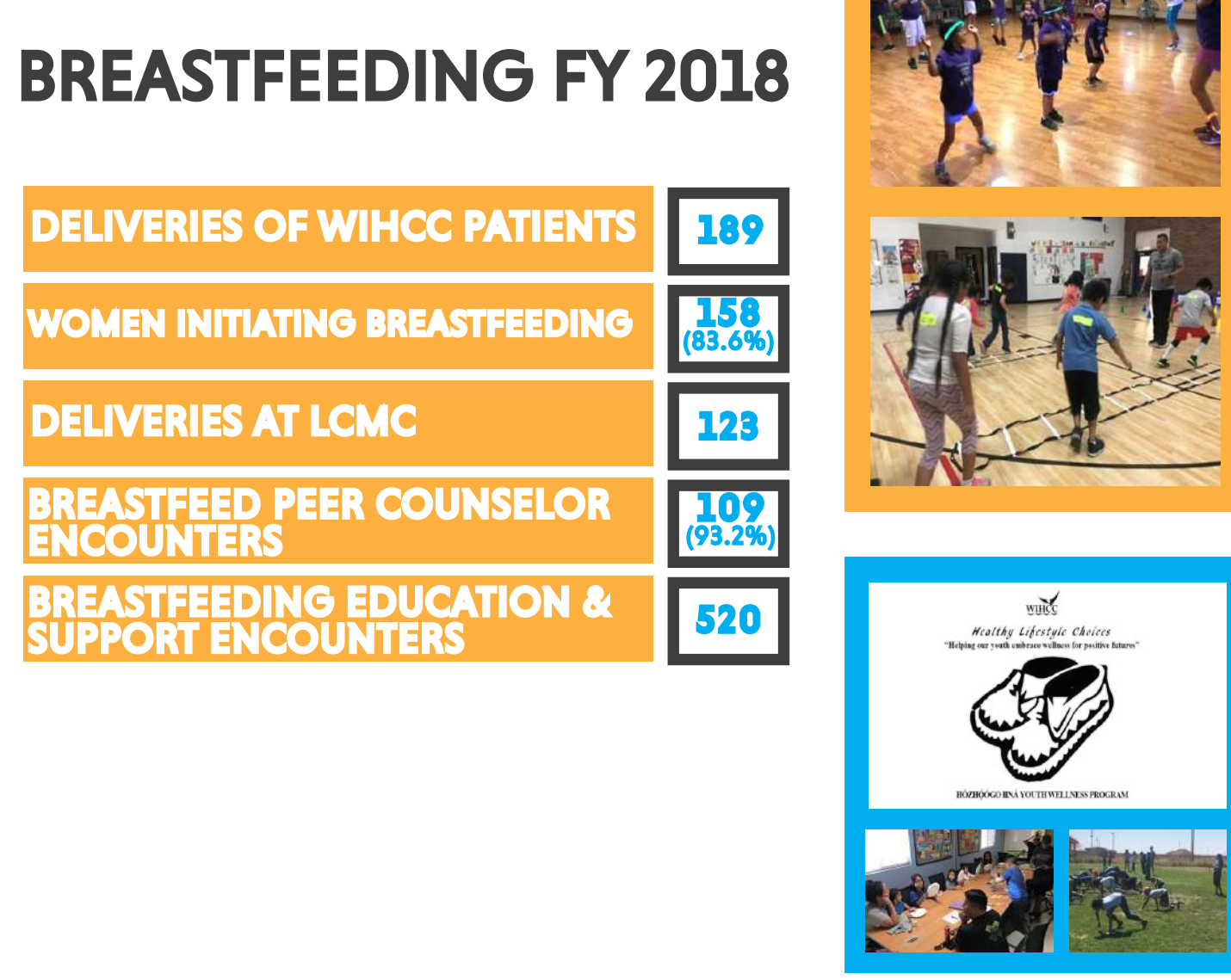
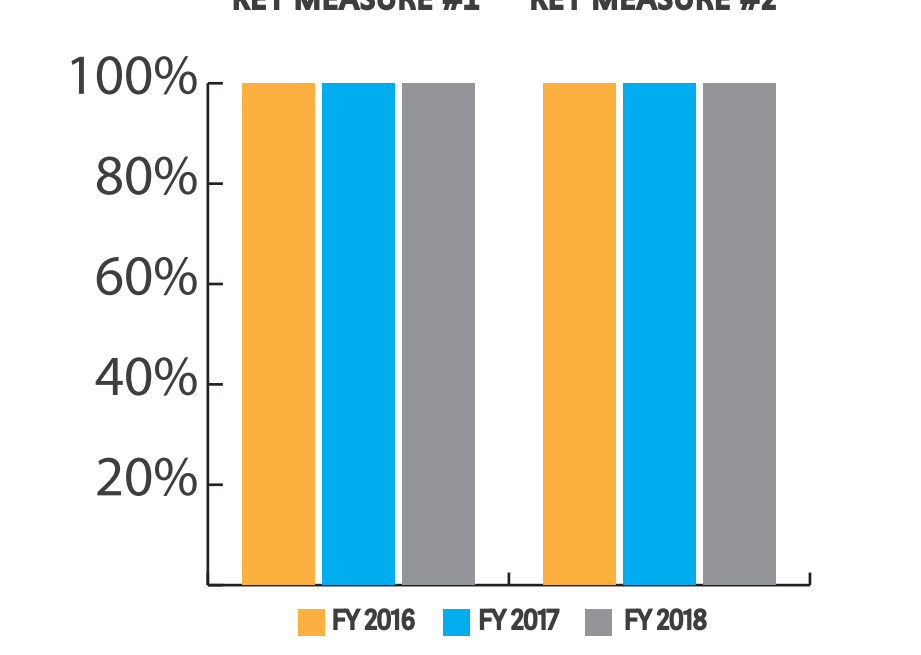
CONTRACTORS UNDER GRANT

- Black Belt Academy
- Diabetes in Pregnancy Assistant
- License Practical Nurse

DIABETES IN PREGNANCY



BREASTFEEDING FY 2018



YOUTH WELLNESS

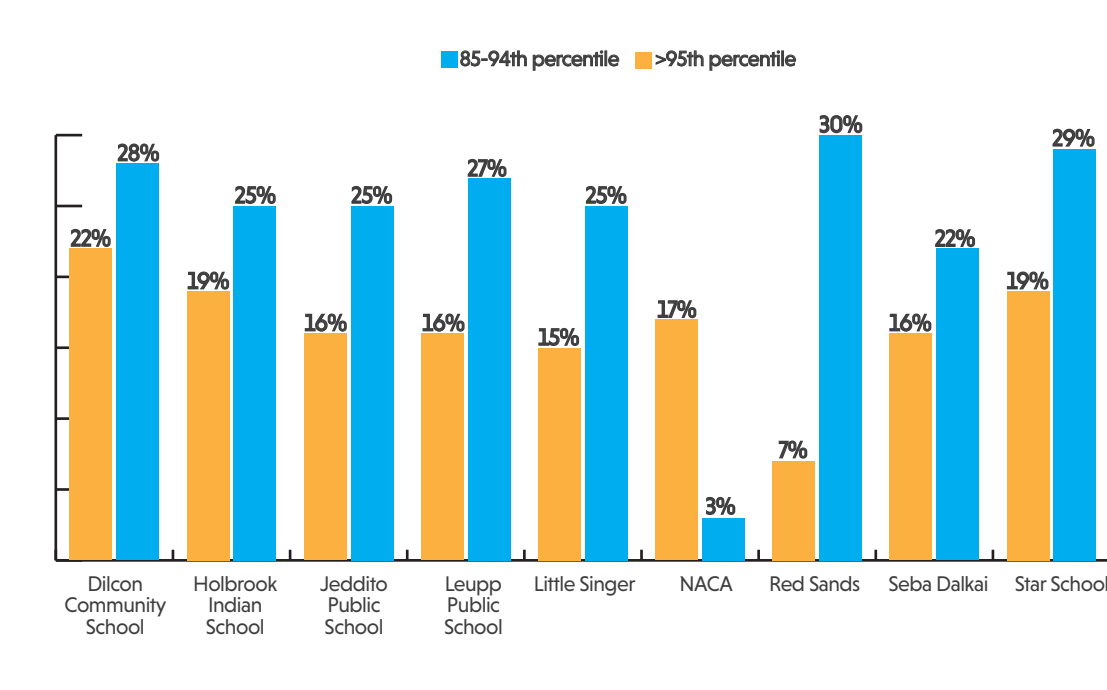
- #### PARTNERSHIPS
- Arizona Health Zone - University of Arizona Extension Program/SNAP-Ed | Since 2017
 - CATCH (Coordinated Approaches to Child Health) Curriculum training & implementation | 3 Schools
 - Memorandum of Agreement with 13 Schools
 - Northern Arizona Health Care Fit Kids Program | Since August 2018

- #### YOUTH ACTIVITIES
- Eat, Play, Grow **58**
 - Fitness Fun in the Sun **56**
 - Hozhoogo lina Kids Camp (Leupp) **20**
 - Walking Together For Healthier Nations **1,468**
 - Walk-A-Thon **64**
 - Kids Zumba **85**

WINSLOW SERVICE AREA SCHOOLS 2017-2018 SY OVERWEIGHT VS OBESITY

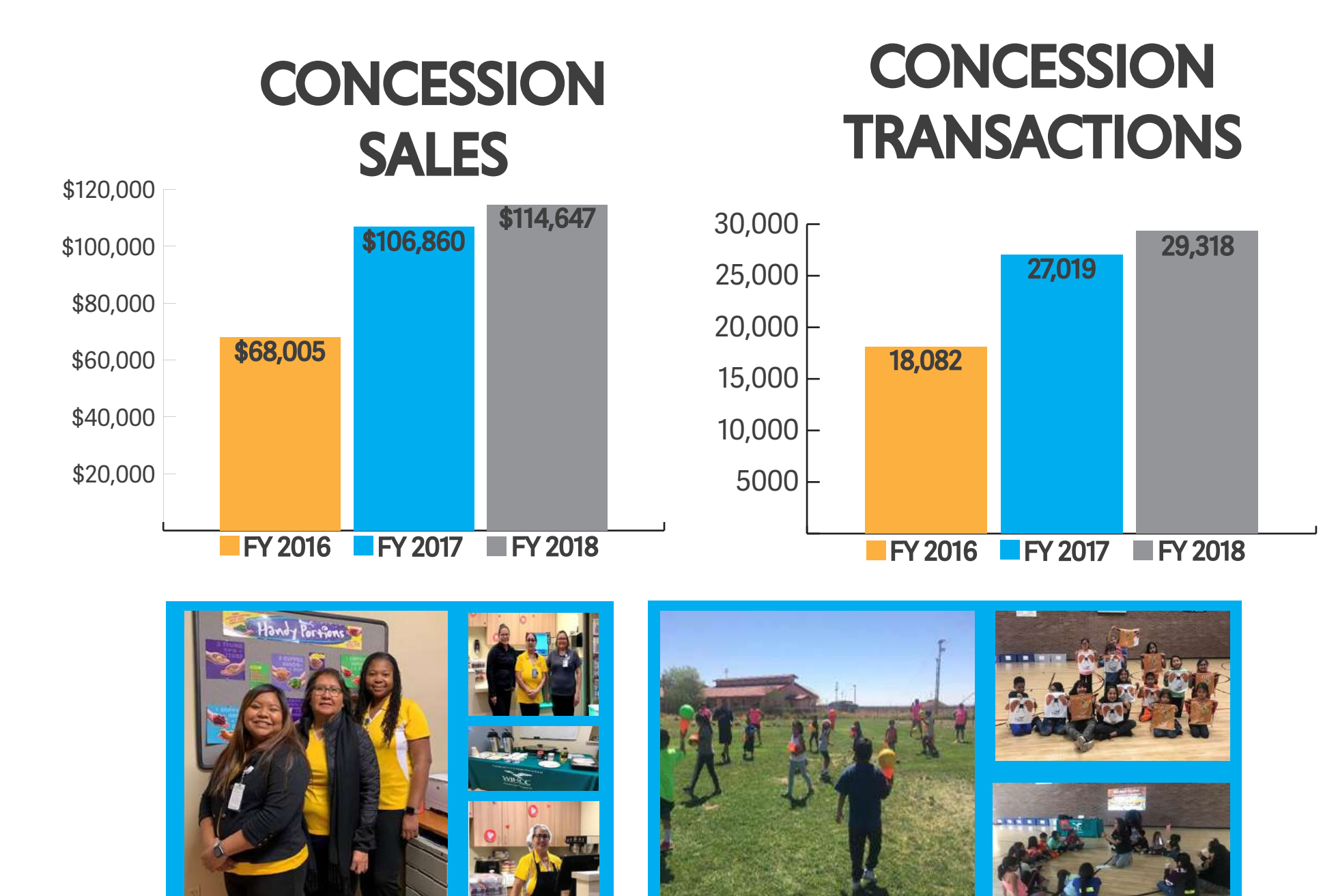
TRACKING

- Childhood Obesity: Via School Fitness Gram Assessments, 9 schools total.
- Pediatric Type 2 Diabetes: WIHCC data resources, 7 Patients in Holbrook High School.
- Pediatric Pre-Diabetes: 52 active pediatric wellness referrals.



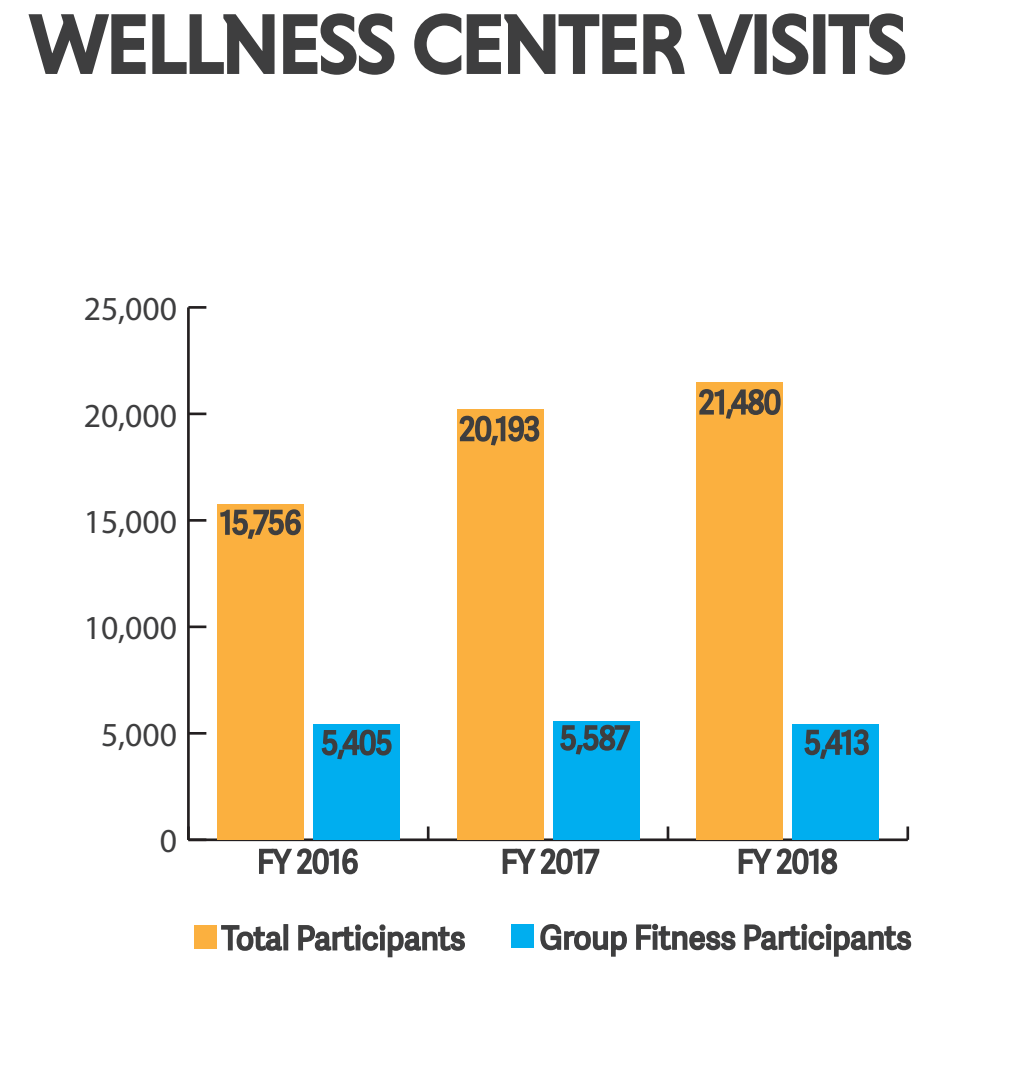
NUTRITION

- #### Supervisory Dietitian
- Provides one-on-one nutrition consultations
 - Supervises: (2) Diabetes Nutrition Techs & (4) Concession Staff
 - Co-Team Leader: Pediatric Wellness Obesity Task Force
- #### Diabetes Nutrition Technicians
- Provide one-on-one and group nutrition consultations
 - Nutrition appointment scheduling
 - Food demonstrations
 - Coordinated wellness activities
 - Diabetes Bingo
 - Eat, Play, Grow
 - Fitness Fun In The Sun
 - Hozhoogo lina Kids Camp
 - Healthy Living Bingo
 - Moms In Motion



HEALTH & FITNESS

- #### GROUP FITNESS CLASSES
- KIDS ZUMBA
 - BUTTS-N-GUTS
 - ZUMBA TONING
 - CHAIR YOGA
 - TRX
 - YOGA
 - ZUMBA
 - CHAIR YOGA
 - MID-WEEK MILERS
 - MOM'S IN MOTION
 - CARDIO KICKBOXING
 - FUNCTIONAL TRAINING
 - INTERVAL JUMP ROPE
 - 30-MINUTE WORKOUT
 - CARDIO TONING
 - EFFICIENT RUNNING



RESTORING BALANCE PROGRAM

Restoring Balance: Physical Activity and Cancer Among Native American Cancer Survivors, A Pilot Study

- The goal of the program is to test the effects of a regular dose of exercise on quality of life, body composition, function and metabolism among Native American cancer survivors.
- Restoring Balance is the first cancer survivor exercise intervention for American Indians.

COMMUNITY ACTIVITIES

- Keep On Moving It **176**
- Just Move It **1,533**
- Healthy Heart Month **79**
- 100 Mile Challenge **207**