

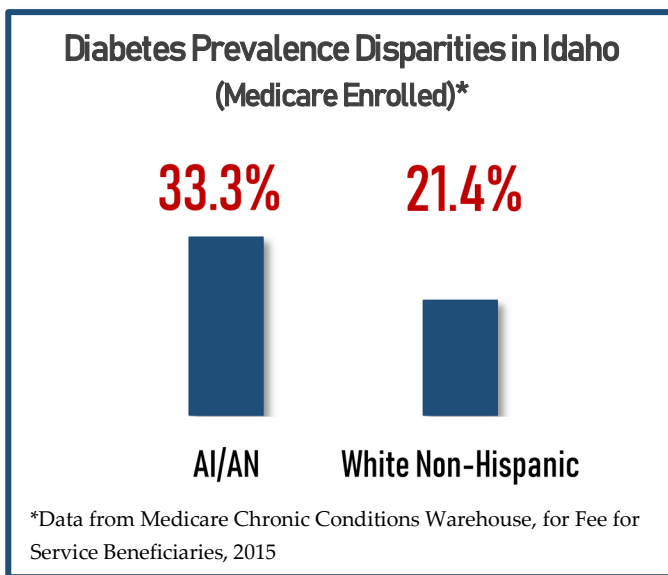
# Special Diabetes Program for Indians

*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 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 Idaho

According to the Centers for Disease Control and Prevention (CDC), in 2015, approximately 99,000 people in Idaho – **8.1% 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 2013, the staggering estimate of cost of diabetes and prediabetes in Idaho was approximately \$1.3 billion.

**FY 2017 SDPI funding in Idaho totaled \$935,841 for 4 Community-Directed Grant Programs.**

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

## 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. 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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# 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**

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