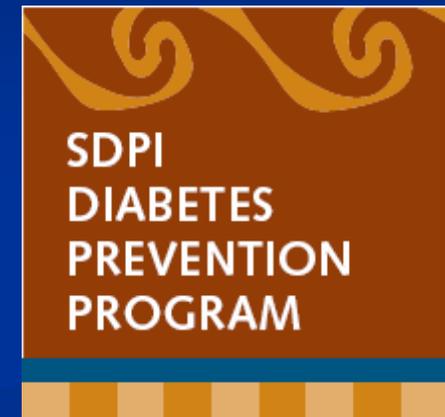
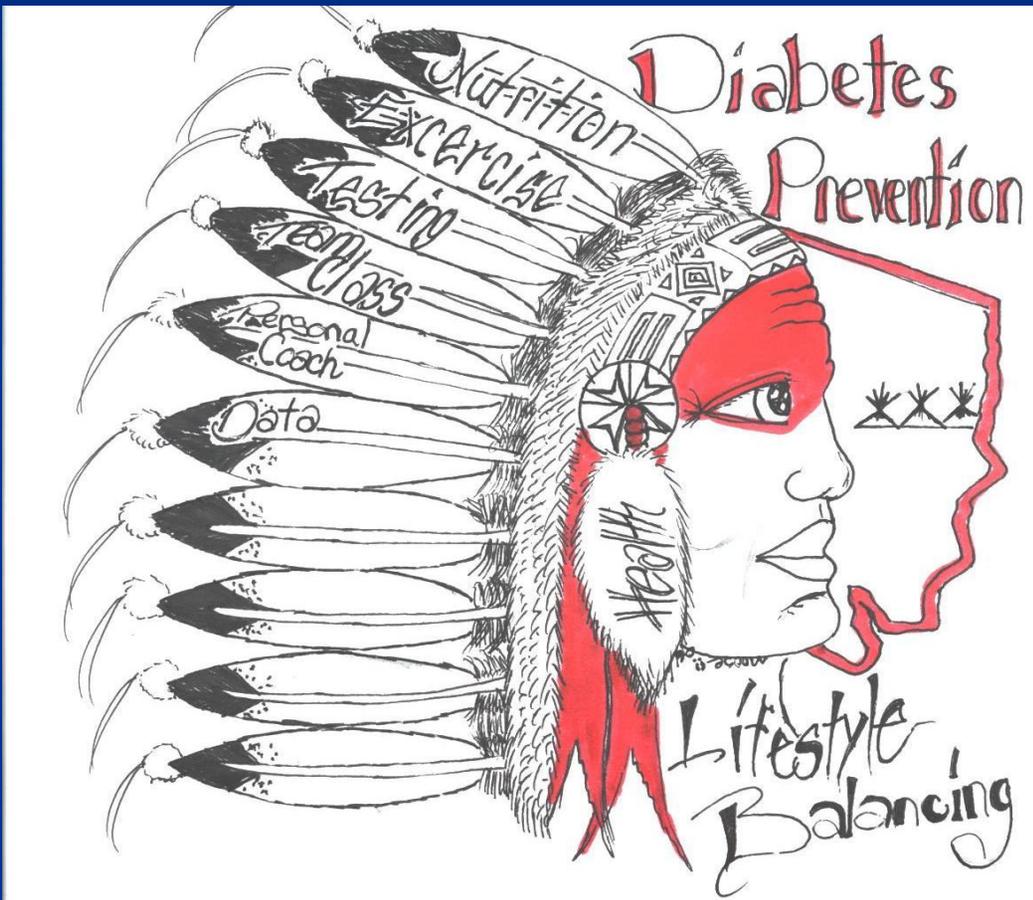
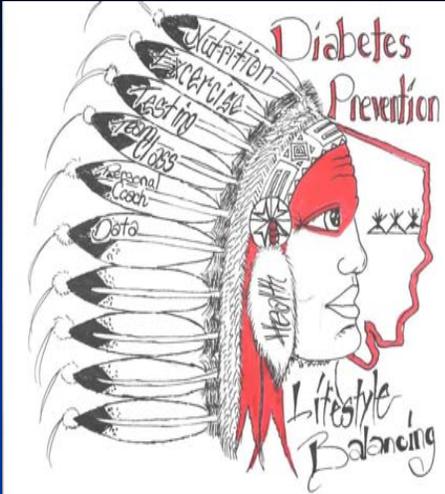


Warm Springs SDPI Diabetes (Special Diabetes Program for Indians) Prevention Program

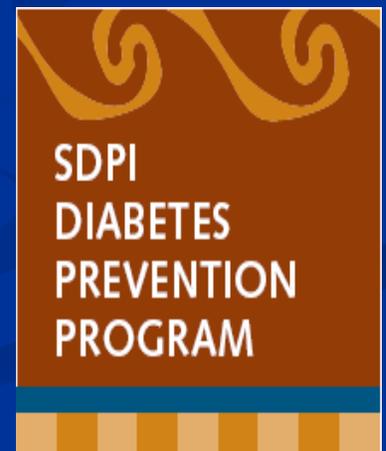


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Type 2 Diabetes

One of the main health challenges being faced by American Indians and Alaska Natives Today



American Indians and Alaska Natives and Diabetes

- **12.8 percent of American Indians and Alaska Natives had diabetes in 2003**
- **2.2 times as likely to have diabetes as non-Hispanic whites**

Reference

National Institute of Diabetes and Digestive and Kidney Diseases. National Diabetes Statistics fact sheet: general information and national estimates on diabetes in the United States, 2005. Bethesda, MD: U.S. Department of Health and Human Services, National Institutes of Health, 2005.

IHS Director Prevention Initiative

- The burden of disease for AI/AN has shifted toward the so-called "modern diseases" that result largely from lifestyles, such as heart disease, *diabetes*, and injuries.
- Primary Prevention Focus Areas ;
Asthma, *Diabetes*, Nutrition, Obesity, Physical Activity and Exercise and Tobacco Cessation

Special Diabetes Program for Indians

Diabetes Prevention Demonstration
Project for type 2 diabetes

Warm Springs SDPI Diabetes Prevention Program

- ❖ Demonstration Project
- ❖ One of 36 sites in the United States
- ❖ Received October 2004
- ❖ Goal:

To demonstrate the goals of the program can help delay or prevent the onset of type 2 diabetes in AI/AN

Communities



Warm Springs SDPI Diabetes Prevention Program

Focuses on *lifestyle changes* through:

Education

Exercise

Support

Community Activities

Warm Springs SDPI Diabetes Prevention Program

Primary Goals -

Lose 7% of body weight

Exercise 30 minutes, 5 times a week

It is with these changes that type 2 diabetes can be delayed
or possibly prevented

Warm Springs SDPI Diabetes Prevention Program

- Grant Core Concepts:

1. **Recruitment**

2. **Classes**, 16 weeks (the intensive portion of the program)

3. **Retention**, keeping participants actively involved to assist with maintaining lifestyle changes

4. **After-core** – ‘Living Healthy’ program which provides an avenue for participants to continue learning how to maintain their new lifestyle changes

Warm Springs SDPI Diabetes Prevention Program

Full time Staff



- Winona Stwyer – Lifestyle Coach (participant from class #1)
- Edmund Francis – Lifestyle Coach (participant from class #1)
- Montell Elliott – Recruitment Coordinator/Education Assistant
- Data Entry Tech/Recruitment Assistant - vacant

Warm Springs SDPI Diabetes Prevention Program

Part – time staff



Gwen Steelman - Director



Kat Spaulding – Admin. Sec.



Jennie Smith FNP – Coordinator/Provider



Elsie Howard RN -Lead Health Educator



Marge Koepping FNP – Data Coordinator/Provider

Warm Springs SDPI Diabetes Prevention Program

- SDPI Diabetes Program algorithm:
 - Community awareness
 - Identify persons at risk through ADA risk test – blood sugar
 - Register of potential participants
 - Verify diagnosis of prediabetes with 2 hour Oral Glucose Tolerance test
 - Review test results – counsel
 - Enroll in program if interested

Warm Springs SDPI Diabetes Prevention Program

- Offer Community Health Education Class ‘Honor the Gift of Heart Health’ and Group Fitness, community activities, if not interested in Diabetes Prevention Program
- Lifestyle Coach to case manage and support each participant
- Intensive 16 week classes
- Retention strategies
- ‘Living Healthy’ after-core classes and activities
- Monthly support group
- Consistent follow-up

Warm Springs SDPI Diabetes Prevention Program

➤ Coaches –

Each participant has a ‘coach’ to provide help, support and encouragement in making lifestyle changes. Coaches will remain with participants throughout the program

Warm Springs SDPI Diabetes Prevention Program

Program collaborates
with:

- Tribal Community Wellness Program
- I.H.S. Nutrition Dept.
- Tribal Senior Program
- Tribal Community Health Education Program
- Tribal Community Health Representatives
- I.H.S. Model Diabetes Program



Carolyn Harvey-Coordinator
Tribal Community Wellness
Program

Warm Springs SDPI Diabetes Prevention Program

■ Community Activities:

- Water Aerobic classes (pool)
- Exer-Chi (Community Center)
- Monthly Diabetes Walks (Community Center)
- Enhanced Fitness Class (Senior Center)
- Walk Break Program (Administration Building)
- Yoga (Community Center)
- Biggest Loser contest (Warm Springs Health and Wellness Center)
- Latin Aerobics (Community Center)
- Cardio Training (Community Center)
- Community Garden
- November Fitness Challenge (Community Center)
- C.H.E.T. 'Honoring the Gift of Heart Health' class (Family Resource Center)
- Annual 'Heart Smart' Education and Dinner (Agency Longhouse)
- Diabetes Breakfast and Education (Warm Springs Health and Wellness Center)
- Quarterly 'Lunch and Learn' (Warm Springs Health and Wellness Center)

Warm Springs SDPI Diabetes Prevention Program

- Participants enrolled to date = 51
- Participants completed as of 07-03-2007 = 31
- Yearly goal = 48

Warm Springs SDPI Diabetes Prevention Program

- Location:

Currently located in the
Warm Springs Health and
Wellness Center –

June 07 – relocate to newly
renovated I.H.S. Building
(located by the Family Resource
Center)



Warm Springs SDPI Diabetes Prevention Program

- Criteria for enrolling into the program
 1. Diagnosis of pre-diabetes
 2. 18 years of age or older
 3. Not pregnant

Warm Springs SDPI Diabetes Prevention Program

- Grant funding to last until September 30th 2009
- Goal;
to demonstrate that the program can delay or
prevention type 2 diabetes

Warm Springs SDPI Diabetes Prevention Program

Statistics

(from the first 3 'intensive' classes)

- Total pounds lost = 269
- No conversions to type 2 diabetes

Average decreases;

- Ldl cholesterol = 16.6 mg/dl
- Systolic blood pressure = 2.4 mmHg
- Diastolic blood pressure = 4.2 mmHg

Conclusion

We hope to *demonstrate* that type 2 diabetes can be delayed or prevented in Native American Communities with lifestyle changes through education, exercise, support and community activities