



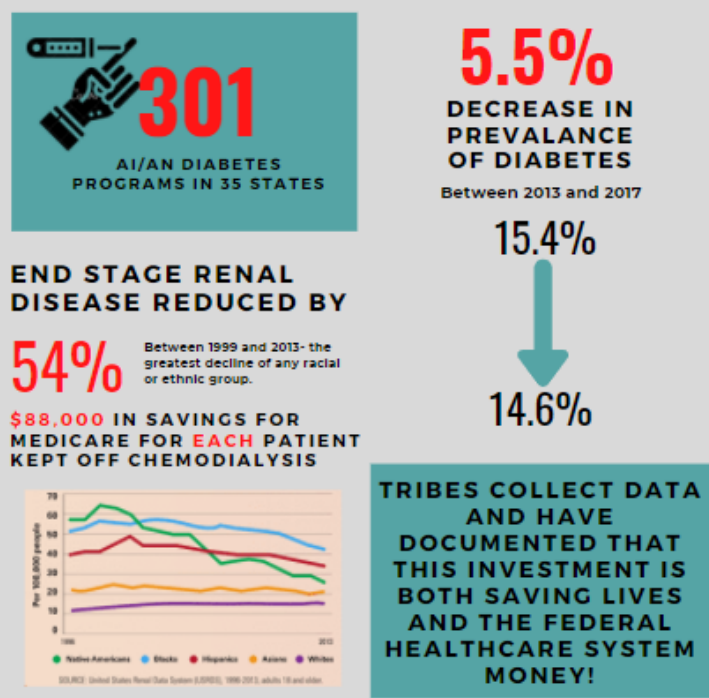
Special Diabetes Program for Indians:

Saving lives in Michigan 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



Diabetes in Michigan

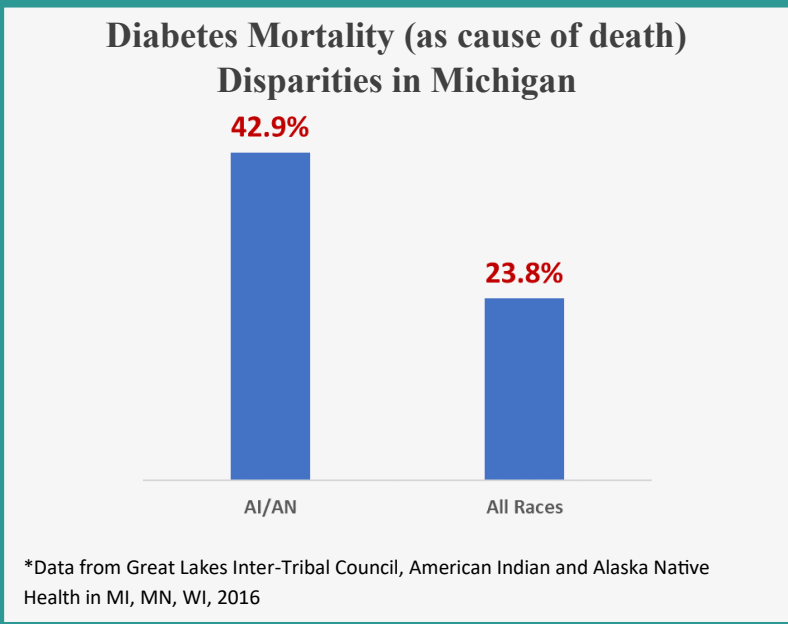
FY 2023 SDPI funding in Michigan totaled \$2,363,824 for 12 Community Directed Grant Programs

According to the Michigan Department of Health and Human Services, in 2016, approximately 870,000 people in Michigan – 9.8% 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 Michigan 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 Michigan was approximately \$9.72 billion.

*age-adjusted prevalence

SDPI Impact

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



*Data from Great Lakes Inter-Tribal Council, American Indian and Alaska Native Health in MI, MN, WI, 2016

Michigan Tribal Case Study

Sault Ste. Marie Tribe of Chippewa Indians

Background

The goal of the Sault Tribe Health Division’s diabetes prevention program is to prevent diabetes and other co-morbidities through education, clinical access, and case management. The Tribe embraces best practices for diabetes prevention, focusing on holistic care.



Overview of Sault Tribe Health Division:

- Enrolled Members:** 30,253 (2018)
- Enrolled Sault Tribe Members in the 7 County Service Area:** 14,727 (2018)
- Patients Served:** 11,622 (2017)
- Current SDPI Funding Level:** \$912,394
- Best Practice:** Comprehensive Foot Exam, Diabetes-Related Education by Registered Dietician

Programs

Sault Tribe Health Division (STHD) has a robust program that works to help patients prevent and manage diabetes in a positive way. They serve their communities based on needs identified through data and best practices, with a focus on prevention, community engagement, and a positive view of diabetes management.

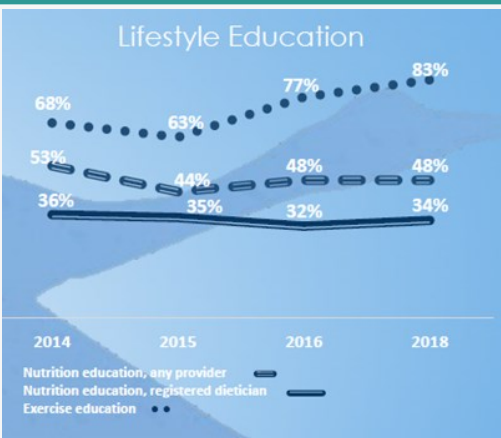
Group Classes and Individual Counseling

- The Tribal Health Department offers group care in which patients work together to manage diabetes and learn material. They also include individual counseling on a variety of diabetes related topics.

Holistic Care and Education

- Patients learn about a variety of factors that help them engage in healthy behavior. STHD offers classes in healthy cooking, exercise and traditional medicine. They also offer screenings and care for diabetes co-morbidities including dental care, foot care, optometry, and behavioral health. Within all these programs, STHD supports and encourages self-acceptance, living in harmony with diabetes, and focusing on family.

Impact



In 2017, Sault Tribe SDPI reached 1,173 patients with diabetes. The majority of patients (57%) in 2018 had A1C levels less than 8.

In 2018 48% of Sault Tribe SDPI patients received nutrition education, and 83% received exercise education.

“The SDPI nutritionist showed me how to lose weight in the kitchen and better yet how to do it in the grocery store! She educated me and I can now read labels like a spy.”

Sault Tribe Health Division Patient

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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