

# Southcentral Foundation's Integrated SDPI Team

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**SDPI Grantee Showcase**  
**April 25, 2024**

# Disclosure

The planners, speakers, moderators, and or panelists of this activity have no relevant financial relationships with commercial interests to disclose.

# Overview



Southcentral Foundation (SCF) Approach to Care in SDPI



Certified Diabetes Educator & Registered Dietitians



Health Education's Lose to Win Program



Valley Native Wellness Center



Service to Rural Communities



# Vision

A Native Community that enjoys physical, mental, emotional and spiritual wellness



# Mission

Working together with the Native Community to achieve wellness through health and related services





# Customer-Ownership

# Where We Serve

## Alaska Native Health System

### Facts

229 Federally Recognized Tribes (Villages)

### SCF:

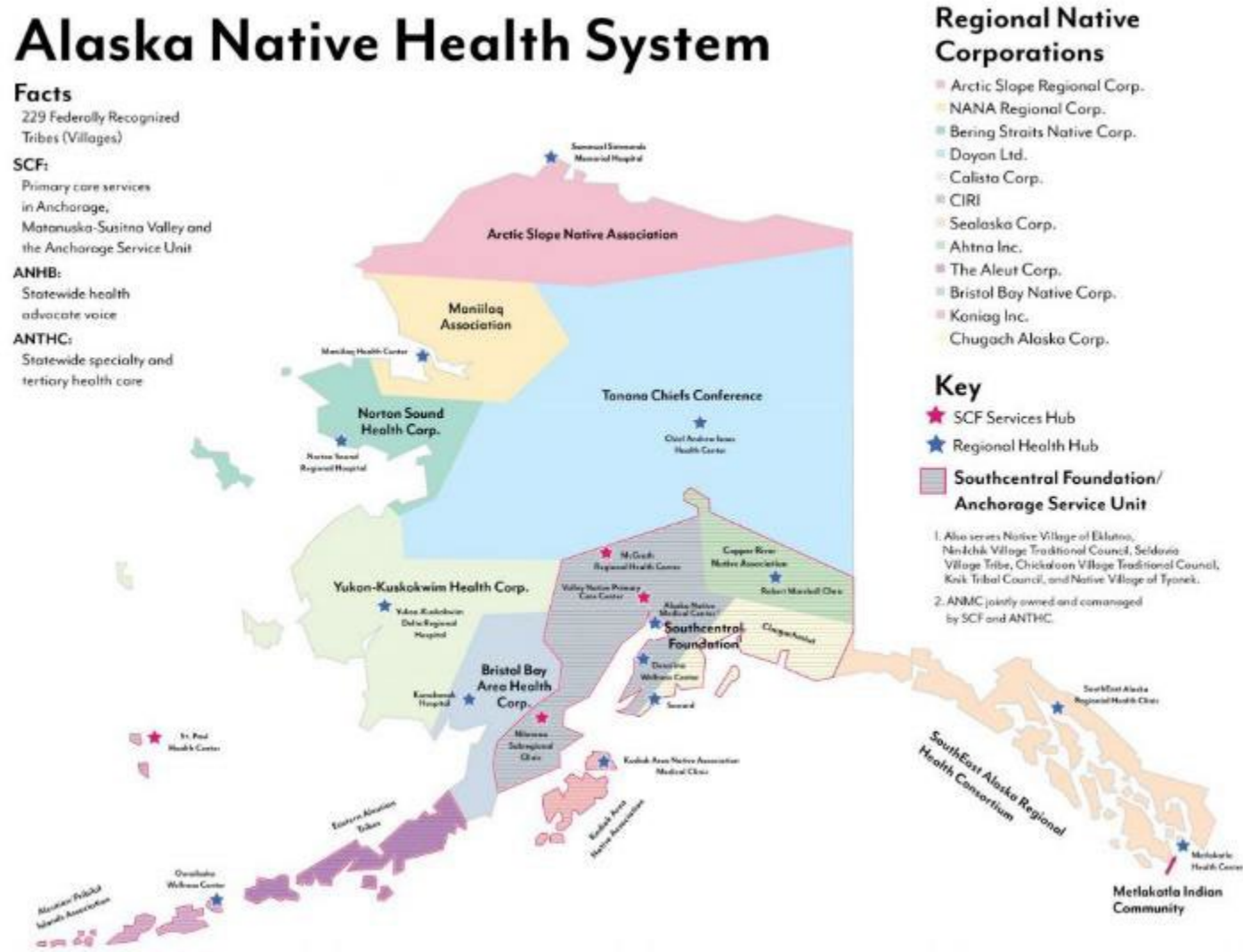
Primary care services in Anchorage, Matanuska-Susitna Valley and the Anchorage Service Unit

### ANHB:

Statewide health advocate voice

### ANTHC:

Statewide specialty and tertiary health care



### Regional Native Corporations

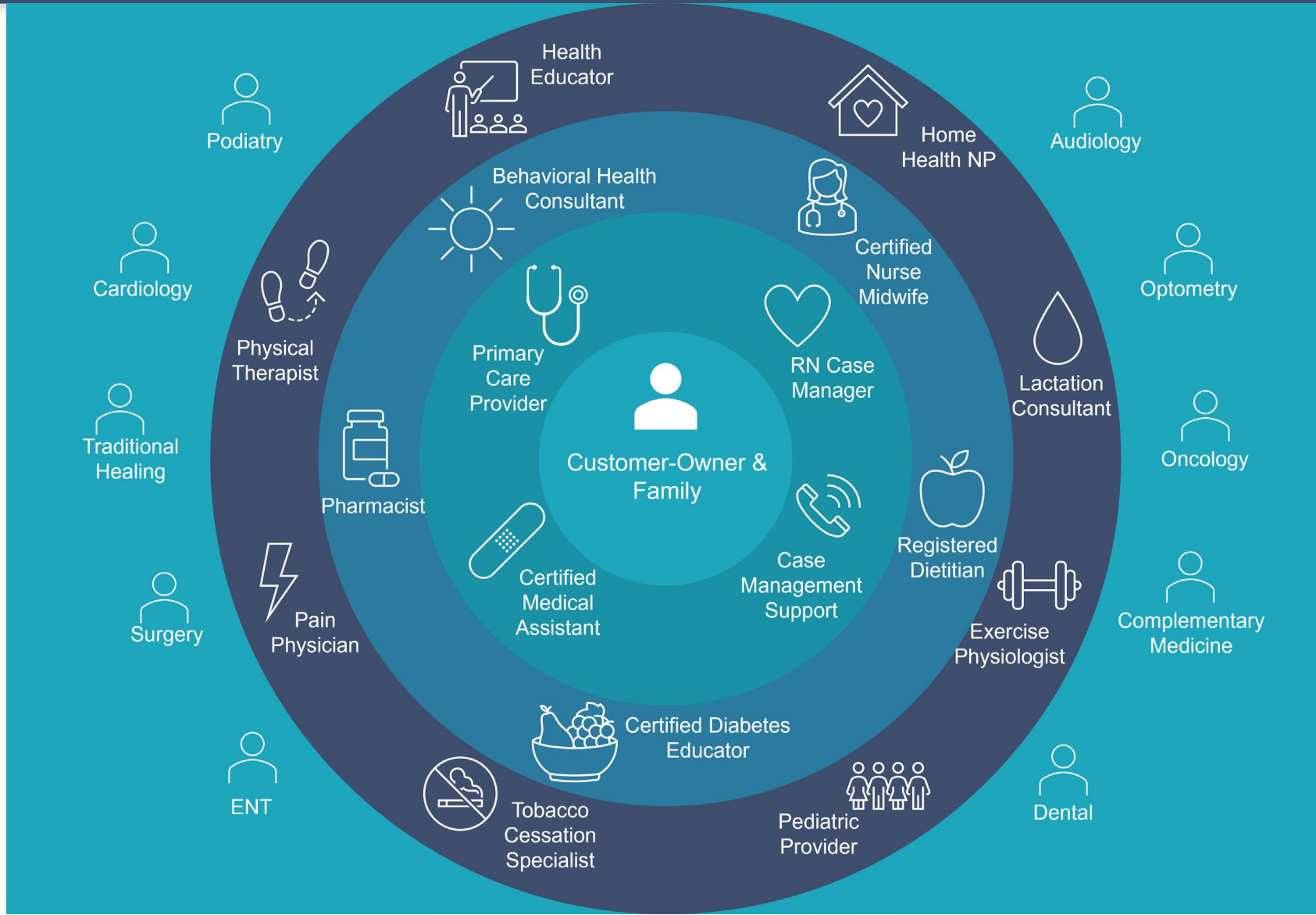
- Arctic Slope Regional Corp.
- NANA Regional Corp.
- Bering Straits Native Corp.
- Dayon Ltd.
- Calista Corp.
- CIRI
- Sealaska Corp.
- Ahtna Inc.
- The Aleut Corp.
- Bristol Bay Native Corp.
- Koniag Inc.
- Chugach Alaska Corp.

### Key

- ★ SCF Services Hub
  - ★ Regional Health Hub
  - Southcentral Foundation/Anchorage Service Unit
1. Also serves Native Village of Eklutna, Nendik Village Traditional Council, Seldovia Village Tribe, Chickaloon Village Traditional Council, Kook Tribal Council, and Native Village of Tyonek.
  2. ANMC jointly owned and managed by SCF and ANTHC.



# Integrated Care Model



# SDPI at Southcentral Foundation

**Receiving SDPI funding for over 30 years.**

## **Best Practice: Glycemic Outcomes**

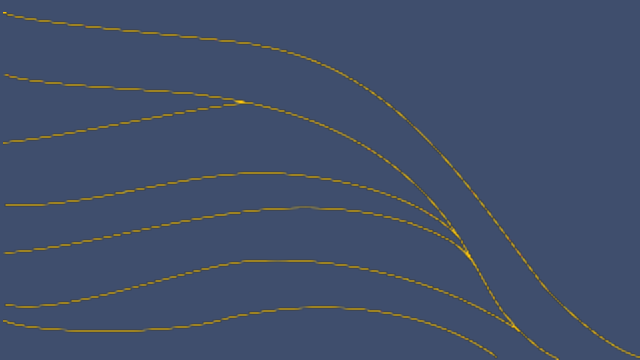
Internal Partners:

- Health Education and Screening & Prevention (S&P)
- Alaska Native Primary Care Center (ANPCC)
- Physical Therapy & Exercise
- Pediatrics Specialty
- Valley Native Primary Care Center (VNPCC)
- Rural Clinics



# Diabetes Self-Management Education Program and Registered Dietitians

Elize Rumley, MS, PhD, RD, LD,  
CDCES, BC-ADM



# What is Our Role?



Offer consultations in-person, virtually, or via phone; individually or in groups.



Assist the Primary Care teams regarding ongoing management of diabetes.



Provide support to various programs, events, and classes.



Aid in data collection.



Participate in state-wide promotion of DSME programs.

# How We Do it

- Connect with customers
- Make our services more visible
- Easy access
- Show improvement



*Our diabetes program coordinator, Kendra*



# Increasing Presence

- Posters and handouts
- Videos aired in waiting areas
- Attending Primary Care provider meetings to spread the word
- Announcing in SCF Communicator
- Participating in lobby events or other community activities
- Proactively reaching out to customer-owners with elevated A1C numbers



# Nurture Relationship With Customers

- Understand the background of each person.
  - How much do they know about their condition
  - What are the barriers (financial, emotional, physical, social)
  - What matters the most to them
- Provide information in small pieces.
- Offer follow up consultation.
- Show them their progress and celebrate small accomplishments.



# Weekly Diabetes Education Class



- Address what participants want to learn the most
- Engage them by asking to share stories
- Encourage questions
- Demonstrate healthy, budget friendly snacks



# Monthly Diabetes Support Group



*“Presentations have been very helpful and enjoy sharing time.”*

*“This is the best class and I would love to have it more often.”*

*“Great opportunity to learn, share and get support for diabetes management.”*

*“Good Exercise tips, experience with resistance bands. Good information why to exercise for Diabetes.”*

*“All presenters have great information. I enjoyed the exercise and the plant presentation.”*

# Improving the Outcome

*“Elize is an excellent teacher and takes her time to answer questions so that we understand. Love the food that is cooked.”*

*“Love learning different alternative foods.”*

*“I appreciate holding classes with other and their comments. Not alone.”*

*“I love this program, very beneficial, saves lives. Always learning new things.”*



Ask for customer's feedback



Maximize clinic hours to increase access to more people



Collect data and analyze which areas needs improvement

# It Takes a Village

- Scheduler makes initial contact
- Communicate with referring provider
- Involve other disciplines:
  - Behavioral health, dietitians, exercise specialists, pharmacists, nurses and specialty clinics
- Other Resources:
  - Cooking classes, weight management classes, exercise classes, Traditional Healing, food bank, Elder's Program



## **YOU are the leader!**

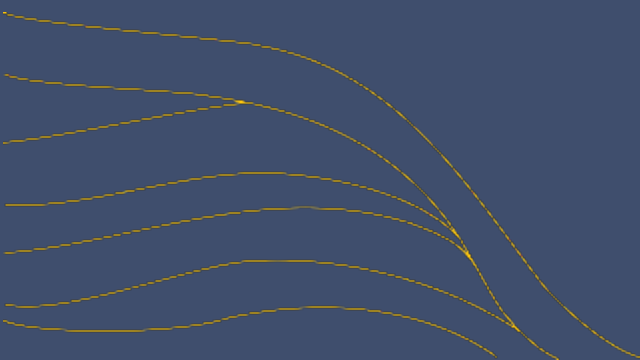
You are responsible for 98% of your self-care.  
You decide where you want to go.



# Health Education Lose to Win Program

Louis Melchor, MAT, CHC

Velda Miller, M.Ed ,CGFI, ICCE, NBC-HWC



# Health Education at SCF

Programs that are offered at the Anchorage Health Education:

- Dinner Makes a Difference
- Lose to Win
- Quit Tobacco
- Toddler Time
- Get Your Garden Growing
- Rethink Your Drink

# What is Lose To Win?



Guide participants along their wellness journey



Differentiated Goals



CDC Curriculum



Hybrid Learning Circle



Support



Celebrate Successes



# Lose to Win Team

## Collaborative Internal Partners:

- Registered Dietitians
- Behavioral Health Consultants
- Exercise Physiologists
- Health Educators

# CDC Curriculum Taught in LTW Classes



**Registered Dietician:** Track Your Food, Eat Well to Prevent Type 2 Diabetes, and Eat Well Away From Home



**Behavioral Health Consultant:** Take Charge of Your Thoughts, Manage Stress, and Managing Triggers



**Exercise Physiologist:** Getting Active to Prevent Type 2 Diabetes, Tracking Fitness, and Find Time for Fitness



**Health Educators:** Get Support, Staying Motivated, and Energy In/Energy Out

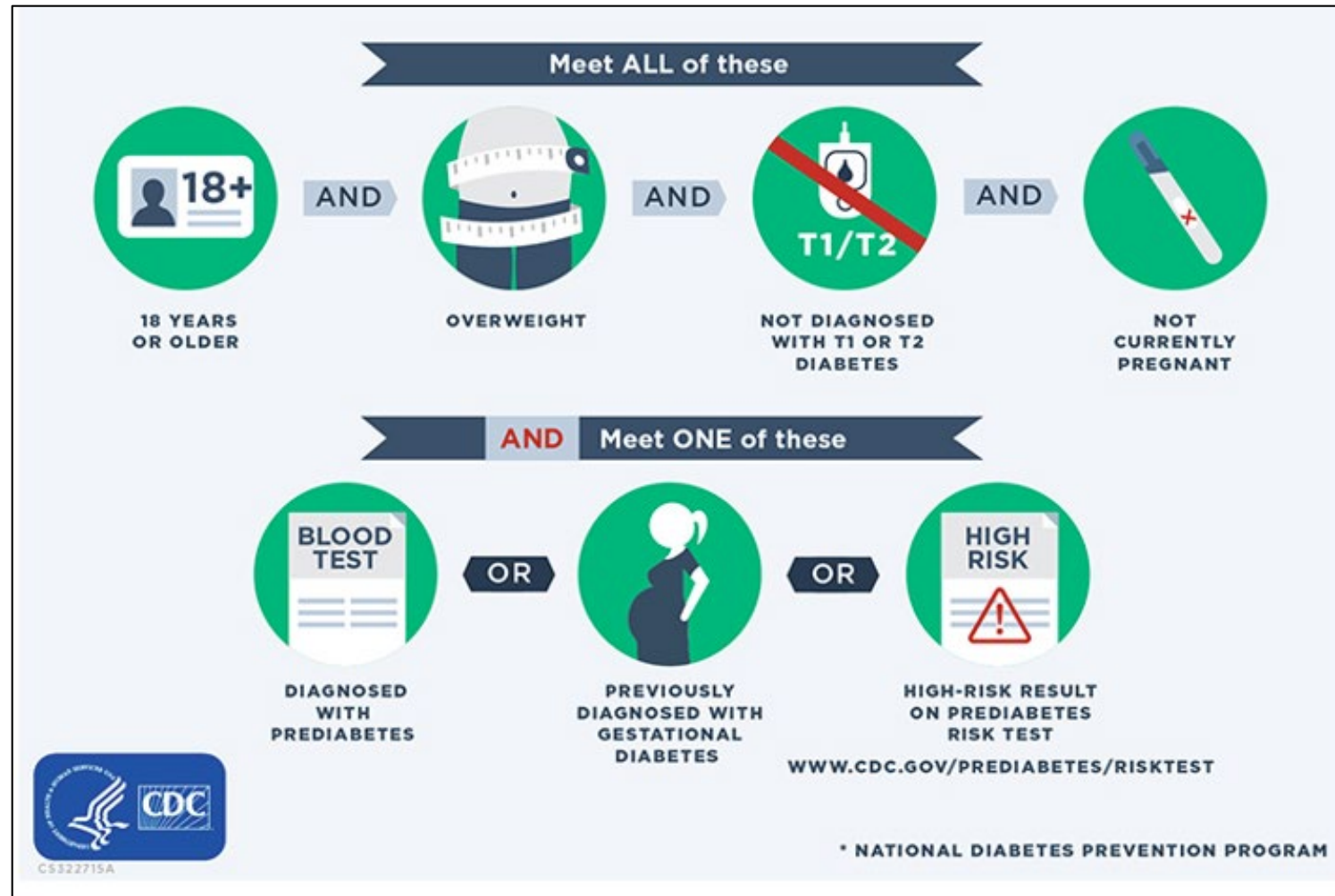
# Cooking Demonstrations in LTW

- The Dinner Makes a Difference (DMD) learning circle hosts weekly classes where healthy recipes and cooking techniques are shared.
- LTW has collaborated with the DMD team to implement cooking demonstrations.





# LTW Target Population:



# Lose to Win 2024



New session, Cohort 8,  
starts August 2024



Every Tuesday:  
11:30 am to 1 pm



A six-month long  
commitment



CDC National Diabetes  
Prevention Program  
Curriculum

# LTW Support and Resources



Lose to Win provides intake bags at the beginning of the program that include information and supplies to get participants started on their wellness journey.



LTW has recorded presentations and created a series of videos that can be offered to participants who have missed classes.



The exercise physiologists have recorded exercise videos designed for the LTW program that feature workouts using the resistance bands given out to participants.



# Success with LTW



"I appreciate all you do! Thanks to you my life is healthier. Thanks to you, I may no longer be pre-diabetic!!"



"I'm enjoying the classes each week. Thank you for making time to be with us through this process. "



"I am determined to be healthy again. It's been way too long."



"Thank you for the videos online, they are so helpful and motivating!"

# Success with LTW

## Achieving Wellness Goals with Lose to Win

By Public Relations Specialist Addison Arave

The time of year to begin thinking about new year resolutions is swiftly approaching, and for many people, health-related goals are at top of mind. Eating well and staying active can be difficult to achieve at any time, but during the cold, dark winter months and during a pandemic, the challenge can seem especially daunting. Southcentral Foundation Health Education provides an evidence-based weight management program called Lose to Win. The program utilizes action plans, coaching, weekly weigh-ins, prizes, and practical solutions to diet and exercise barriers to help participants achieve wellness.

Former Anchorage police officer and current Lose to Win participant Michael Livingston logs his physical activity by picking up litter in the area surrounding his home. You can often find Livingston pacing the streets of east Anchorage beautifying the community with his 36-inch-long trash picker, yellow five-gallon bucket, and reflective orange vest, while progressing toward his step goal for the day.

"Some people see it as an altruistic kindness, but it's also selfish too," Livingston explained. "It helps me to reach 10,000 steps on my Fitbit, but I don't have to run or jog. I pick up a piece of litter, and I walk a few steps. Before too long, two hours have passed by, and I've gotten a little bit of sunshine [and] met some nice people."

Livingston's involvement with Lose to Win came after an injury in 2020, which caused his weight to drastically fluctuate from extremely low to exceptionally high as the COVID-19 pandemic progressed. "I wasn't exercising enough, I wasn't eating healthy, and I was walking through the halls at the Alaska Native Health Campus and saw a poster for Lose to Win."

Lose to Win gives customer-owners direct access to clinical exercise specialists, dietitians, health educators, pharmacists, and peers focused



Customer-owner Mike Livingston has found motivation to prioritize his health with the help of the Lose to Win program.

on healthy, active lifestyle changes. Participants learn about valuable tools and practices to help them on their physical wellness journey such as label reading, addressing barriers, exercise, intuitive eating, super foods, medications, and much more.

In addition to the education portion of the program, Lose to Win instructors have weekly one-on-one calls with participants to evaluate their progress and offer support. "At first I was very resistant. I've got enough appointments already during the day and I didn't want to be called but the person was patient, kind, and persistent. Now I see how valuable those have been," Livingston said.

Help can come in many different forms, from being referred to a behavioral health specialist to work on the mental component of poor health habits to being connected with a dietician to look over a shopping list and suggest better options. Lose to Win is different from other programs because instructors work diligently find the root cause of someone's individual health struggles and find solutions that work for them.

"It's clear that the instructors genuinely care about the health and well-being of the participants, that they want them to eat healthier, exercise healthier, and live longer," Livingston stated.

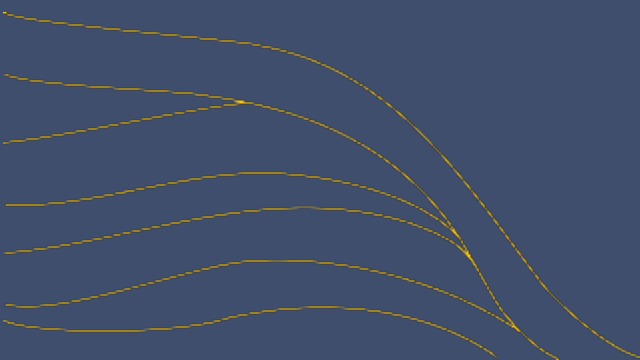
The 2022 session of SCF's Lose to Win program begins on Jan. 25 and classes will be held every Tuesday. The first class is from noon to 1 p.m. and all following classes are from 11:30 a.m. to 1 p.m. All interested customer-owners can register from Jan. 3 to 14.

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For more information about the Lose to Win program or to register, contact SCF Health Education at (907) 729-2689 or email the Lose to Win team at [scflosestowin@southcentralfoundation.com](mailto:scflosestowin@southcentralfoundation.com).

# Valley Native Wellness Center

Scott Hadley, MS, ACSM-EP





# What is VNPCC

The Benteh Nuutah Valley Native Primary Care Center (VNPCC) is located in Wasilla, AK.

It provides primary care and other health & wellness services to the Matanuska-Susitna Borough.





# Valley Native Wellness Center Programs

## Services & Programs offered:

- Diabetes Self-Management Education
- Lose to Win
- Peak of the Week
- Healthy Cooking on a Budget
- Get Your Garden Growing
- Healthy Fun Food
- Toddler Time
- Walking Warriors



# VNPCC Lose to Win

- Diabetes Prevention Program
- Identify individuals at risk for type 2 diabetes
- Focus on healthy behavior change
- Collaborate with internal partners:
  - Registered dietitians
  - Behavioral health consultants
  - Health educators
  - Exercise physiologists

# VNPCC Toddler Time



- Parents and toddlers socialize
- Healthy snack demonstrations
- Activity/craft
- Physical Activity

# VNPCC Registered Dietitians

- Work with customer-owners to prevent and treat diabetes
  - Village travel
  - Conferences and continuing education
  - Printed materials



# VNPCC Self-Management Education

Work with:

- Primary Care
- Pharmacy
- Exercise physiologists
- Behavioral health
- Dental
- Dietitians

# VNPCC Healthy Cooking on a Budget

Healthy Cooking on a Budget is a learning circle that empowers customer-owners by teaching:

- Basic cooking
- Meal preparation
- Cost-effective shopping



# Exercise Physiologists

- 1 on 1 visits with exercise physiologists
- Group fitness classes
- Open gym
- Walking Warriors
- Peak of the Week
- Annual Fun Run



# Village Outreach

- Health educators
- Exercise physiologists
- Registered dietitians



## Communities served:

- Iliamna Lakes Region
- McGrath
- St. Paul
- Tyonek
- Eklutna
- Sutton



# Support for Rural Communities



COMMUNITY  
HEALTH FAIRS



EDUCATIONAL  
MATERIALS



1 ON 1  
CONSULTATIONS



GROUP  
PRESENTATIONS



# Conclusion

Customer-owners have multiple needs outside of direct glycemic control. Regardless of program size, it is possible to have integrated programs.

Hope this has generated ideas for your programs.

Please contact us at  
[SCFScreeningandPreventionGroup@SouthcentralFoundation.com](mailto:SCFScreeningandPreventionGroup@SouthcentralFoundation.com)  
if we can provide additional support.







**Questions?**



**Qaġaasakung**

*Aleut*

**Quyanaa**

*Alutiiq*

**Quyanaq**

*Inupiaq*

**AwA'ahdah**

*Eyak*

**Mahsi'**

*Gwich'in Athabascan*

**Igamsiqanaghalek**

*Siberian Yupik*

**Háw'aa**

*Haida*

**Quyana**

*Yup'ik*

**T'oyaxsm**

*Tsimshian*

**Gunalchéesh**

*Tlingit*

**Tsin'aen**

*Ahtna Athabascan*

**Chin'an**

*Dena'ina Athabascan*

**Thank you!**