

**PUEBLO OF ISLETA
DIABETES PROGRAMS
Collaboration with Headstart**

**Terri P. Elisberg, RD, LD, CDE
Nutritionist**

**Carlos S. Sifuentes, BS
Health Educator/Fitness Instructor**

Nutritionist Involvement

- Monthly nutrition education “hands on” activity in each classroom
- Staff inservices
- Periodic presentations or displays for “Parent Night” meetings, health fair, etc.
- “Dad’s Night” cooking class
- Assist with menu planning & approval
- Promotion of “Healthy Beverage Campaign”

Health Educator/Fitness Instructor Involvement

- Jr. Pro Ten Exercise Program
 - 3-5 yr. olds
 - once a week for 15 minutes
 - 10 weeks in duration
 - healthy message

PUEBLO OF ISLETA HEADSTART PROGRAM

Clem Jojola, Health & Nutrition
Case Manager

Partnering with Univ. of NM CHILI Project
for obesity & diabetes prevention among
American Indian & Hispanic children
In rural NM