



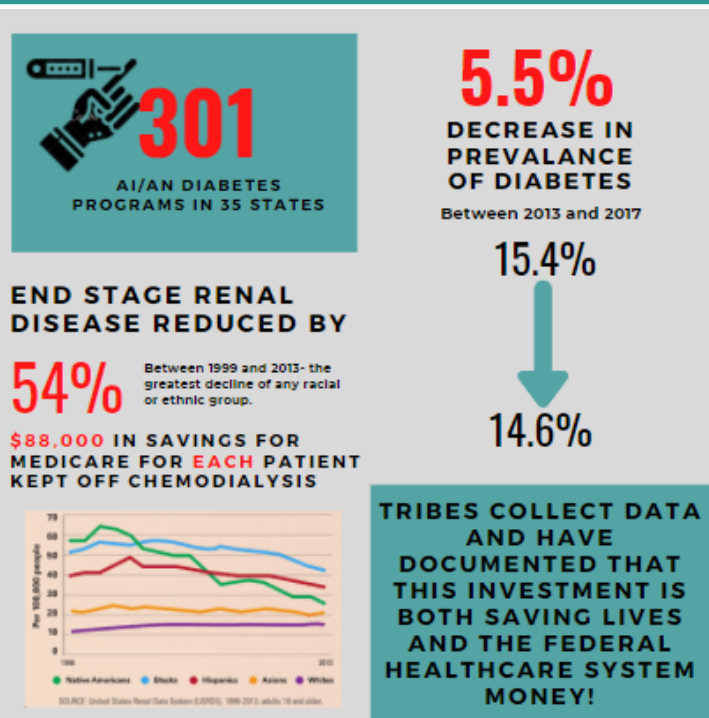
Special Diabetes Program for Indians:

Saving lives in Alabama and providing a strong return on federal investment

History

Congress established the Special Diabetes Program for Indians (SDPI) in 1997 to address the growing epidemic of diabetes in American Indian and Alaska Native (AI/AN) Nations. By allowing Tribes to determine their own approach, the program has become the nation’s most effective federal initiative to combat diabetes and serves as a useful model both for diabetes programs nationwide and public health programs in Indian Country. SDPI is currently authorized through Fiscal Year 2023.

SDPI Outcomes



301
AI/AN DIABETES PROGRAMS IN 35 STATES

5.5%
DECREASE IN PREVALENCE OF DIABETES
Between 2013 and 2017

15.4%
↓
14.6%

END STAGE RENAL DISEASE REDUCED BY 54%
Between 1999 and 2013- the greatest decline of any racial or ethnic group.

\$88,000 IN SAVINGS FOR MEDICARE FOR EACH PATIENT KEPT OFF CHEMODIALYSIS

TRIBES COLLECT DATA AND HAVE DOCUMENTED THAT THIS INVESTMENT IS BOTH SAVING LIVES AND THE FEDERAL HEALTHCARE SYSTEM MONEY!

Diabetes in Alabama

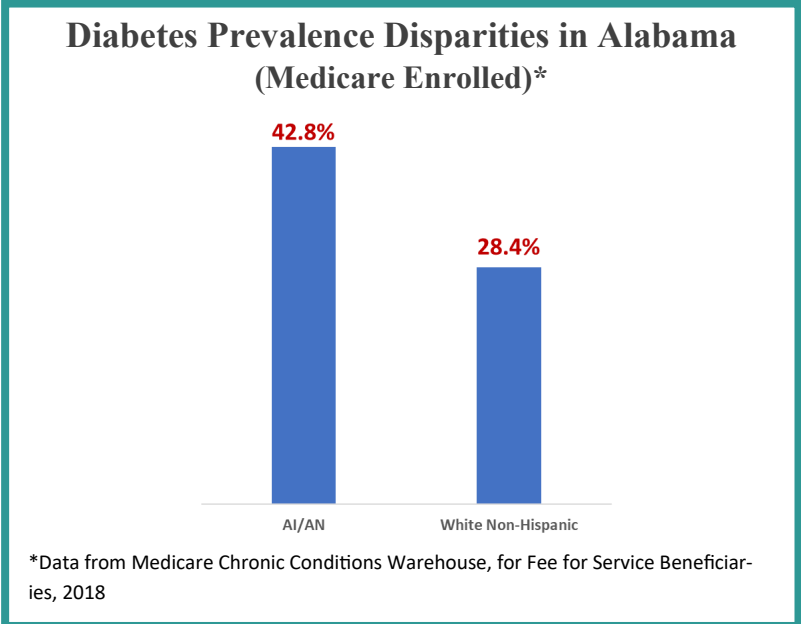
FY 2023 SDPI funding in Alabama totaled \$279,211 for the Community Directed Grant program at the Poarch Band of Creek Indians

According to the American Diabetes Association, in 2017, approximately 553,000 people in Alabama – 14.6% of the population – had diagnosed diabetes, and many suffered from serious diabetes-related conditions such as heart disease, neuropathy, and eye, foot and skin complications. In addition to the human toll diabetes places on the people of Alabama, it also places a large financial burden on the state’s healthcare system. According to the American Diabetes Association, in 2017, the staggering estimate of cost of diabetes and prediabetes in Alabama was approximately \$5.9 billion.

SDPI Impact

SDPI provides a strong return on federal investment and is saving lives in Alabama. Since the beginning of SDPI, blood sugar levels have decreased, risk factors of cardiovascular disease have been reduced, diabetes-related kidney disease has been cut by more than half, and primary prevention and weight management programs for Native youth have increased. Nation-wide AI/AN diabetes prevalence decreased from **15.4%** to **14.6%** between 2013 and 2017. National data reflect the excellent outcomes in Native Nations resulting from innovative local level programs.

For more information, visit <https://www.nihb.org/sdpi/>



Alabama Tribal Case Study

Poarch Band of Creek Indians

Background

The Poarch Creek Indian Community Diabetes Support Group (CDSG) has touched the lives of many Tribal members with diabetes and their families. CDSG members share experiences and support each other in their efforts to make life changes due to the diagnosis of diabetes.

Overview of Poarch Band of Creek Indians:

Enrolled Members: 2,957

User Population for the Clinic: 2,400

Current SDPI Funding Level: \$279,211

Best Practice: Chronic Kidney Disease Screening and Monitoring



Programs

The Poarch Creek Indian Community Diabetes Support Group engages program participants as a community to ensure that no one confronts diabetes alone. The program uses print media, education, and healthful recipe sharing to generate interest in living a healthy lifestyle.

Community Meetings

- CDSG often employs skits, visuals, and “hands-on” learning. This includes medical nutrition therapy, medication review, and self-glucose monitoring, and how they all relate to the participant’s individual disease process.

Sharing Healthy Recipes

- CDSG offers shared recipes to show how a healthy diet can also be flavorful and tasty.

Diabetes Education

- Group and individual classes are held at many locations. Guest speakers share information about living with cancer as a diabetic, reading food labels, the dangers of choosing sugar-free foods without reading nutritional labels. Motivational interviewing is often used.

Diabetes Clinic

- One stop shop for lab work, diabetes case management, pharmacy, referrals, etc.

Impact

Today, the Tribe employs two Certified Diabetes Educators: one a Registered Nurse and a Registered Dietitian. The ultimate goal of education at Poarch Indian Diabetes Program is to shift the negative domino effects of diabetes to positive ones.

Due to SDPI funding, average attendance at CDSG meetings grew from 4 people to an average of 35.

The CDSG uses team teaching, so with each visit, the participants receive a cohesive educational component that focuses on all aspects of diabetes education

“The diabetes program/team at PBCI has helped me see the importance of a serious diabetes self-management plan. The PBCI team is always, ready, willing, and very capable of explaining any question that I have in reaching my goals as I attempt to manage my diabetes.”

Angela Devilbiss,
Poarch Creek Indian Diabetes Program

Established by the Tribes to advocate as the united voice of federally recognized American Indian and Alaska Native Tribes, NIHB seeks to reinforce Tribal sovereignty, strengthen Tribal health systems, secure resources, and build capacity to achieve the highest level of health and well-being for our People.

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National Indian
Health Board

