

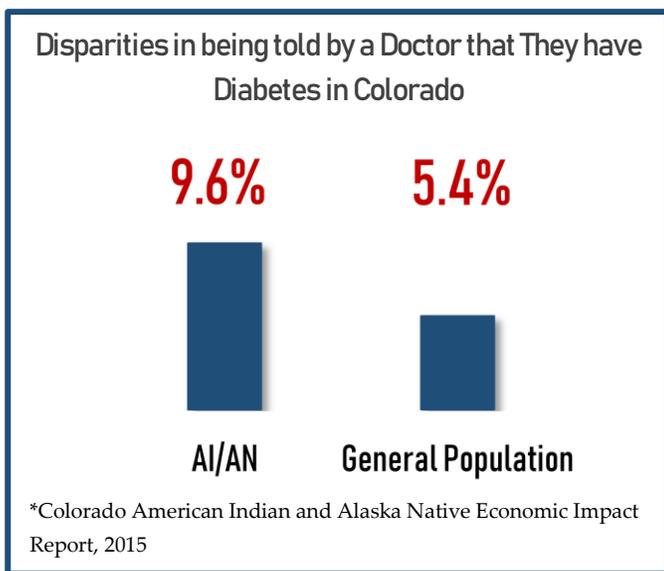
# Special Diabetes Program for Indians

*Saving lives in Colorado 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 2019.



## SDPI Outcomes

SDPI funding supports over 300 Tribal diabetes treatment and prevention programs in 35 states, and the results have been extraordinary. Diabetes incidence rates in AI/ANs are no longer increasing, resulting in **a 54% decline in end-stage-renal-disease (ESRD) since 1998, more than any other race**, according to the United States Renal Data System. ESRD requires expensive treatments and is the single largest driver of Medicare costs. In fact, for every patient SDPI kept off of hemodialysis in 2014, Medicare saved \$88,000! The structure of the grant program has allowed Tribes to collect data and document that this investment is both saving lives and saving the federal healthcare system money.

## Diabetes in Colorado

According to the Centers for Disease Control and Prevention (CDC), in 2015, approximately 369,564 adults in Colorado – **6.4 % 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 Colorado, 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 Colorado was approximately \$3.59 billion.

**FY 2017 SDPI funding in Colorado totaled \$903,625 to support 3 Community-Directed Grant Programs at Tribal locations in Colorado:**

- **Denver Indian Health and Family Services, Inc.**
- **Southern Ute Indian Tribe**
- **Ute Mountain Ute Tribe**

## SDPI Impact

SDPI provides a strong return on federal investment and is saving lives in Colorado. 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. National data reflect the excellent outcomes in Native Nations resulting from innovative local level programs.

For more information, visit [www.nihb.org/SDPI](http://www.nihb.org/SDPI)

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# Colorado Tribal Case Study

## Ute Mountain Ute Tribe

### Background

The goal of the Ute Mountain Ute Tribe's Sleeping Ute Diabetes Program is to "change public perception of diabetes through education and promotion of healthy food choices and regular exercise to promote the understanding of each person's own role in assuming ownership in one's choices and behaviors that result in best health outcomes."



### Overview of the Ute Mountain Ute Tribe:

**Enrolled Members:** 2,134

**Reservation Size:** 575,000 contiguous acres

**Current SDPI Funding Level:** \$333,611

**Best Practice:** Diabetes Related Education

### Programs

The Sleeping Ute Diabetes Program (SUDP) engages the community in multiple ways, focusing on targeting all ages, and helping patients lower their risk of type 2 diabetes through education.

#### • Community Outreach

Nutrition and diabetes education are provided by a registered dietician and registered nurse. Flu clinics, and cultural events are used to keep the community health. Monthly screenings are provided in two communities.

#### • Health Fairs and Education

Community screenings, health fairs, education, youth and bike clubs, and exercise activities for both families and the elderly helps promote diabetes prevention behaviors in the community. Events such as the Turkey Trot: Roc-Ur-Mocs, Elder Chair Exercise, and fitness challenges keep Tribal citizens engaged.

#### • Home Visits and Case Management

Home visits are provided daily in partnership with public health nurses and community health representatives.

#### • Native Healing in Prevention Diabetes

This program seeks to impart Native Wisdom in regards to diabetes prevention and control, educating participants about Native practices such as cultural traditions and activities.

#### • Tour de Ute: A Journey of Wellness

Inspired by the Sleeping Ute SDPI program, this program "is a holistic coordinated system of care for children, youth and families to improve their physical, mental, spiritual, nutritional and economic well-being." This year the Tribe will complete the first phase of the Tour de Ute Trail System, buying bikes to promote hiking and biking programs on the reservation where people can connect with the land, native plants, and well-being.

### Impact

The Sleeping Ute Diabetes Program has had over 1803 participants in their patient focused programs, activities, and events



A Diabetes Wellness Committee was formed, and meets monthly to discuss IHS data, gather community input, and deploying diabetes education activities in an efficient, timely, and effective manner.

The Diabetes Prevention Program has been featured in both Well Nations Magazine and Weight Watchers, and for their work in preventing diabetes.

The program has successfully worked with other Tribal offices and the Navajo Nation to host a 29.5 mile walk to the 4 Corners Monument.

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