

SDPI Program sponsors various activities through-out the year to promote a healthier lifestyle



Hikes are held throughout the year (weather permitting) at various locations in the Black Hills. An annual bike ride is also held every summer

Walking Challenges are also held throughout the year with prizes awarded to participants.



Additional activities include the Crazy Horse Volks-march, Frisbee Golf, and Circuit Training. Our Nutritional activities include food demos and grocery store tours.



All of these activities are to reduce the risk of Type 2 Diabetes.

Please call the program to schedule a screening and see if you are eligible for the Native Lifestyle Balance program!



3200 Canyon Lake Drive
Rapid City, SD 57701

605-355-2431

Looking after your health today will ensure you a better tomorrow.

**Rapid City IHS
Diabetes
Prevention
Initiative**



Cokata gli Najin

“Returning to the Center”

Diabetes is a serious problem for American Indians and Alaska Natives, who suffer from some of the highest rates of Diabetes in the world.

What is the SDPI Diabetes Prevention Initiative?

The purpose of the initiative is to prevent Diabetes in Indian Communities. We are looking for participants who have a medical condition called "Pre-Diabetes" to participate in our program. It will involve attending our Native Lifestyle Balance classes that teach you how to eat healthier food, increase your physical activity level, and help you with your weight loss goals.

Could I have Pre-Diabetes?

Most people do not know if they have pre-diabetes. You could have pre-diabetes if:



Mickelson Trail Ride Participants

- Some one in your family has diabetes
- You weigh more than you should
- You had diabetes when you were pregnant (Called gestational diabetes)
- You had a baby weighing more than 9 pounds at birth
- You are age 45 or older

Why should I join SDPI Diabetes Prevention Initiative?

The Diabetes Prevention Program Initiative can help you in several ways:



Pickle-ball Participants

- We will watch your health closely
- You will receive free health checkups
- You will participate in classes on healthy eating, increasing physical activity, and losing weight
- You will be able to delay or avoid getting diabetes by participating in this program
- You will learn the best way to prevent diabetes
- You will earn incentives for your participation that will help you be successful

Research has shown that it is possible to prevent Diabetes with simple life-style changes such as:

- Exercising More
- Eating Healthy Food
- Losing Weight

Who can join the program?

- The Diabetes Prevention Program is looking for people age 18 and older who have a medical condition called "pre-diabetes" and are interested in reducing their risk for developing diabetes.
- You must be willing to participate in Diabetes Prevention classes and visits.
- You should be willing to stay in the project for up to 5 years.

How can I join the program?



Crazy Horse Volks-march

Let the Diabetes Prevention Staff know that you are interested in the Native Lifestyle Balance program. They will schedule a screening to confirm that you are eligible. Contact us and we will explain the program to you and answer any questions that you may have!

Where can I get more information on this program?

- Russell Price - Director 605-355-2411
- Crystal Bauer- Health Technician 605-355-2349
- Mitchell Brewer - Health Technician 605-355-2398
- Theresa Marks - Data Collections 605-355-2431