

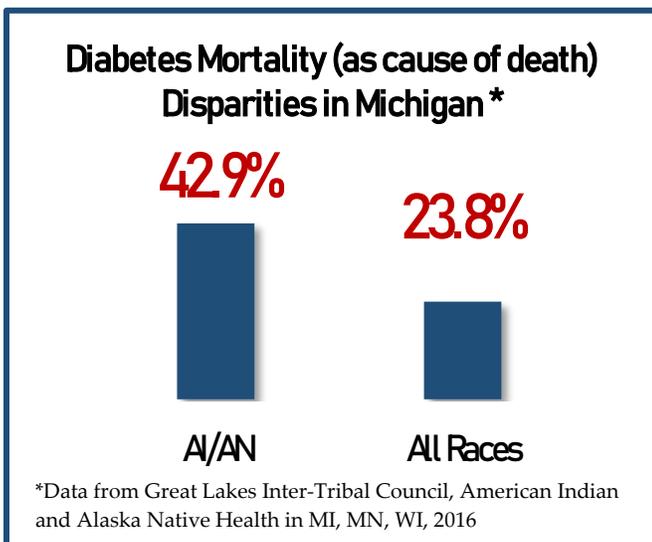
Special Diabetes Program for Indians

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 Michigan 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 Michigan

According to the Centers for Disease Control and Prevention (CDC), in 2015, approximately 890,000 adults in Michigan— **9.5% 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.

FY 2017 SDPI funding in Michigan totaled \$2.3 million for 12 Community-Directed Grant Programs at:

- Detroit Urban Indian Health
- Bay Mills Indian Community
- Grand Traverse Bay of Ottawa
- Hannahville Indian Community
- Lac Vieux Desert Tribe
- Little Traverse Bay Band of Odawa
- Match-E-Be-Nash-She-Wish
- Nottwawaseppi Huron Band
- Pokagon Band of Potawatomi
- Saginaw Chippewa Tribe
- Keweenaw Bay Indian Community
- Sault Ste. Marie Band of Chippewa Indians

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. National data reflect the excellent outcomes in Native Nations resulting from innovative local level programs.

For more information, visit www.nihb.org/SDPI

National Indian
Health Board



Michigan Tribal Case Study

Sault Ste. Marie Tribe of Chippewa Indians

Background

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

Overview of Sault Tribe Health Division:

Enrolled Members: 30,253 (as of 2018)
Enrolled Sault Tribe Members Living in the 7 County Service Area: 14,727 (as of 2018)
Patients Served: 11,622 (as of 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

STHD 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.

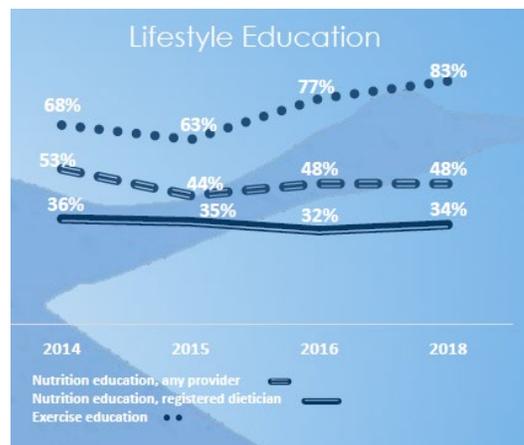
• Holistic Care and Education

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 Health 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

National Indian Health Board

