

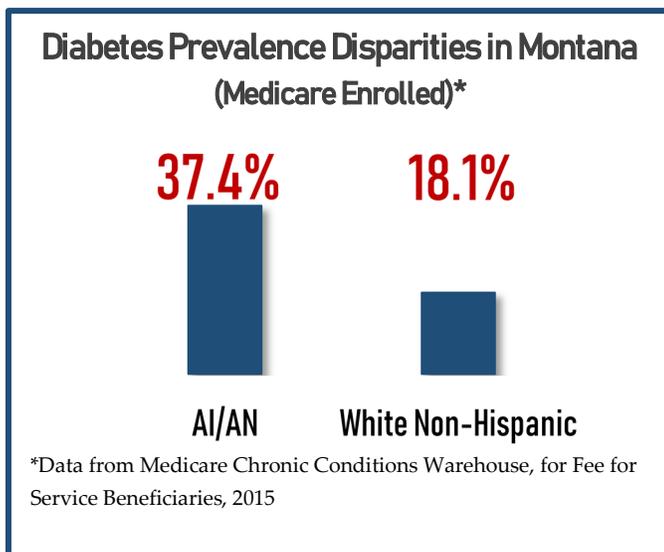
Special Diabetes Program for Indians

Saving lives in Montana 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 Montana

According to the Centers for Disease Control and Prevention (CDC), in 2015, approximately 64,000 people in Montana – **7.9% 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 Montana, 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 Montana was approximately \$820 million.

FY 2017 SDPI funding in Montana totaled \$5,564,865. This funded 10 Community Directed Grant programs in:

- Fort Peck Reservation
- Crow Tribe of Indians
- Helena Indian Alliance
- Missoula Urban Indian Health Center
- Northern Cheyenne Tribe
- Confederated Salish & Kootenai Tribes
- Fort Belknap Indian Reservation
- Indian Family Health Clinic
- North American Indian Alliance
- Rocky Boy Health Board

SDPI Impact

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

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Montana Tribal Case Study

Fort Peck Assiniboine & Sioux Tribes

Background

The Diabetes Program is federally funded under the Department of Health and Human Services. The collaboration by the Indian Health Service and Tribal Health is successful in providing Diabetes care and education to the diabetes on the Fort Peck Reservation.

Overview of Fort Peck Tribe:

Enrolled Members: 13,248

Reservation Population: 7,112

Economic Activity: Electronics Manufacturing, Farming, Natural Resources Extraction

Current SDPI Funding Level: 815,808

Best Practice: Foot Examine Comprehensive

Programs

The Tribe currently has 1,112 registered diabetics.

• Foot Exam Comprehensive

Diabetic Foot Clinics are held once a month at Wolf Point and Poplar Indian Health Services. A Foot Nurse who is contracted does a complete and comprehensive foot check; trims toe nails; and will make a referral to the patient's primary provider. All diabetic clinics are well attended and documentation is provided for each clinics.

• Community Screenings

The Outreach Technician completes screenings for Blood Pressure and Blood Sugar in 4 communities. We screen at Senior Citizen Sites, Adult Corrections, Tribal Courts; Wellness Centers, the local college, and the Tribal and BIA buildings.

• Community Education

Classes are scheduled in 5 communities. Information is presented on Diabetes that includes the Heart; Blood Pressures; Blood Sugars; A1C; Feet; Eyes; Kidneys; and Nutrition. Class includes a healthful meal.

• Shoes for Diabetics

SDPI provide shoes from a local vendor for diabetics who are 50 years and older.



• Breakfast for Diabetics

The program provides a breakfast once a week in the Wolf Point and Poplar Indian Health Services, during the Diabetic day. Usually have 20 to 40 patients participate in the breakfasts, which include buffalo breakfast sausage. All staff are certified in the Food Handlers. During this time the Indian Health Dental department and WIC Nutritionist present educational information to the participants.

• Dental Services

SDPI provides dental services to the Tribe's diabetics that are 18 years and older. The local Indian Health Service Dentist does a referral to the Diabetes Program which approves the referral for Dentures or partials.



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