



# Pascua Yaqui Diabetes Prevention & Treatment Program





# Our Mission

- ▶ The mission of the Pascua Yaqui Diabetes Prevention & Treatment Program (DPTP) is to nurture and sustain the cultural longevity of the tribe through offering outreach, physical, mental, and emotional support to empower all community members to strive for a healthier lifestyle through diabetes education, management, and prevention.



## Pascua Yaqui Diabetes Prevention & Treatment Program

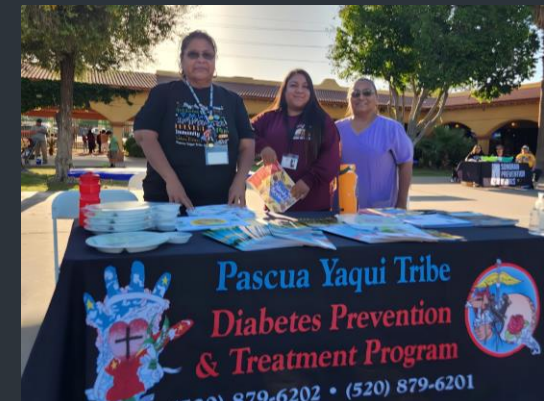
- ▶ Tribal Program – located on the Pascua Yaqui Indian Reservation in Tucson, AZ.
- ▶ The first SDPI Grant was awarded to the Pascua Yaqui Tribe Diabetes program 24 years ago on June 1, 1998.
- ▶ Clinical & Community-based Program.
  - ▶ Referrals from our Community Health Center.
  - ▶ Referrals to/from Local Wellness Center, Behavioral Health.
    - ▶ Screenings, Physical Activity Plan and DPP lifestyle programs
  - ▶ Self-Referrals/Walk ins
- ▶ Biometric screening, including A1C levels and a plan developed to address their physical activity goals, and/or receive physical activity education, Diabetes - related Education.

- ▶ *Number of staff = 6*

- ▶ Program Manager
- ▶ 2 Diabetes Outreach Specialist
- ▶ Data Specialist
- ▶ Fitness & Physical Activity Coordinator
- ▶ Exercise Specialist
- ▶ Other supporting staff

- ▶ *RKM, Best Practices*

- ▶ Diabetes Related Education: Includes nutrition education, physical activity education, and any other diabetes education.
  - ▶ Nutrition education and self-management for pre-Diabetic and Diabetic individuals.
  - ▶ Coordination of care for pre-Diabetic and Diabetic individuals.
  - ▶ Community events to support Diabetes awareness and promote positive lifestyle changes.
  - ▶ Physical activity and recreation activities.
  - ▶ Collaboration of services to support synergy and community reach.





# Strengths of Our Program

Nutrition & Cooking classes are centered around our cultural foods.

Youth Prevention programs - CATCH

Education classes adapted to our Pascua Yaqui community

Pre-Diabetes

Type 2 Diabetes

Physical Activity Education

Focuses on diabetes

Walking Challenges – Promote other Physical activity

Heart Health Education

Heart Healthy Month (February)

Blood pressure checks

Cooking demos

Diabetes Support Group

Wellness Conferences - Food is Medicine

Diabetes Focused



# Facility – Wellness Center

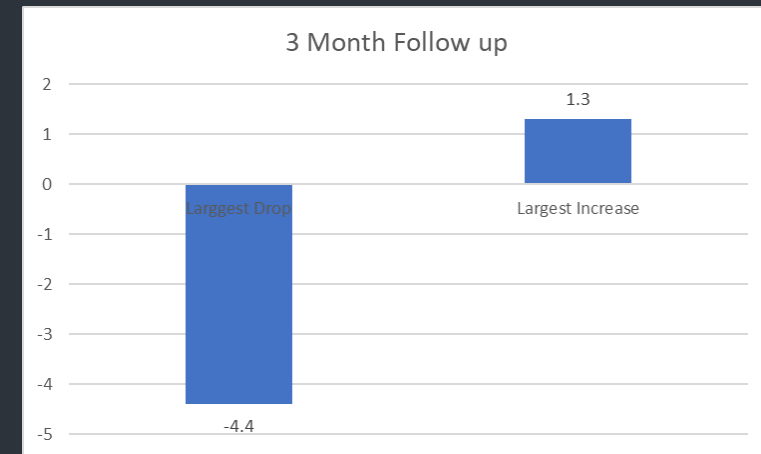
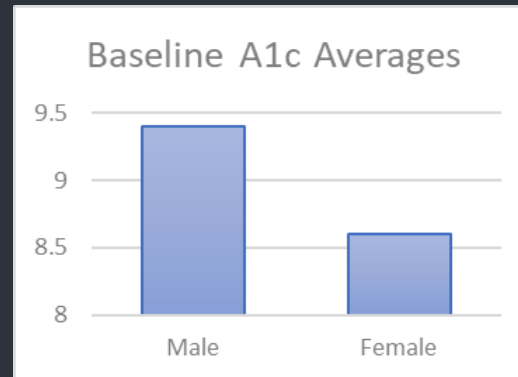
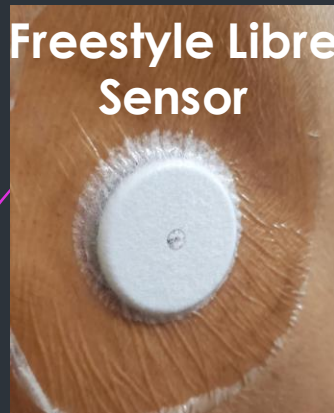
- 2 indoor basketball gyms
- 2 Swimming Pools, 1 splash pad
- 2 baseball fields, 2 softball fields
- Aerobics Room/Dance Studio
- Fitness/Weight Training Room
- Boxing Gym
- Conference Room
- Community Kitchen
- Community Park/ Multipurpose Field
- Skatepark
- Mosaic- Art Studio



# Data & Improvements

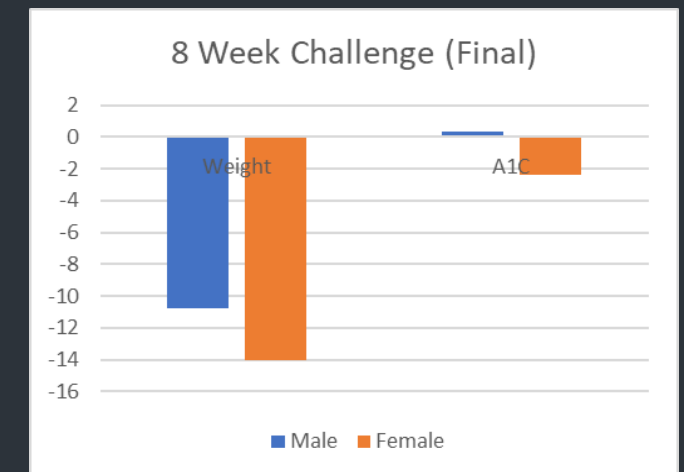
- ▶ Pilot Program using Freestyle Libre: Glucose Self-Monitoring System. (3-month progress)

- ▶ Decreasing in A1C
- ▶ Decrease in Weight



- ▶ 8-week Challenge - Full body workout

- ▶ Drop in A1C
- ▶ Drop in weight



# Improvements

Team Yaqui



- ▶ Biggest Tour de Tucson Team.
  - ▶ For the past nine years a team from PYT has trained throughout the year and participates in the El Tour de Tucson, one of the largest cycling events in the country. In 2021 there were 120 riders who participated in the race, Training for the event, led by the Wellness Center, starts in May and continues until the event in November.
  - ▶ Guadalupe cycling team is growing!





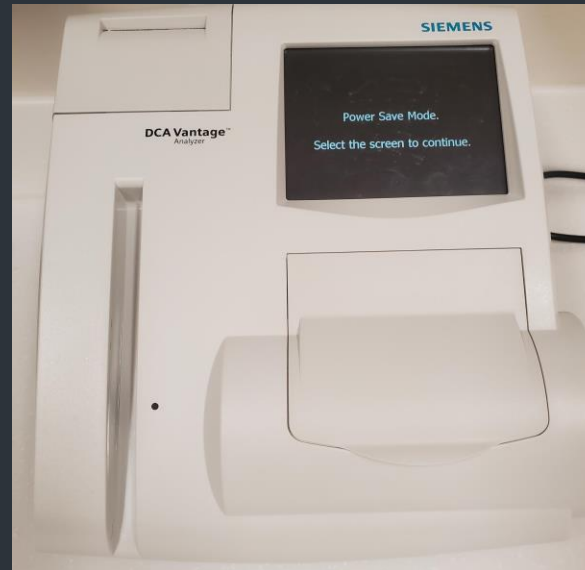


# Barriers of Our Program

- ▶ COVID Community assumptions that programs are still closed.
  - ▶ Community events and Programs.
- ▶ No Program Manager for 2 years
- ▶ Employee Turnover
- ▶ Client retention for lifestyle program
  - ▶ Collaboration with CDC' s Good Health and Wellness In Indian Country.

# Opportunities: Special projects

- Staff training
- New & Existing collaborations with Tribal departments and Non-Tribal Programs.
- New Technology to identify At Risk Clients.
- New Intake Process





# Thank you

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