

National Indian Health Board



Idaho



Special Diabetes Program for Indians:

Saving lives in Idaho 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 CHEMOTHERAPY

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

Diabetes in Idaho

FY 2023 SDPI funding in Idaho totaled \$935,841 for 4 Community Directed Grant Programs:

- Benewah Medical Center
- Nez Perce Tribe
- Kootenai Tribe of Idaho
- Shoshone-Bannock Tribes

According to the Idaho Department of Health and Welfare, in 2019, approximately 132,000 people in Idaho – 10.2% 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 Idaho, 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 Idaho was approximately \$1.3 billion.

SDPI Impact

SDPI provides a strong return on federal investment and is saving lives in Idaho. 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.

Diabetes Prevalence Disparities in Idaho (Medicare Enrolled)*

Race/Ethnicity	Diabetes Prevalence (%)
AI/AN	35.5%
White Non-Hispanic	21.4%

*Data from Medicare Chronic Conditions Warehouse, for Fee for Service Beneficiaries, 2007-2018

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

Idaho Tribal Case Study

Nez Perce Tribe

Background

The Nez Perce Tribe Nimiipuu Health Department has made a positive impact on Tribal members trying to live healthy lifestyles. Their work centers on overweight youth.

Overview of Nez Perce Tribe:

Enrolled Members: 3,500

Traditional Diet: Salmon, Trout, Wild Berries

Patients Living with Diabetes: 341

Current SDPI Funding Level: \$250,658

Best Practice: Youth Engagement



Programs

Collaboration with Rise Above

This program from Seattle, WA brought in retired professional basketball players from the Seattle Supersonics to present healthy ways of exercise and eating habits and to talk about their struggles with diabetes.

Annual Bike Rodeo

The program recruits volunteers to repair bikes for the Community of Lapwai in collaboration with the Lapwai Community Coalition Board. We hand out education, incentives, and helmets and serve a healthy lunch. Our last Bike Rodeo brought in approximately 200 participants.

Fun Run Walk

The program held a Fun Run Walk at the local park. The activity turned into a 5K walk with both children and parents participating.

Learning to Eat Healthy

The Tribe offers cooking classes for the youth. The Tribe's nutritionist CDE, Julie Keller with her assistant, Valerie Albert, taught a group of 20 children, ages 7-14.

Impact

At the beginning of the Program year, the Tribe chose 150 overweight children to form a youth group. In the first six months of the program, 24% of the group received education through the program. In the first half of 2018, 30% received education.

In 2019, the Tribe is aiming for a "trickledown effect:" educating young adults of child bearing age or those with children so they can to make healthy choices and establish a culture of health for two generations.

We will continue our efforts in trying to stamp out Diabetes! We have an excellent Team to make this a successful program.

Merrell Simpson, RN, BSN
Diabetes Prevention Coordinator

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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