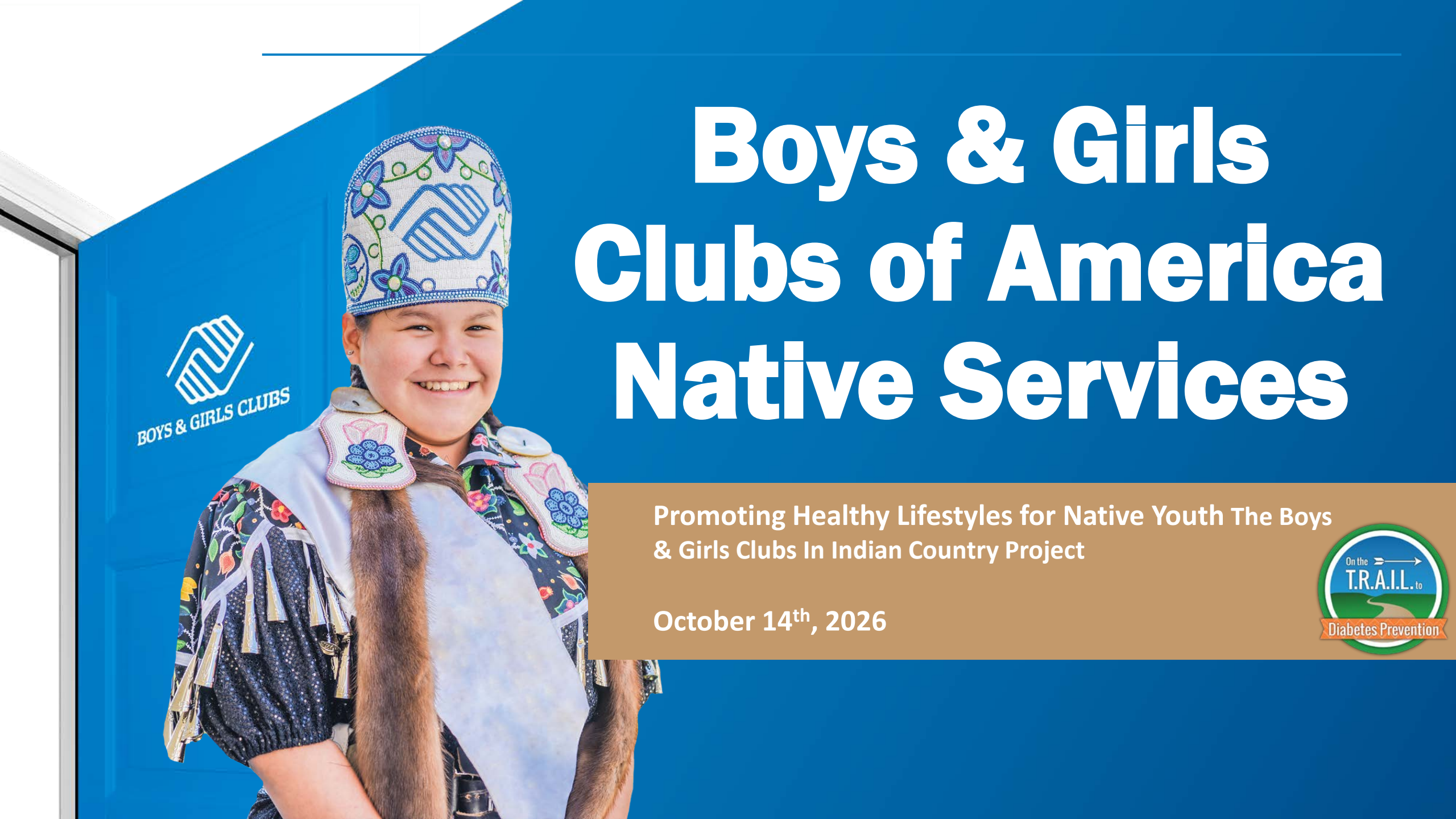


Boys & Girls Clubs of America Native Services

Promoting Healthy Lifestyles for Native Youth The Boys & Girls Clubs In Indian Country Project

October 14th, 2026

On the T.R.A.I.L. to Diabetes Prevention

National Partners





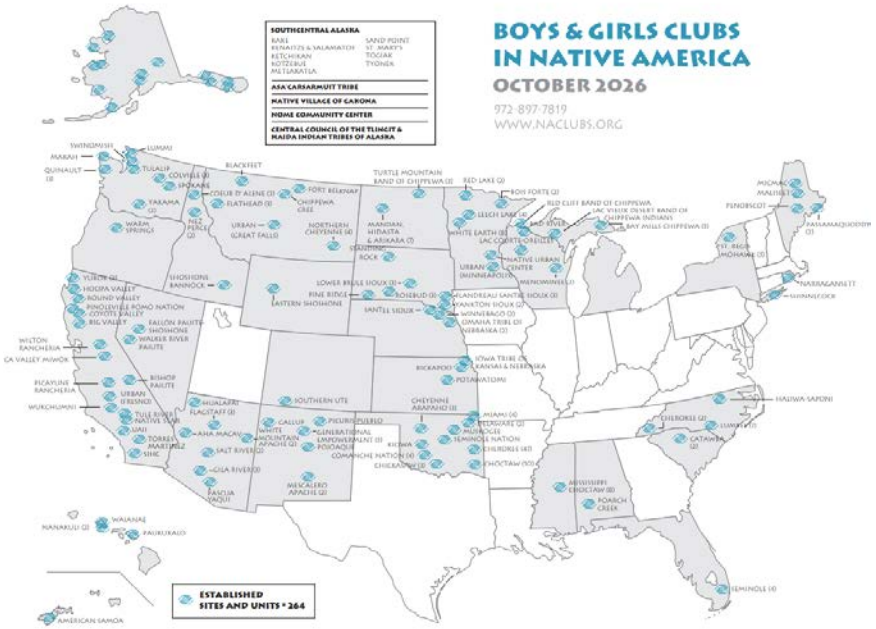


Supporting our Native Youth

- Advancing Healthy Lifestyles for Native Youth
- Strengthening Native Youth Wellness Through TRAIL & Catch My Breath
- Empowering Native Youth: Program Framework & Outcomes



Boys & Girls Clubs of America is largest Native youth provider, opening the first Native Boys & Girls Club in 1992



Over 260

Clubs on Native lands in 29 states

120,000+

Native youth served annually

Over 130

American Indian, Alaska Native and Hawaiian communities represented & American Samoa

T.R.A.I.L. Program



- **Target Age:** 7–11 years old
- **12-Session Evidence-Based Curriculum**
  - Centered on physical activity, nutrition, and healthy decision-making
  - Structured to support weekly or bi-weekly delivery
- **Cultural Integration & Community-Led Delivery**
  - Incorporates Native teachings, traditional foods, storytelling, and local practices
  - Designed for flexibility so Clubs can tailor lessons to their community
- **Focus Areas**
  - Prevention of Type 2 Diabetes
  - Building healthy lifestyle habits, including movement, nutrition, and wellness routines
  - Strengthening protective factors through mentorship and supportive adult relationships
- **Implementation Features**
  - Peer engagement and hands-on learning activities
  - Family and community involvement opportunities
  - Reinforced learning through challenges, goal setting, and group discussions

Prevention Begins with Young People

Healthy habits take root when young people have opportunities to:

- Build practical knowledge and skills
- Practice healthy choices in supportive environments
- Connect wellness with culture and community
- Learn alongside trusted adults and peers
- Share what they learn with their families

TRAIL makes diabetes prevention active, relevant, and community connected.

Why Diabetes Prevention matters

Prevention starts early

Healthy behaviors developed during childhood can shape how young people approach nutrition, physical activity, and wellness as they grow.

Youth do not make choices in isolation

- Families, trusted adults, peers, community traditions, and access to healthy opportunities all influence daily decisions.

Culture and community are strengths

- Traditional foods, movement, storytelling, language, and community knowledge can make diabetes-prevention education more relevant and meaningful.

TRAIL turns prevention into action

- Through hands-on lessons, physical challenges, healthy snack demonstrations, personal goal setting, and community education projects, youth practice healthy choices rather than simply learning about them.

When youth are supported early, healthy choices can extend beyond the individual to families and the broader community.

What Makes TRAIL Different?

Traditional Health Education	TRAIL
Information-focused	Hand-on Learning
Individual-focused	Family and community-focused
Generic content	Culturally responsive
Short Term	Mult-year engagement
Classroom Styles	Club experience

The Whole Healthy Person



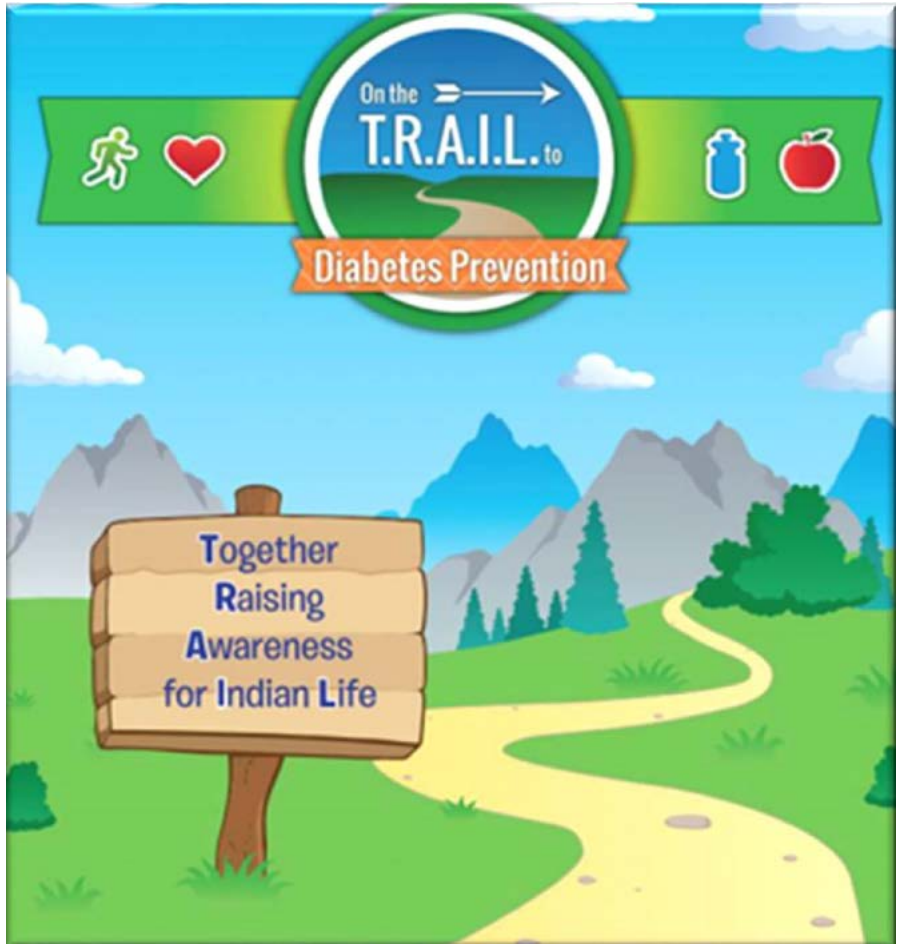
Culture Strengthens the Learning Experience

Clubs can make TRAIL locally meaningful through:

- Traditional and locally available foods
- Native language and community stories
- Elders, cultural educators, and local health professionals
- Traditional games and movement
- Gardening and food sovereignty activities
- Local teachings about balance, wellness, and community

The curriculum provides the framework. Communities bring it to life.

T.R.A.I.L. Curriculum





Part 1: About Me, My Health, & Being a Part of a Team

Chapter 1: Respecting Our Circle 1
Chapter 2: What is Healthy? 9
Chapter 3: Past and Present 15
Chapter 4: My Body 21

Part 2: Healthy Eating

Chapter 5: Rainbow of Food Groups 31
Chapter 6: MyPlate 43

Part 3: Making Smart Food Choices

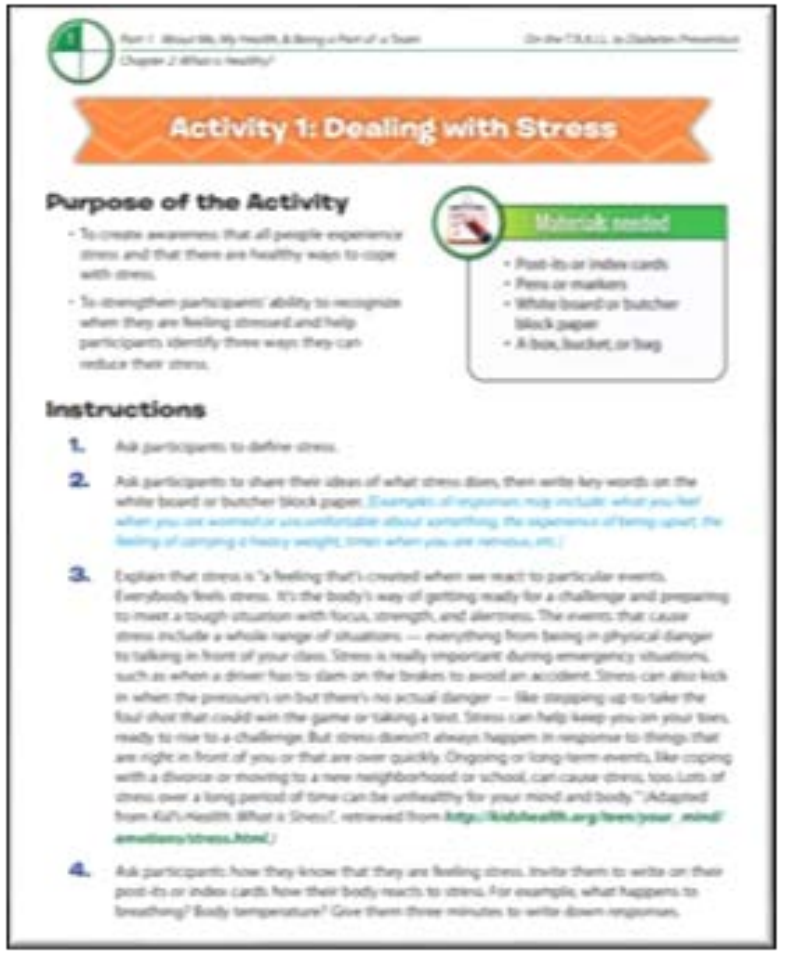
Chapter 7: Media Messages 53
Chapter 8: Learning More About the Food We Eat 57
Chapter 9: Healthy Chefs 63
Chapter 10: Where Does My Food Come From? 67

Part 4: My Healthy Community

Chapter 11: Serving and Sharing with My Community 75
Chapter 12: Reflecting On Our Journey 81

TRAIL Chapter Sample







Daily Physical and Self-Challenge Activities



Activity	Benchmark Goal	Improvement Goal
Half-mile run	Run for a half mile	Improve time for a 1/2-mile run
Half-mile walk	Walk for a half mile	Improve time for a 1/2-mile walk
Jump Rope	8-minutes continuous jumping	Improve the length of time they can continuously jump rope.
Plank	30 seconds in plank position	Improve the amount of time that they can hold a plank position.

Healthy Snack Demonstrations

- Two hands-on snack demos
- Builds practical skills: reading a label, choosing whole ingredients, making a snack without added sugar.
- Recipes feature traditional and locally available foods, connecting healthy eating to culture.



Youth chefs preparing healthy snacks together during a T.R.A.I.L. session.

Community Education Project

- Youth-led initiatives that extend TRAIL healthy lifestyle lessons into the broader community
- Focused on increasing awareness of diabetes prevention and promoting wellness
- **Common project examples include:**
  - Hosting health information tables at local events
  - Organizing community walk/run activities
  - Creating posters, displays, and educational materials for public spaces



What Supports Strong Implementation?

Consistency

A predictable schedule and staff follow-through

Connection

Caring adults, peer engagement, and family involvement

Culture

Local traditions, foods, language, and community knowledge

Collaboration

Health professionals, Tribal programs, and community partners

Youth Voice

Choice, leadership, goal setting, and community education

Continuous Learning

Feedback, reflection, and improvement throughout delivery

Strong implementation surrounds the curriculum with support.



Data Tracking

What we collect

Attendance and sessions delivered

Activity and lesson completion

Participant and site feedback

Program quality improvement notes

What we don't collect

No medical or clinical records

No individual health measures

No research-generalizable data

No personally identifying health info

LOOKING AHEAD

We are exploring new ways to measure impact and strengthen the outcomes we can demonstrate for the youth we serve.

Partnerships

- Clubs partner with a variety of individuals and organizations to provide resources to families
- Dieticians, nurses, and Behavioral Health professionals' engagement
- Training staff, presenting to youth
- Engage local BGC leadership in connecting community members and youth in other diabetes prevention activities

Healthy Habits Strengthen with Continued TRAIL Participation

Across 710 current and former participants surveyed, findings indicate that healthy eating habits and physical activity levels improve with sustained participation in the program.

HEALTHY EATING

Fruit intake | Daily fruit consumption

95%	88%	
TRAIL participants eat fruit daily	National comparison	TRAIL participants are more likely to report eating fruit daily.

Vegetable intake | Average servings per day

1 YEAR	2 YEARS	3 YEARS
2.11	2.15	2.50

Vegetable servings increase most noticeably by the third year of participation.

PHYSICAL ACTIVITY

Days active per week | 60+ minutes per day

69%	60%	
TRAIL participants active 5+ days/week	National comparison	Participants are substantially more likely to meet the recommended activity level.

Days of physical activity | Average per week

1 YEAR	2 YEARS	3 YEARS
5.0	5.3	6.4

Average activity rises steadily across the first three years in the program.

Outcomes Beyond the Numbers

01

YOUTH PRACTICE

Healthy choices become real through food preparation, movement, and personal challenges.

02

YOUTH GROW

Persistence, confidence, reflection, and goal setting strengthen the whole person.

03

YOUTH LEAD

Youth bring wellness to life through education activities and community events.

04

COMMUNITIES ENGAGE

Families, Tribal leaders, health professionals, and local partners reinforce the message.

THE RIPPLE EFFECT

Healthy habits → Stronger youth → Youth influence → Community wellness

What we are learning across TRAIL Sites

- Sustained participation creates more opportunities for healthy habits to take root.
- Flexible delivery allows Clubs to respond to local context while maintaining a consistent program foundation.
- The strongest story of impact combines participant outcomes with the quality of the program experience.

The next step is strengthening how TRAIL connects participation, implementation quality, and youth outcomes.

Story of Impact – Mashkisibi Boys & Girls Club

This summer, the Mashkisiibii (Bad River) Boys & Girls Club became a vibrant community wellness hub, with youth participation and family engagement growing significantly. Through the TRAIL program and strong partnerships with Behavioral Health, the Traditional Language Program, Food Sovereignty, SPARK, the Teen Program, and the Wellness Center, youth were surrounded by a supportive environment that lifted up their physical, emotional, and cultural wellbeing.

TRAIL played a key role in this momentum—helping youth build healthier habits, connect with caring adults, and participate in meaningful activities that promote movement and nutrition. Families expressed excitement about the wide range of wellness opportunities, and youth eagerly took advantage of resources like the pool, gym, and weight room.
Overall, Mashkisiibii demonstrates how TRAIL, combined with community collaboration, can spark high-impact engagement and create a space where youth thrive and wellness becomes a shared priority.



Connecting Youth to Community Health and Cherokee Culture

Boys & Girls Club of Delaware County

COMMUNITY PARTNERSHIP

Cherokee Nation Sam Hider Community Clinic

Provided culturally relevant education focused on nutrition and diabetes prevention, reinforcing T.R.A.I.L. lessons with trusted community expertise.

CULTURE + WELLNESS

Youth explored healthy lifestyles through:

- Traditional foodways and gardening
- Cherokee wellness teachings
- Nutrition labels and healthier snack choices
- Diabetes prevention as a shared community priority



TRAIL Community Recipe Project

Families are contributing recipes for a shared community cookbook that brings together:

- Healthy food choices
- Family traditions
- Cultural connection
- Community pride

Food becomes a bridge between healthy choices and the traditions that make the community whole.

Story of Impact – Boys & Girls Club of Rosebud

The Boys & Girls Club of Rosebud hosted a Diabetes Awareness Walk at their Rosebud site, bringing youth, community members, and Tribal leaders together for health and wellness.

The day opened in tradition a prayer, remarks from Tribal Council representatives Delores Waln, Marian Little Thunder, and Eileen Shot, and an encouraging song performed by two Rosebud Club members.

Club youth led the way, creating the signs and banners they carried throughout the walk. What the Club found most meaningful was the community response: neighbors honked, cheered, and called out encouragement the whole route.

Youth leadership, community engagement, and health awareness came together — and the Club is already looking forward to making it a tradition.





Boys & Girls Clubs of America
Native Services

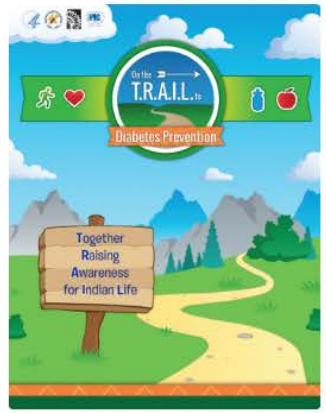
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T.R.A.I.L Resource Center

Welcome to the T.R.A.I.L. Resource Center! We applaud your Club for promoting healthy lifestyles and contributing to the fight against diabetes in your community. Here you will find everything you need to successfully navigate the programmatic and financial components of the On the T.R.A.I.L. to Diabetes Prevention curriculum.

Access T.R.A.I.L. trainings and webinars, program and financial guides, online reporting website support, and additional resources that may be used to enhance your program!

Click here for T.R.A.I.L. Curriculum Resources



TRAINING WEBINARS

PROGRAM & FINANCE

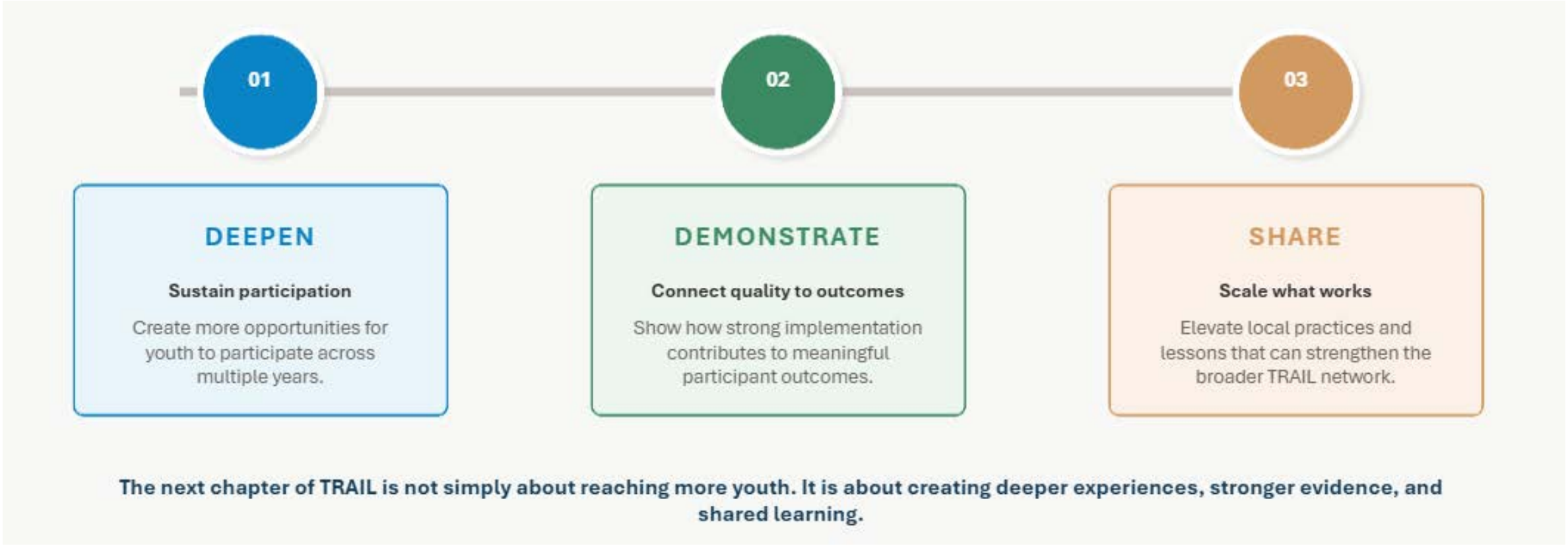
ONLINE REPORTING

OTHER RESOURCES

COVID-19 RESOURCES

The Future of TRAIL

From strong local experiences to lasting, network-wide impact



The next chapter of TRAIL is not simply about reaching more youth. It is about creating deeper experiences, stronger evidence, and shared learning.

Catch My Breath Pilot

- Youth vaping is becoming an increasingly urgent concern in Native Communities, with more young people being exposed to harmful marketing and peer pressure around e-cigarettes. Addressing this trend early is critical to protecting the health and future of Native youth.
- Catch My Breath (CMB) offers an evidence-based prevention curriculum that equips youth with knowledge and practical refusal skills. The program is highly interactive, engaging young people through discussions, activities, and peer-led learning.
- Importantly, CMB is also culturally adaptable, allowing Clubs and communities to integrate local traditions, values, and stories, making it both relevant and respectful to Native cultures while still maintaining its effectiveness.
- 20 Funded Sites – A competitive cohort of Boys & Girls Clubs was selected, each bringing local expertise and a strong commitment to advancing youth health.

Catch My Breath – Program Goals

- Empower youth to resist peer pressure by equipping them with confidence, knowledge, and refusal skills to make positive, healthy choices.
- Reduce initiation of e-cigarettes and vaping through early education and prevention strategies that address real-life influences.
- Build awareness of health risks by helping youth understand the long-term physical, mental, and community impacts of vaping and tobacco use.
- Support holistic wellness alongside TRAIL by aligning with the broader goals of healthy living, cultural pride, and whole-person development for Native youth.

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Thank you!

