

DIABETES PREVENTION AND MANAGEMENT PROGRAM

SDPI Presentation 2025

Presented By:
Jackie Gilham
Dale Boushie



PROGRAM PROFILE

Diabetes Prevention and Management Program is located in the heart of Browning Montana, on the Blackfeet Reservation. We serve our community members of all ages.

Population 9.502

Our goal is to reach as many community members as possible. We strive to get our community involved in a healthy lifestyle and introduce Nutrition and Diabetes Awareness through organized events.

Blackfeet Indian Reservation



VISION AND MISSION



Vision

Our Vision is to move the needle on Diabetes by having our clients take charge, and feel inspired and more confident in their unique diabetes journey.



Mission

Our Mission is to empower each client with the self-care management skills necessary to improve their quality of life, using what they have learned through nutrition and diabetes education and disease management strategies.

»»»» OUR CARE TEAM ««««



Thedra Bird Rattler

Care Coordinator



Jackie Gilham

Director



Dale Boushie

RN-Educator

»»»» OUR OFFICE TEAM ««««



Jeannie Ollinger

Office Manager



Danica Edwards

Data Entry



TBA

Custodian/Maintenance

»»»» OUR FITNESS TEAM ««««



Gayle Skunkcap Jr.

Fitness Trainer/Outreach

Personal Trainer

Exercise & Aging Specialist

Medical Conditions & Exercise

Native Youth Fitness Leader

Adult and Pediatric First Aid/CPR/AED



Jerry Racine

Fitness Trainer/Outreach

Personal Trainer

Exercise & Aging Specialist

Medical Conditions & Exercise

Native Youth Fitness Leader

Adult and Pediatric First Aid/CPR/AED



Anthony Gallagher-Horn

Fitness Trainer/Outreach

Personal Trainer

Exercise & Aging Specialist

Medical Conditions & Exercise

Native Youth Fitness Leader

Adult and Pediatric First Aid/CPR/AED

SERVICES PROVIDED

- Out-patient Diabetes Management
- Sequenced Diabetes Education Classes
- Personalized Nutrition
- Personalized Fitness
- Diabetes Support Group
- Cooking Classes
- Nutrition Classes
- Healthy Menu Planning
- Life-long Diabetes Management Skills
- Outreach Program
- Monitor Blood Glucose Levels/A1C
- Diabetes Screening
- Individualized Diabetic Self-Care Plan
- Foot Care Management
- Group Exercise Class for all ages



REFERRAL

Referral form is emailed to all collaborating entities. When we receive the referral form via email or hand delivered we call client within three days. If the client wants our service an appointment is made.

REFERRAL FORM

— DIABETES PREVENTION AND MANAGEMENT PROGRAM



PERSONAL INFORMATION

Name :

Gender : ☐ Male ☐ Female Date Of Birth :
M M D D Y Y

Address :
PO Box City / Country Postcode

Phone : Message Phone :

E-Mail :

REASON FOR REFERRAL

Status : ☐ Prediabetes ☐ Type 1 ☐ Type 2 ☐ Gestational ☐ Other

Date Diagnosed :

Insulin Used : ☐ Yes ☐ No Diabetes Medication : ☐ Yes ☐ No

PHYSICIAN INFORMATION

Name : Date :
M M D D Y Y Y Y

Phone :

REFERRING PROGRAM INFORMATION

Signature of person referring :

Name of referring program:

More Information :
104 Central Ave., Browning, MT 59417
+406.338-3795 (Office)
j.gilham@blackfeetnation.com



Blackfeet Tribal Health

THANK YOU!

APPLICATION

Every client that comes in fills out an application. We take a BMI and an A1C. Every three months we update both screenings. The client will choose an area of interest on the application. Appointments are made specifically for them. New clients are sent home with a diabetes resource packet.

Stats:
1,052 Clients in 2024



BLACKFEET TRIBAL HEALTH

APPLICATION FORM

PERSONAL INFORMATION

Full Name :

Date Of Birth : / / Gender : ☐ Male ☐ Female

Address :

Phone Number : E-Mail :

Signature : Date :

MEDICAL HISTORY

Status : ☐ Pre-Diabetic ☐ Type 1 ☐ Type 2 ☐ Gestational ☐ At Risk ☐ Family History

Date diagnosed : Do you use Insulin? : ☐ Yes ☐ No

Are you on medication? ☐ Yes ☐ No If yes, what kind?

Physician Name : Phone Number :

Blood Glucose : A1C :

AREAS OF INTEREST (CHECK ALL THAT APPLY)

☐ Diabetes Education	☐ Individualized Diabetic Self-Care Plan	☐ Personalized Nutrition Plan
☐ Nutrition Education	☐ Diabetic Support Group	☐ Diabetes Management Plan
☐ Fitness Instructor	☐ Personalized Fitness Plan	☐ Foot Care

OFFICE USE ONLY

Date : Membership Number :

Staff Name : Staff Signature :

More Information :

📍 104 Central Ave., Browning, MT 59417

📞 406.338-3794 (Office)

📧 j.gilham@blackfeetnation.com



THANK YOU!

CLIENT FLOWCHART

Screening

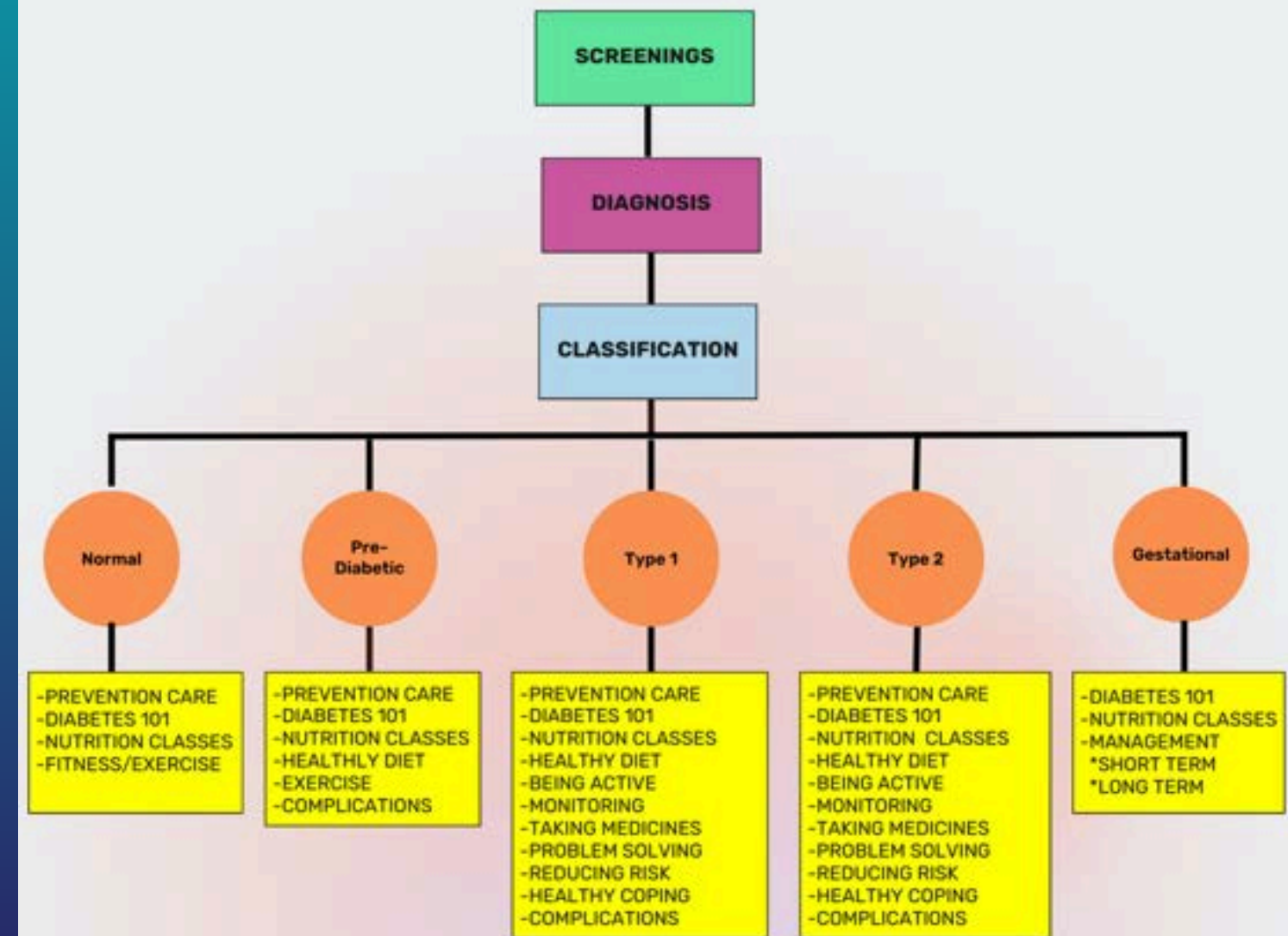
Diagnosis

Classification



Blackfeet Tribal Health
Diabetes Prevention and Management Program

Client Flowchart



**Let our care team help you
in your Diabetes journey.
Give us a call today!
406.407.5135**



NETWORKING AGENCIES



**Indian
Health
Service**



**Tribal
Public
Health**



THIP



**Fast
Blackfeet**



**Browning
Public
Schools**



CHR's



**Logan
Health**



**Blackfeet
Head
Start**



**De La Salle
Catholic
School**



**Blackfeet
Community
College**



**Tribal
Physical
Therapy**



**Journey
to
Recovery**



**Crystal
Creek
Lodge**



**Boys &
Girls
Club**

STRATEGIES FOR EFFECTIVE NETWORKING

Be Authentic

Genuine interest in others



Follow Up

Maintain and nurture relationships



Active Listening

Engage in meaningful conversations



Provide Value

Offer help and share knowledge



FITNESS CLASSES PROVIDED

DIABETES PREVENTION & MANAGEMENT PROGRAM



INTRO TO WEIGHT TRAINING

OUR SERVICES

- WEIGHT LOSS
- BODYBUILDING
- CARDIO TRAINING
- QUALIFIED SUPERVISION
- QUALIFIED INSTRUCTION
- CLASS EVERY MON & WED

AGES 8-11

EVERY MONDAY & WEDNESDAY THRU MAY

☎ +406.407.5135
📍 104 E. Central Ave.

PHYSICAL BENEFITS

- BUILD MUSCLE: STRENGTH TRAINING HELPS CHILDREN BUILD STRONG MUSCLES AND INCREASE LEAN BODY MASS.
- BUILD BONE DENSITY: STRENGTH TRAINING HELPS CHILDREN BUILD STRONG BONES.
- IMPROVE ATHLETIC PERFORMANCE: STRENGTH TRAINING CAN HELP CHILDREN IMPROVE THEIR SPORTS PERFORMANCE.
- PREVENT INJURIES: STRENGTH TRAINING CAN HELP CHILDREN AVOID INJURIES.
- IMPROVE FLEXIBILITY AND BALANCE: STRENGTH TRAINING CAN HELP CHILDREN MAINTAIN FLEXIBILITY AND BALANCE.

DIABETES PREVENTION & MANAGEMENT PROGRAM

FEMALE FITNESS

CELEBRATE BODY POSITIVITY



DECEMBER CLASS EVERY MONDAY & WEDNESDAY

*12 PM
*5 PM

104 E Central Ave
Browning, MT 59417
406.338.3794

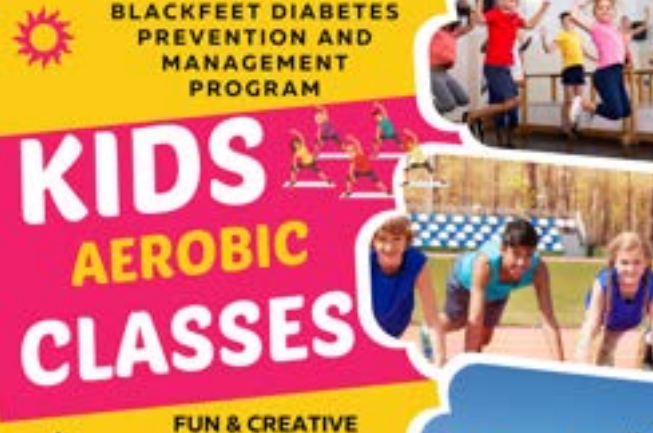
MOVE, GROOVE, AND FEEL GOOD!

Join us for a workout filled with fitness, fun, and positivity.

Call to reserve your spot today!

BLACKFEET DIABETES PREVENTION AND MANAGEMENT PROGRAM

KIDS AEROBIC CLASSES



FUN & CREATIVE OUTDOOR/INDOOR ACTIVITIES FOR BOYS & GIRLS 5-12 YEARS OLD

STARTING APRIL 4TH

Please dress appropriately for the weather

AGE GROUPS ASSIGNED

Call to Sign-up

Activities

- ✓ Tug-o-War
- ✓ Running
- ✓ Stretching
- ✓ Obstacle course
- ✓ Work-outs

When: Every Thursday
Time: 5:00-6:00 PM
Location: All Chiefs Park

Call to sign-up: +406.338.2795
Come in to sign-up: 104 E. Central Avenue

DIABETES PREVENTION & MANAGEMENT PROGRAM



Pool passes will be available for clients after all assessments and criteria are completed. Guidelines will be given out prior to receiving pool pass. Pool pass will start in February.

Assessment will only take place on January 22, 2025 @ the Multi-Purpose Arbor from 9 am - 5 pm.

406.338.3794

Blackfeet Tribal Health, Browning Public Schools, and Heart Butte Community

SAVE THE DATE

"You don't stop running because you get old, you get old because you stop running."
-Christopher McDougall

May 10, 2024 - NIIKSISTA Mother's Day - Skate Park 5:30 pm
May 17, 2024 - Run for Life Glow Run - Skate Park 8 pm
May 31, 2024 - Releasing Your Grief - Skate Park 9 pm
June 11, 2024 - Youth Camp Run - BHS Track 5:30 pm
June 26, 2024 - LGBTQ Color Me Rad - All Chiefs Park 4:30 pm
July 4, 2024 - Extreme Warrior - Chewing Black Bones
July 5, 2024 - Glow Run - Skate Park 9 pm
July 12, 2024 - Earl Old Person Run - All Chiefs Park 9 am
July 20, 2024 - 2638 Marathon Relay - Route 1 7 am
July 27, 2024 - Ultimate Mud Mania Run - Depot Coulee 11 am
August 2, 2024 - Divide Trail Run
August 9, 2024 - Heart Butte Indian Days Fun Run - 8 am

Please contact Blackfeet Tribal Health at (406) 338-5525 for more information on each run. Times listed are registration times.

Diabetes Prevention and Management Program



Modified Exercise Class

BE STRONG BE HEALTHY

CLASSES

TUES. & THURS. 5:15 PM
WED. 12 PM
@ WELLNESS CENTER

SIGN UP TODAY

More Information:
☎ 406.338.3795

"Healthy is an outfit that looks different on everybody."
-Unknown

Diabetes Prevention & Management Program

FITNESS CHALLENGE

Join our Fitness Challenge and transform your body!

Our program challenges all programs/departments on the reservation for this 30-day fitness adventure. No limit to team size. Call for more information.

Date: September 1 - 30, 2024
Location: Blackfeet Wellness Center

Prizes/Title
1st place team
"Categories to be determined"

Register
Aug. 19 - 30
2024
338-2795

Diabetes Prevention & Management Program

FITNESS CHALLENGE

November is Diabetes Awareness Month

This challenge is for all programs/departments/families on the reservation, join us for this 30-day fitness adventure. No limit to team size. Call for more information.

Date: November 1-30, 2024
Location: Blackfeet Wellness Center

Prizes/Title
1st place team
"Categories: Muscle Mass % Weight Lost"

Register
Oct. 21-31
2024
338-3794

Join our Fitness Challenge and transform your body!

DIABETES PREVENTION AND MANAGEMENT PROGRAM

Hiking Club

"Challenge yourself to be an example of change."



EVERY FRIDAY IN MAY
JERRY WILL BE BUSSING PARTICIPANTS TO AND FROM DESTINATED LOCATIONS.
JOIN THE TEAM, SIGN UP TODAY!
BUS LEAVES AT 10AM FROM WELLNESS CENTER

MAY 2, 2025: UPPER TWO MED
MAY 9TH, 2025: GOLF COURSE
MAY 23, 2025: DIVIDE
MAY 30, 2025: SUN POINT

FOR MORE INFORMATION PLEASE CALL: 406.338.3794

YOUTH BASEBALL CLINIC



FRIDAY 14 JUNE

AGES 7-12 YEARS OLD

GLACIER RANGE RIDERS BASEBALL TEAM

SPONSORED BY:

10 AM - 1 PM

Participation Gifts BASEBALL BAT/BASEBALL

COACHES/PLAYERS IN ATTENDANCE

Location: GOVERNMENT SQUARE STADIUM

Register here
☎ 406.338.2795

Not responsible for injuries, accidents or lost/stolen items

Diabetes Prevention & Management Program

FITNESS CLASSES PROVIDED

ICE BREAKER RESULTS

SUNDAY
27 APRIL, 2025

RUN & WALK

SPONSORED BY:
Diabetes Prevention & Management Program

1M

Female 8-9 yr old
43 Mataya Lorenzo 11:15.47
66 Mia Meineke 14:58.55

Female 12-15 yr old
16 Camree Riders At The Door 15:07.88

Female 25-29 yr old
21 Klawna Gallineaux 18:21.83
Kiki Running Crane

Female 30-34 yr old
9 Tracie Lorenzo 14:40.62
10 Sarah Wolfball 15:54.50
25 Vannie Pomeroy 20:21.12

Female 45-49 yr old
18 Mistee Riders At The Door 18:47.38

Female 50-54 yr old
3 Tanaya Whitegrass 12:50.58
15 Falthe Wolfball 17:35.51

Female 55-59 yr old
6 Valma Wolfball 16:20.08

Female 65-69 yr old
18 Denise Heavy Runner 20:16.76

Female 70-74 yr old
8 Denise Montoya 22:02.98

Male 6-9 yr old
45 Valon Ballibardin-Sellers 12:49.83
50 Loren Croff Jr. 16:04.22

Male 13-15 yr old
6 Camren Wolfball 7:27.29

Male 30-34 yr old
14 Tynell Ballibardin 11:37.23

Male 45-49 yr old
18 Raymond Montoya 20:16.42

Male 50-54 yr old
4 Loren Croff Sr. 14:47.90

Male 75-79 yr old
4 Raymond Montoya 20:03.00

5 and Under
Miles Meineke 14:54.02
Turquoise Parsons 16:12.40
Teal Parsons 16:54.23
Cly Burns 16:48.61
Sola Croff 15:57.26
Ezra Afterbuffalo 18:49.00

CONGRATULATIONS

ICE BREAKER RESULTS

SUNDAY
27 APRIL, 2025

RUN & WALK

SPONSORED BY:
Diabetes Prevention & Management Program

3M

Female 16-19 yr old
15 Alesia Arnold 52:33.42

Female 19-24 yr old
5 Bobbi Talfeathers 28:54.27

Female 25-29 yr old
16 Raynell Greemedicine 31:52.28

Female 35-39 yr old
32 Laura Castro 41:28.31

Female 40-44 yr old
42 Charlie Oldchief 54:49.20

Female 45-49 yr old
10 Angie Pepion 32:13.30

Female 55-59 yr old
6 Cinda Burd-Ironmaker 38:12.91

Male 13-15 yr old
4 Daniel McNeely Jr. 23:01.21

Male 16-19 yr old
21 Dakota Parsons 32:59.87

Male 25-29 yr old
2 Derek Meineke 19:05.92

3 Mile Top 10 Male Results
5 Derek Meineke 19:05.92

CONGRATULATIONS

ICE BREAKER RESULTS

SUNDAY
27 APRIL, 2025

RUN & WALK

SPONSORED BY:
Diabetes Prevention & Management Program

5M

Female 30-34 yr old
6 Irene Schmid 43:41.63

Female 40-44 yr old
10 Jennifer Tatsey 49:21.20

Male 10-12 yr old
2 Aiden Afterbuffalo 50:43.44

Male 13-15 yr old
4 Ryleigh Afterbuffalo 44:33.45
5 Kaslyah Tatsey 48:07.50

you did great

CONGRATULATIONS

Diabetes Prevention & Management Program

WEIGHT LIFTING CLINIC

✓ **FOR Middle School & High School Athletes**

✓ **MAY 28TH & 29TH 4 PM - 6PM**

Instructors will be our very own:
Tommy Running Rabbit, running back for the UM Grizzlies
Delbert Blackman, DL MSUN Light
Justice Johnson, DL UMW Bulldog

These College athletes will go over the importance of weight lifting and how they train.
Q&A will be within the class.

Call to sign up & For More Information **406.338.3794**

Horsemanship & Breakaway Clinic

June 10-12, 2025

Location:
Chango Ranch
228 Johnson Rd. Cutbank, MT 59427

Includes:

- Ground dummy work
- Sled dummy work
- Box work
- Live cattle

Montana performance festival

Mail to:
197 Ft. Pease Rd.
Hysham, MT 59038
or Verano...
@Stacey-Ogren-1

Contact:
Tiffany Ogren
(406)794-2086
Call or Text

"Lunch Provided"

Stalls:
Limited rental space available
or build your own pens

All skill levels welcome!

Deposits	Pricing:	Single student	Family/Visiting Discount
\$200	Horsemanship-	\$300	\$250
\$400	Breakaway-	\$550	\$500
\$400	Both(all 3 days)-	\$700	\$600

Other classes provided:

- Crystal Creek Treatment Center- Every Tuesday/Thursday
- One-on-One with Clients daily
- Blackfeet Early Childhood Center ages 3-5 Obstacle Course
- Specific Sport Clinics
- Dance Class
- Baseball Clinic with Pro team Glacier Range Riders from Kalispell, Montana
- DeLaSalle Health Class -T/R
- Obstacle Course for the youth

ISSKO NNUTAPO YISS

Strong House Power Lifting Meet

1st Annual

March 27, 2025 @ 6 pm

Rules

- 50 Lb Max Male and Female
- Bench, Squat, Dead Lift Minimum 2 lifts
- Weight categories for both genders:

Male	Female
40 kg (88.27)	40 kg (88.27)
45 kg (99.23)	45 kg (99.23)
50 kg (110.23)	50 kg (110.23)
55 kg (121.25)	55 kg (121.25)
60 kg (132.27)	60 kg (132.27)
65 kg (143.29)	65 kg (143.29)
70 kg (154.31)	70 kg (154.31)
75 kg (165.33)	75 kg (165.33)
80 kg (176.35)	80 kg (176.35)
85 kg (187.37)	85 kg (187.37)
90 kg (198.39)	90 kg (198.39)
95 kg (209.41)	95 kg (209.41)
100 kg (220.43)	100 kg (220.43)
105 kg (231.45)	105 kg (231.45)
110 kg (242.47)	110 kg (242.47)
115 kg (253.49)	115 kg (253.49)
120 kg (264.51)	120 kg (264.51)
125 kg (275.53)	125 kg (275.53)
130 kg (286.55)	130 kg (286.55)
135 kg (297.57)	135 kg (297.57)
140 kg (308.59)	140 kg (308.59)
145 kg (319.61)	145 kg (319.61)
150 kg (330.63)	150 kg (330.63)
155 kg (341.65)	155 kg (341.65)
160 kg (352.67)	160 kg (352.67)
165 kg (363.69)	165 kg (363.69)
170 kg (374.71)	170 kg (374.71)
175 kg (385.73)	175 kg (385.73)
180 kg (396.75)	180 kg (396.75)
185 kg (407.77)	185 kg (407.77)
190 kg (418.79)	190 kg (418.79)
195 kg (429.81)	195 kg (429.81)
200 kg (440.83)	200 kg (440.83)
205 kg (451.85)	205 kg (451.85)
210 kg (462.87)	210 kg (462.87)
215 kg (473.89)	215 kg (473.89)
220 kg (484.91)	220 kg (484.91)
225 kg (495.93)	225 kg (495.93)
230 kg (506.95)	230 kg (506.95)
235 kg (517.97)	235 kg (517.97)
240 kg (528.99)	240 kg (528.99)
245 kg (539.01)	245 kg (539.01)
250 kg (550.03)	250 kg (550.03)
255 kg (561.05)	255 kg (561.05)
260 kg (572.07)	260 kg (572.07)
265 kg (583.09)	265 kg (583.09)
270 kg (594.11)	270 kg (594.11)
275 kg (605.13)	275 kg (605.13)
280 kg (616.15)	280 kg (616.15)
285 kg (627.17)	285 kg (627.17)
290 kg (638.19)	290 kg (638.19)
295 kg (649.21)	295 kg (649.21)
300 kg (660.23)	300 kg (660.23)
305 kg (671.25)	305 kg (671.25)
310 kg (682.27)	310 kg (682.27)
315 kg (693.29)	315 kg (693.29)
320 kg (704.31)	320 kg (704.31)
325 kg (715.33)	325 kg (715.33)
330 kg (726.35)	330 kg (726.35)
335 kg (737.37)	335 kg (737.37)
340 kg (748.39)	340 kg (748.39)
345 kg (759.41)	345 kg (759.41)
350 kg (770.43)	350 kg (770.43)
355 kg (781.45)	355 kg (781.45)
360 kg (792.47)	360 kg (792.47)
365 kg (803.49)	365 kg (803.49)
370 kg (814.51)	370 kg (814.51)
375 kg (825.53)	375 kg (825.53)
380 kg (836.55)	380 kg (836.55)
385 kg (847.57)	385 kg (847.57)
390 kg (858.59)	390 kg (858.59)
395 kg (869.61)	395 kg (869.61)
400 kg (880.63)	400 kg (880.63)
405 kg (891.65)	405 kg (891.65)
410 kg (902.67)	410 kg (902.67)
415 kg (913.69)	415 kg (913.69)
420 kg (924.71)	420 kg (924.71)
425 kg (935.73)	425 kg (935.73)
430 kg (946.75)	430 kg (946.75)
435 kg (957.77)	435 kg (957.77)
440 kg (968.79)	440 kg (968.79)
445 kg (979.81)	445 kg (979.81)
450 kg (990.83)	450 kg (990.83)
455 kg (1001.85)	455 kg (1001.85)
460 kg (1012.87)	460 kg (1012.87)
465 kg (1023.89)	465 kg (1023.89)
470 kg (1034.91)	470 kg (1034.91)
475 kg (1045.93)	475 kg (1045.93)
480 kg (1056.95)	480 kg (1056.95)
485 kg (1067.97)	485 kg (1067.97)
490 kg (1078.99)	490 kg (1078.99)
495 kg (1089.01)	495 kg (1089.01)
500 kg (1100.03)	500 kg (1100.03)
505 kg (1111.05)	505 kg (1111.05)
510 kg (1122.07)	510 kg (1122.07)
515 kg (1133.09)	515 kg (1133.09)
520 kg (1144.11)	520 kg (1144.11)
525 kg (1155.13)	525 kg (1155.13)
530 kg (1166.15)	530 kg (1166.15)
535 kg (1177.17)	535 kg (1177.17)
540 kg (1188.19)	540 kg (1188.19)
545 kg (1199.21)	545 kg (1199.21)
550 kg (1210.23)	550 kg (1210.23)
555 kg (1221.25)	555 kg (1221.25)
560 kg (1232.27)	560 kg (1232.27)
565 kg (1243.29)	565 kg (1243.29)
570 kg (1254.31)	570 kg (1254.31)
575 kg (1265.33)	575 kg (1265.33)
580 kg (1276.35)	580 kg (1276.35)
585 kg (1287.37)	585 kg (1287.37)
590 kg (1298.39)	590 kg (1298.39)
595 kg (1309.41)	595 kg (1309.41)
600 kg (1320.43)	600 kg (1320.43)
605 kg (1331.45)	605 kg (1331.45)
610 kg (1342.47)	610 kg (1342.47)
615 kg (1353.49)	615 kg (1353.49)
620 kg (1364.51)	620 kg (1364.51)
625 kg (1375.53)	625 kg (1375.53)
630 kg (1386.55)	630 kg (1386.55)
635 kg (1397.57)	635 kg (1397.57)
640 kg (1408.59)	640 kg (1408.59)
645 kg (1419.61)	645 kg (1419.61)
650 kg (1430.63)	650 kg (1430.63)
655 kg (1441.65)	655 kg (1441.65)
660 kg (1452.67)	660 kg (1452.67)
665 kg (1463.69)	665 kg (1463.69)
670 kg (1474.71)	670 kg (1474.71)
675 kg (1485.73)	675 kg (1485.73)
680 kg (1496.75)	680 kg (1496.75)
685 kg (1507.77)	685 kg (1507.77)
690 kg (1518.79)	690 kg (1518.79)
695 kg (1529.81)	695 kg (1529.81)
700 kg (1540.83)	700 kg (1540.83)
705 kg (1551.85)	705 kg (1551.85)
710 kg (1562.87)	710 kg (1562.87)
715 kg (1573.89)	715 kg (1573.89)
720 kg (1584.91)	720 kg (1584.91)
725 kg (1595.93)	725 kg (1595.93)
730 kg (1606.95)	730 kg (1606.95)
735 kg (1617.97)	735 kg (1617.97)
740 kg (1628.99)	740 kg (1628.99)
745 kg (1639.01)	745 kg (1639.01)
750 kg (1650.03)	750 kg (1650.03)
755 kg (1661.05)	755 kg (1661.05)
760 kg (1672.07)	760 kg (1672.07)
765 kg (1683.09)	765 kg (1683.09)
770 kg (1694.11)	770 kg (1694.11)
775 kg (1705.13)	775 kg (1705.13)
780 kg (1716.15)	780 kg (1716.15)
785 kg (1727.17)	785 kg (1727.17)
790 kg (1738.19)	790 kg (1738.19)
795 kg (1749.21)	795 kg (1749.21)
800 kg (1760.23)	800 kg (1760.23)
805 kg (1771.25)	805 kg (1771.25)
810 kg (1782.27)	810 kg (1782.27)
815 kg (1793.29)	815 kg (1793.29)
820 kg (1804.31)	820 kg (1804.31)
825 kg (1815.33)	825 kg (1815.33)
830 kg (1826.35)	830 kg (1826.35)
835 kg (1837.37)	835 kg (1837.37)
840 kg (1848.39)	840 kg (1848.39)
845 kg (1859.41)	845 kg (1859.41)
850 kg (1870.43)	850 kg (1870.43)
855 kg (1881.45)	855 kg (1881.45)
860 kg (1892.47)	860 kg (1892.47)
865 kg (1903.49)	865 kg (1903.49)
870 kg (1914.51)	870 kg (1914.51)
875 kg (1925.53)	875 kg (1925.53)
880 kg (1936.55)	880 kg (1936.55)
885 kg (1947.57)	885 kg (1947.57)
890 kg (1958.59)	890 kg (1958.59)
895 kg (1969.61)	895 kg (1969.61)
900 kg (1980.63)	900 kg (1980.63)
905 kg (1991.65)	905 kg (1991.65)
910 kg (2002.67)	910 kg (2002.67)
915 kg (2013.69)	915 kg (2013.69)
920 kg (2024.71)	920 kg (2024.71)
925 kg (2035.73)	925 kg (2035.73)
930 kg (2046.75)	930 kg (2046.75)
935 kg (2057.77)	935 kg (2057.77)
940 kg (2068.79)	940 kg (2068.79)
945 kg (2079.81)	945 kg (2079.81)
950 kg (2090.83)	950 kg (2090.83)
955 kg (2101.85)	955 kg (2101.85)
960 kg (2112.87)	960 kg (2112.87)
965 kg (2123.89)	965 kg (2123.89)
970 kg (2134.91)	970 kg (2134.91)
975 kg (2145.93)	975 kg (2145.93)
980 kg (2156.95)	980 kg (2156.95)
985 kg (2167.97)	985 kg (2167.97)
990 kg (2178.99)	990 kg (2178.99)
995 kg (2189.01)	995 kg (2189.01)
1000 kg (2200.03)	1000 kg (2200.03)

• 3 age groups:
-Young Buck 15-19
-Hard Bul 20-35
-Old Bul 36-up

• Each lifter will get 3 attempts to get a PR

• 3 Places: 1st, 2nd, and 3rd in each category and weight class

• Winners will receive incentives from the Diabetes Prevention & Management Program

• No baggy clothes

*Charlie Farmer - JUDGE
Montana Indian Athletic Hall of Fame
+406.338.3794 104 E Central Ave. Browning, MT 59411

2025 THIP MOTHER'S DAY FUN RUN/WALK

LOCATION: PIKUNI WALKING PARK
DATE: MAY 9, 2025
TIME: 4:30 - 6:00PM

1 MILE **3 MILE** **5 MILE**

Snacks and Drinks will be provided!

Sponsored by:
Blackfoot THIP
Diabetes Prevention & Management

NOT RESPONSIBLE FOR ACCIDENTS, INJURIES, AND/OR THEFT

Blackfoot THIP and Diabetes Prevention & Management Program

ST. PATRICK'S DAY RUN/WALK

MARCH 17, 2024

12-2 PM AT THE WALKING PARK

WEAR GREEN!!
Snacks/Drinks will be available
For More Information
+406.407.5135

Kid's Weight Training

ISSKO NNUTAPO YISS

Tony's Kids Weight Training Class



1st Annual Weight Lifting Competition





Diabetes Prevention &
Management Program

WEIGHT LIFTING CLINIC

✓ FOR
**Middle School
& High School
Athletes**

✓ MAY 28TH & 29TH 4 PM - 6PM

Instructors will be our very own:

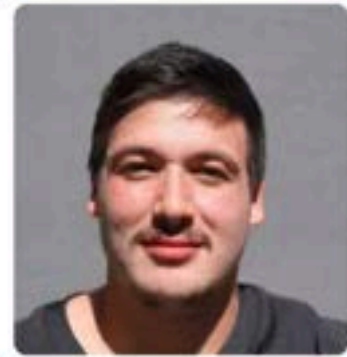
Tommy Running Rabbit, running back for the UM Grizzlies

Delbert Blackman, DL MSUN Light

Justice Johnson, DL UMW BullDawg

*These College athletes will go over the importance of
weight lifting and how they train.*

Q&A will be within the class.

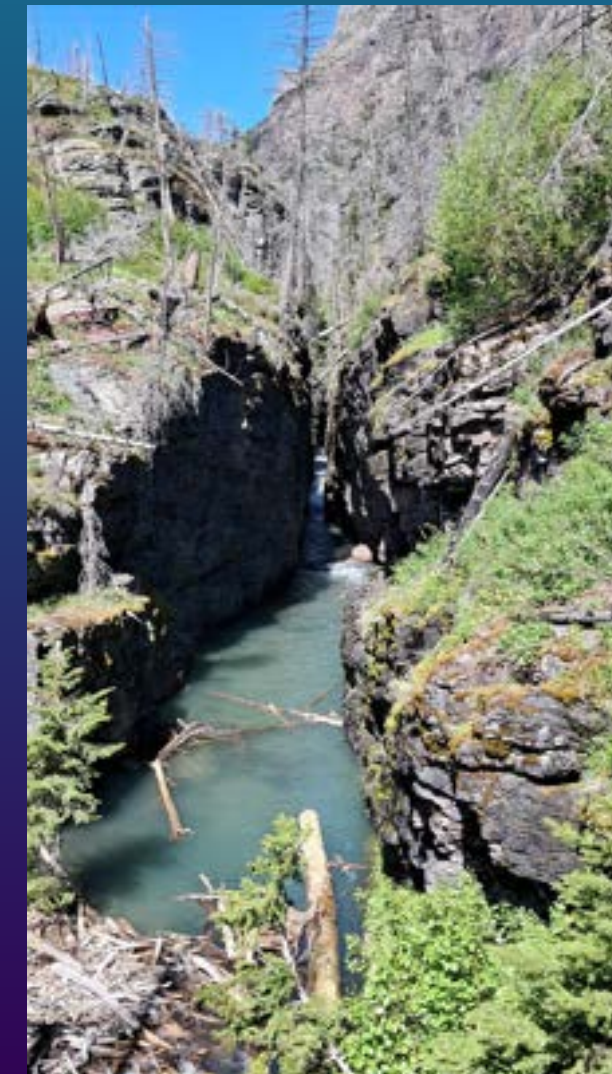


Call to signup &
For More Information

406.338.3794



Hiking With Jerry





NUTRITION CLASSES PROVIDED

Come join the fun!

HEALTHY HABITS BINGO

TUESDAY APRIL 16, 2024
Time 5:00 - 5:30pm

DIABETES PREVENTION AND MANAGEMENT PROGRAM

More Information :
406-407-5135

HOW SUGAR AFFECTS YOUR BODY

What happens when you consume too much sugar?

Blackfeet Diabetes Prevention and Management Program

For more information call: 1.406.407.5135

BINGO DIABETES

TUESDAY JUNE 11, 2024

TIME: 5:00 - 5:30PM
104 E. CENTRAL AVE. (OLD RADIO SHACK)

DIABETES PREVENTION AND MANAGEMENT PROGRAM

MORE INFO: 406-407-5135

MINDFULNESS / STRESS REDUCTION

Location (Old Radio Shack)

SELF CARE:

- TAKE TIME FOR YOU
- QUIET YOUR MIND
- RELAX
- BREATHE

TUESDAY MAY 14, 2024
5PM - 5:30PM

FOR MORE INFORMATION CALL 406-407-5135

DIABETES PREVENTION AND MANAGEMENT PROGRAM

Diabetes Prevention & Management Program

KID'S VEGETABLE AND FRUIT TASTING PARTY

APRIL 29, 2025 @ 5 PM

SIGN UP YOUR FAMILY FOR A NIGHT OF CREATIVITY AND NUTRITION KNOWLEDGE!

Objectives:

- Identify Fruits and vegetables
- Identify Tasting senses: Sweet, sour, salty, and bitter
- Identify textures: Crispy, chewy, crumbly, soft, tender, moist, juicy
- Identify vitamins and nutrients per item
- Help clients explore, be brave, and try something new

CALL TO RESERVE YOUR SPOT: 406.407.5135

HOW TO MAKE OVERNIGHT OATS

February 18, 2025 @ 5:00 pm

Door prize & Incentives
All ingredients will be provided.

Diabetes Prevention & Management Program

104 E Central Ave 406.407.5135

Tuesday 04/22/25
Time: 5:00pm - 7:00pm

LIMITED TO THE FIRST 10 PEOPLE TO SHOW UP FOR CLASS.

HUMILITY now create guidance **SACRED** SOUL abundance SUPPORT healing unconditional oneness forgive SHARE intention JOY REIKI inspire compassion connect LOVE caring ask FAITH gratitude believe HOPE kindness FRIENDS community

Diabetes Prevention and Management Program
104 E Central Ave. (Old Radio Shack)
(406) 338-3799 or (406) 407-5135

JEOPARDY GAME NIGHT

APRIL 15, 2025
TIME: 5:00PM-5:30PM

COME JOIN THE FUN

DIABETES PREVENTION AND MANAGEMENT PROGRAM

OLD RADIO SHACK
104 E CENTRAL AVENUE
BROWNING, MT
(406) 338-3799

CATEGORIES BASED AROUND NUTRITION TOPICS.

Smoothie making and fruit infused water tasting

April 08, 2025
Time: 5:00pm - 5:30pm

Why is hydration key?
Benefits of choosing healthy drinks
Prepare and taste a healthy beverage

DIABETES PREVENTION AND MANAGEMENT PROGRAM
(406) 338-3799

Meal Planning

07/23/24
Time: 5:00pm - 5:30pm

Benefits of Meal Planning:
Promotes Healthy Eating
Adds a variety
Saves on Money
Saves on time
Decrease Food Waste
Reduce Stress

DIABETES PREVENTION AND MANAGEMENT PROGRAM

406-407-5135 or 406-338-2795
Old Radio Shack
Browning, MT 59417

Healthy Snacks

JUNE 18, 2024
TIME: 5:30PM - 6:00PM

Diabetes Prevention and Management Program
(Old Radio Shack)
406-407-5135 or 406-338-2795

LABEL READING CLASS

4/30/24

TIME: 5:00 - 5:30PM

Diabetes Prevention and Management Program
406-407-5135
(Old Radio Shack)

NUTRITION CLASSES PROVIDED

Smoothie making and fruit infused water tasting

April 08, 2025
Time: 5:00pm - 5:30pm



Why is hydration key?
Benefits of choosing healthy drinks
Prepare and taste a healthy beverage

DIABETES PREVENTION AND MANAGEMENT PROGRAM
(406) 338-3799

DIABETES BINGO
MAY 20, 2025
5:00PM - 5:30PM



WHO IS AT RISK
Family history, certain ethnic groups, gestational diabetes, physical inactivity, excessive body weight



CARE SCHEDULE
Check your feet, dental and doctor visit, blood sugar checks, eye exam



SIGNS AND SYMPTOMS
Know what to watch for and get a yearly physical



CREATE YOUR PLATE
Make half your plate non-starchy vegetables

DIABETES PREVENTION AND MANAGEMENT PROGRAM
(406) 338-3799
Old Radio Shack

10 HEART-HEALTHY IDEAS FOR Valentine's Day

TUESDAY, FEBRUARY 11, 2025 @ 5:00 PM

Join our class and make a fruit bouquet for your loved one or for yourself!!
Limited spots available.

Diabetes Prevention & Management Program



Call to sign up: 406.407.5135

Diabetes Prevention & Management Program

Healthy Yogurt Parfait Bar

Tuesday
March 25, 2025
@ 5 pm
104 E. Central Ave.

Objectives:

- Measure required quantities of food items
- Categorize food into correct food groups
- Compare sugars from Unsweetened/Sweet Yogurt
- Know the importance of washing all fruit
- Knowledge of Prebiotics and Probiotics

Call to reserve your spot today: 406.407.5135



Overnight Oats Class

MAY 27, 2025

IF YOU MISSED THE LAST CLASS, COME JOIN US FOR THIS ONE



FRUIT PROVIDES ANTIOXIDANTS

Time: 5:00 pm - 5:30 pm

Diabetes Prevention and Management Program

January 14, 2025
5:00 - 5:30PM

Nutrition Basics

3 Main Essential Nutrients



HEALTHY FATS

PROTEIN

CARBS

Come join the class

DIABETES PREVENTION AND MANAGEMENT PROGRAM
104 E. Central Avenue
Old Radio Shack
406-407-5135
406-338-3799

Snack

Healthy Snacks for Kids Class

Date: 01/21/25
Time: 5:00pm - 5:30pm

Come enjoy a class with your children

Diabetes Prevention and Management Program
104 E. Central Avenue
Old Radio Shack
406-338-3799 or 406-407-5135

NUTRITION Tips

for better health and longevity

Jan. 21, 2025
5:00 pm

406.338.3794
104 E Central Ave.
Diabetes Prevention & Management Program

DIABETES PREVENTION & MANAGEMENT PROGRAM

RECIPE SWAP

TUESDAY JAN. 28, 2025
5:00 PM

BRING IN YOUR FAVORITE RECIPE TO EXCHANGE WITH OTHER PARTICIPANTS. PLUS, WE WILL DEMONSTRATE HOW TO MAKE IT HEALTHIER.

Swap this for that

SUGAR → **HONEY**

LEARN ABOUT THE 5 FOOD GROUPS FOR KIDS

APRIL 1, 2025
5:00PM - 5:30PM

DISCUSS FOOD GROUPS
EXAMPLES OF FOOD IN EACH GROUP
MACRONUTRIENTS
HEALTH BENEFITS



More info:
Diabetes Prevention and Management Program
406-338-3799

Come join us for an evening of fun

Nutrition Feud Game Night

March 18, 2025
Time: 5:00pm - 5:30pm

What does fiber do for the body?
What is considered healthy snacking?
Exercise More, Stress Less
Good Fat/Bad Fat







Valentine Fruit Bouquet



OVER NIGHT OATS



Vegetable and Fruit Tasting Party

- Identify Fruits and Vegetables
- Identify Tasting senses: Sweet, Sour, Salty, and Bitter
- Identify textures: Crispy, Chewy, Crumbly, Soft, Moist
- Identify Vitamins, and Nutrients
- Help Clients explore, be brave, and try something new.



DIABETES EDUCATION CLASSES PROVIDED

DIABETES EDUCATION CLASSES

FEBRUARY 2025

03 Monday Diabetes 101 5:00pm-5:30pm

10 Monday Understanding Your Numbers: A1C, Blood Pressure, and Cholesterol 5:00pm-5:30pm

17 Monday Holiday = All Chiefs Day

24 Monday Smart Goal Setting: Staying on Track 5:00pm-5:30pm

All Classes Located At The Old Radio Shack

Diabetes Prevention & Management Program
104 E Central Ave
406-338-3795

Diabetes Prevention & Management Program

THE LINK BETWEEN DIABETES AND HEART HEALTH



Monday January 27th 2025
5:00-5:30pm

Come Join Us And Learn About Heart Health And How We Can Support You!
104 E Central Ave
Browning, MT 59417
For More Info Or Questions
406-338-3795

INTRODUCING OUR NEW MASSAGE CHAIR

BENEFITS INCLUDE

- Relieves Muscle Tension
- Improves Circulation
- Promotes Pain Relief
- Reduces Stress and Anxiety
- Enhances Overall Well-Being

COME AND EXPERIENCE ULTIMATE RELAXATION AND WELLNESS!

JOIN OUR PROGRAM!

Sign Up With Us To Experience All The Services We Offer!

- **All Services Are FREE**
- Application Process Includes Biometrics and A1C Every 3 Months

406-338-3791

104 E Central Ave
Browning, MT 59417

TIPS FOR HEALTHY FEET

Most people with diabetes can prevent serious foot problems.



Check your feet every day for cuts, redness, swelling, sores, blisters, corns, or calluses.



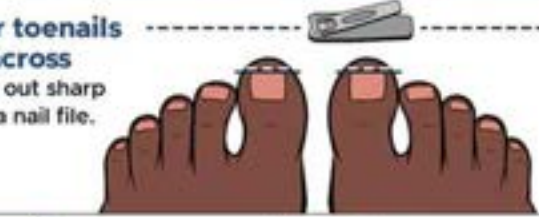
Wash your feet every day in warm (not hot) water and dry them well.



Never go barefoot, even inside.



Wear shoes that fit well and always wear socks.



Trim your toenails straight across and smooth out sharp edges with a nail file.



Don't try to remove corns or calluses yourself.



Get your feet checked at every health care visit and visit your foot doctor at least once a year.

LEARN MORE: www.cdc.gov/diabetes/complications/



DIABETES PREVENTION & MANAGEMENT PROGRAM

KNOW YOUR NUMBERS

A1C, BLOOD PRESSURE, AND CHOLESTEROL

MONDAY MAY 19th 2025 5:00PM

Come Join Us To Learn About Your Numbers! Diabetes Prevention and Management Program
104 E Central Ave (Old Radio Shack)
For More Info Or Questions
406-407-5135
406-338-3795

Understanding Your Health Numbers Is Important In Taking Control And Advocating For Your Own Health!

Diabetes 101

APRIL, 7TH 2025 5:00-5:30PM

What is Diabetes?
What Causes Diabetes?
What Are The Different Types?
What Are The Symptoms Of Diabetes?
What Services Do We Offer?
How Can We Guide you?

Come Join Us And Learn About Diabetes Basics And How We Can Support You and Your Health!
Diabetes Prevention and Management Program
104 E Central Ave (old radio shack)
For More Info Or Questions
406-338-3795

Diabetes Prevention And Management Program

Diabetes and Stress: How It Affects Us!

Monday March, 17th 2025 5:00-5:30pm

Key Topics Covered

- Understanding stress and it's effects on the body.
- The link between stress and diabetes
- Stress management techniques
- The role of social support
- Creating person stress management plans

Come Learn About Stress and Diabetes With Us!
104 E Central Ave (Old Radio Shack)
406-338-3795/3794

Diabetes Prevention & Management Program

SMART GOAL SETTING: STAYING ON TRACK!

Come Learn How To Utilize Smart Goals To Help Make Changes Stick!

Monday, February 24, 2025 5:00-5:30pm

104 E Central Ave
Browning MT 59417
406-338-3795

Diabetes & Heart Disease: The Numbers You Need to Know

Knowing five numbers can give you a more accurate picture of your health. At your next appointment, talk to your doctor about how to keep them in target range to lower your risk of heart disease and stroke.

Risk Factor	What is it?	How is it Done?	How Often?	Target Range	My Numbers
A1C	Your average blood glucose levels for the past 2-3 months.	Blood test	Every 6 months or more often if needed.	A1C: ≤ 7% for non-pregnant adults	Recent A1C:
BMI (Body Mass Index) & Waist Circumference	A calculation based on height and weight and a measurement around your waist.	Enter height and weight into a BMI calculator. Measure around your bare waist, at the belly button, just after you breathe out. **	Regularly at home and at every doctor's appointment.	BMI: 18.5-24.9 kg/m ² Waistline: If your BMI is between 25 and 35, your goal is less than 35 inches for women and 40 inches for men. **BMI should be interpreted with caution for persons of Asian ancestry, older adults, and muscular adults.	BMI: Waistline:
Blood Pressure (BP)	The force of blood pumping through your arteries when your heart beats.	At home with an arm cuff and/or at your doctor's office.	Daily at home if possible, and at every doctor's appointment.	Less than 120/80 mmHg. For those that require pharmacological therapy, target BP should be 130/80 mmHg.	Recent BP Readings: /
Cholesterol	A waxy substance produced by the liver or from foods derived from animals.	Generally, a fasting blood test.	Yearly or as recommended by your doctor.	Talk to your doctor. Most people with diabetes age 40-75 will be prescribed a statin for primary ASCVD prevention.	Total: LDL: HDL: Triglycerides:

DIABETES EDUCATION CLASSES PROVIDED

Diabetes Prevention & Management Program

THE LINK BETWEEN DIABETES AND HEART HEALTH



Monday December 9th, 2024
5:00-5:30pm

Come Join Us And Learn About Heart Health And How We Can Support You!
104 E Central Ave
Browning, MT 59417
For More Info Or Questions
406-338-3795

TIPS FOR HEALTHY FEET



Check Your Feet Daily

- Inspect your feet every day for cuts, blisters, redness, swelling, or sores.
- Wash your feet with soap and water.
- Dry your feet thoroughly, especially between the toes.
- Use a mirror to check the bottom of your feet.

Shampoo and Soak Your Feet

- Use a mild soap and warm water.
- Soak your feet for 10-15 minutes.
- Dry your feet thoroughly.

Use Care When Choosing Your Shoes

- Wear shoes that are comfortable and fit well.
- Avoid shoes that are too tight or too loose.
- Avoid shoes with high heels or pointed toes.
- Avoid shoes with rough soles or seams.
- Avoid shoes that are worn out.

Wash Your Feet and Soak Them in Warm Water

- Wash your feet with soap and water.
- Soak your feet in warm water for 10-15 minutes.
- Dry your feet thoroughly.

Use Moisturizer on Your Feet

- Apply moisturizer to your feet every day.
- Avoid applying moisturizer between the toes.

Diabetes Prevention and Management Program
104 E Central Ave
Browning, MT 59417
406-338-3795

Diabetes Prevention & Early Detection
November 18th 2024
5:00-5:30pm



Join Us To Learn More And Enjoy Our Screening Services!
Diabetes Prevention and Management Program
104 E Central Ave
(Old Radio Shack)
For More Info Or Questions
406-338-3795

Take Charge of Tomorrow

Preventing Diabetes Health Problems

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems.

Here are some tips to help you prevent or manage diabetes:

- **Manage your A1C blood glucose, blood pressure, and cholesterol levels.**
- **Take care of your mental health.**
- **Make lifestyle changes to slowly build healthy habits.**
- **Take your medicines on time, even if you feel healthy.**

Take small steps to eat healthier, be more physically active, and get enough sleep.

Talk to your doctor or pharmacist for help if you have trouble managing your medicines.

Work closely with your primary care provider.

They can help you prevent or manage diabetes and refer you to other health care professionals for related health problems.

Visit nidd.nih.gov for more information on preventing diabetes health problems.

Diabetes Prevention and Management Program

A1C And Beyond: Tracking Long Term Health

MONDAY 9/30/24 @ 5:00-5:30PM

Join Our Class Today To Learn All About A1C Testing!

- A1C testing offered after class!
- Finger poke instead of lab draw
- Results in three minutes

Free handouts and resources for participants!

Gain insight to improve your health today!

Learn what the A1C testing is. How to manage your A1C. Understand it's importance. Discover practical ways to lower and maintain. Set personal health goals for long term management.

Make progress towards your health goals with personalized guidance from our team!

All Classes Located At The Tribal Wellness Center (Old Radio Shack)

104 E Central Ave
406-338-3795
406-407-5135

DIABETES PREVENTION & MANAGEMENT PROGRAM

Are you diabetic? ???

Are you concerned with how diabetes affects your overall health?

Do you have trouble figuring out your daily menu?

Would you like assistance with your meal planning?

Do you have questions about diabetes?

Are you experiencing symptoms?

Do you struggle with keeping your A1C number down?

Are you worried about your fitness routine and being a diabetic?

If you answered YES to any of these questions, please call 406.338.2795 to learn more about our services provided.

DIABETES PREVENTION & MANAGEMENT PROGRAM

KNOW YOUR NUMBERS
A1C, BLOOD PRESSURE, AND CHOLESTEROL

MONDAY MAY 19th 2025
5:00PM



Come Join Us To Learn About Your Numbers! Diabetes Prevention and Management Program
104 E Central Ave
(Old Radio Shack)
For More Info or Questions
406-407-5135
406-338-3795

Understanding Your Health Numbers Is Important In Taking Control And Advocating For Your Own Health!

Keeping Your Feet Safe And Strong With Diabetes



Monday January 13th, 2025
5:00-5:30pm

Come join us to learn about caring for your feet to keep you healthy and thriving!
Diabetes Prevention and Management Program
104 E Central Ave
(Old radio shack)
406-338-3795

HOW DIABETES CAN AFFECT YOUR BODY

Having high blood sugar from diabetes over time can cause serious health complications.

- FEET**: Reddening, itching, numbness, and pain.
- EARS**: Hearing loss.
- MOUTH**: Dry mouth, sore throat, and gum disease.
- STOMACH**: Nausea, vomiting, and diarrhea.
- HEART**: Heart disease and stroke.
- EYES**: Blurred vision and blindness.
- NERVES**: Numbness and pain.
- BLOOD VESSELS**: High blood pressure and heart disease.
- BRAIN**: Memory loss and dementia.
- SEXUAL HEALTH**: Erectile dysfunction and low libido.
- SKIN**: Itching and dry skin.
- KIDNEYS**: Kidney disease.

THE GOOD NEWS?
Keeping your blood sugar levels in your target range can help prevent or delay all these conditions.

LEARN MORE: www.cdc.gov/diabetes/complications/

FREE A1C TESTING

Come Get Your A1C Checked!

Diabetes Prevention and Management Program

CALL 406-338-3795 FOR APPOINTMENT WALK INS WELCOME!



DIABETES PREVENTION & MANAGEMENT PROGRAM

Diabetes Education And Support
406-338-3795
104 E Central Ave Browning MT



Education

insulin

DIABETES EDUCATION CLASSES PROVIDED



Monday August 19th 2024
5:30-6:00pm

Foot Care Fundamentals: Happy Feet, Happy You

Come join us to learn about caring for your feet to keep you healthy and thriving!
Diabetes Prevention and Management Program
104 E Central Ave
(Old radio shack)
406-338-2795
406-407-5135



Monday August 26th, 2024
5:00-5:30pm

Protect Your Kidneys

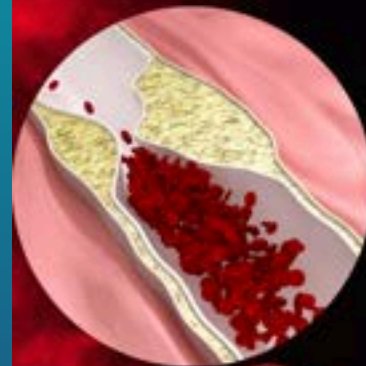
Diabetes and Kidney Health

Come Join Us and learn!
Diabetes Prevention and
Management Program
104 E Central Ave
406-338-2795
406-407-5135

All Diabetes Education Classes Held At Tribal Wellness
Center (Old Radio Shack)

THE CONSEQUENCES OF DIABETES

ARTERY DAMAGE



OVER TIME, HIGH BLOOD SUGAR CAN DAMAGE BLOOD VESSELS AND THE NERVES THAT CONTROL YOUR HEART. PEOPLE WITH DIABETES ARE ALSO MORE LIKELY TO HAVE OTHER CONDITIONS THAT RAISE THE RISK FOR HEART DISEASE: HIGH BLOOD PRESSURE INCREASES THE FORCE OF BLOOD THROUGH YOUR ARTERIES AND CAN DAMAGE ARTERY WALLS.

HEART DISEASE

PEOPLE WITH DIABETES ARE AT RISK FOR MULTIPLE HEALTH COMPLICATIONS, INCLUDING CARDIOVASCULAR DISEASE. AS IT TURNS OUT, CARDIOVASCULAR DISEASE IS ESPECIALLY COMMON AMONG PEOPLE WITH DIABETES: THE MAJORITY OF PEOPLE WITH TYPE 2 DIABETES WILL EVENTUALLY DEVELOP IT.



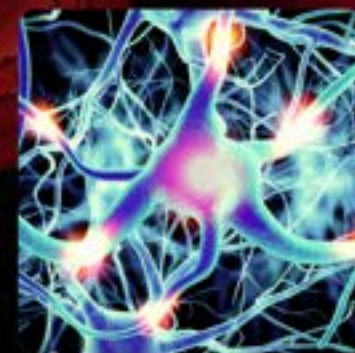
STROKE



DIABETES IS A WELL-ESTABLISHED RISK FACTOR FOR STROKE. IT CAN CAUSE PATHOLOGIC CHANGES IN BLOOD VESSELS AT VARIOUS LOCATIONS AND CAN LEAD TO STROKE IF CEREBRAL VESSELS ARE DIRECTLY AFFECTED. ADDITIONALLY, MORTALITY IS HIGHER AND POSTSTROKE OUTCOMES ARE POORER IN PATIENTS WITH STROKE WITH UNCONTROLLED GLUCOSE LEVELS.

NERVE DAMAGE

HIGH BLOOD SUGAR DAMAGES YOUR NERVES, AND THESE NERVES MAY STOP SENDING MESSAGES TO DIFFERENT PARTS OF YOUR BODY. NERVE DAMAGE CAN CAUSE HEALTH PROBLEMS RANGING FROM MILD NUMBNESS TO PAIN THAT MAKES IT HARD TO DO NORMAL ACTIVITIES. HALF OF ALL PEOPLE WITH DIABETES HAVE NERVE DAMAGE.



THE CONSEQUENCES OF DIABETES

FOOT COMPLICATIONS



NERVE DAMAGE, ALONG WITH POOR BLOOD FLOW—ANOTHER DIABETES COMPLICATION—PUTS YOU AT RISK FOR DEVELOPING A FOOT ULCER (A SORE OR WOUND) THAT COULD GET INFECTED AND NOT HEAL WELL. IF AN INFECTION DOESN'T GET BETTER WITH TREATMENT, YOUR TOE, FOOT, OR PART OF YOUR LEG MAY NEED TO BE AMPUTATED (REMOVED BY SURGERY) TO PREVENT THE INFECTION FROM SPREADING AND TO SAVE YOUR LIFE.

GUM AND BONE INFECTIONS

PEOPLE WITH DIABETES HAVE A HIGHER CHANCE OF HAVING PERIODONTAL (GUM) DISEASE, AN INFECTION OF THE GUM AND BONE THAT HOLD THE TEETH IN PLACE. PERIODONTAL DISEASE CAN LEAD TO PAIN, PERSISTENT BAD BREATH, CHEWING DIFFICULTIES, AND EVEN TOOTH LOSS.



EYE DISEASE

DIABETIC EYE DISEASE IS A GROUP OF EYE PROBLEMS THAT CAN AFFECT PEOPLE WITH DIABETES. THESE CONDITIONS INCLUDE DIABETIC RETINOPATHY, DIABETIC MACULAR EDEMA, CATARACTS, AND GLAUCOMA. OVER TIME, DIABETES CAN CAUSE DAMAGE TO YOUR EYES THAT CAN LEAD TO POOR VISION OR EVEN BLINDNESS. BUT YOU CAN TAKE STEPS TO PREVENT DIABETIC EYE DISEASE, OR KEEP IT FROM GETTING WORSE, BY TAKING CARE OF YOUR DIABETES.



KIDNEY DISEASE

OVER TIME, DIABETES THAT ISN'T WELL CONTROLLED CAN DAMAGE BLOOD VESSELS IN THE KIDNEYS THAT FILTER WASTE FROM THE BLOOD. THIS CAN LEAD TO KIDNEY DAMAGE AND CAUSE HIGH BLOOD PRESSURE. HIGH BLOOD PRESSURE CAN CAUSE MORE KIDNEY DAMAGE BY RAISING THE PRESSURE IN THE FILTERING SYSTEM OF THE KIDNEYS.



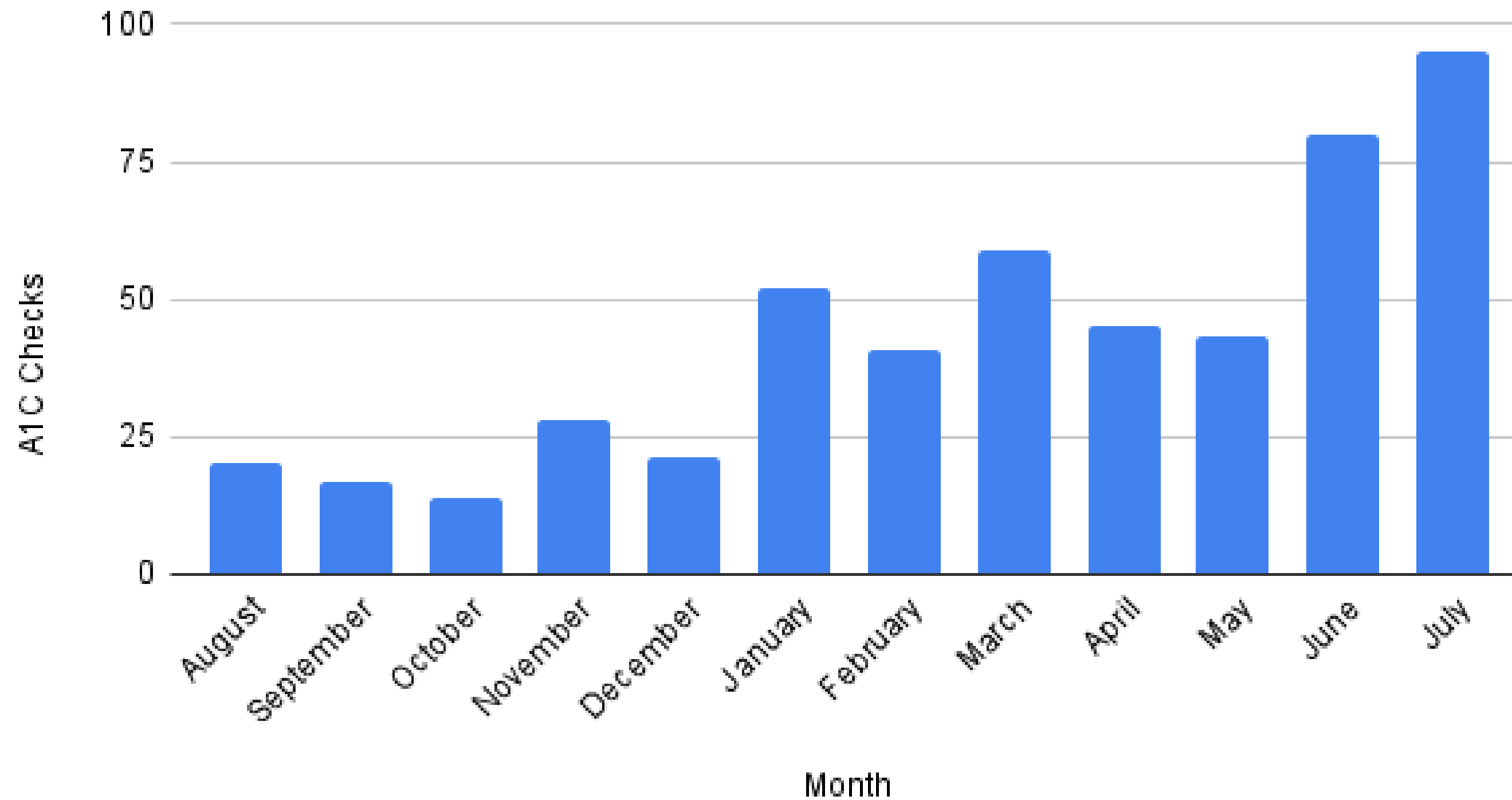




A1C DATA

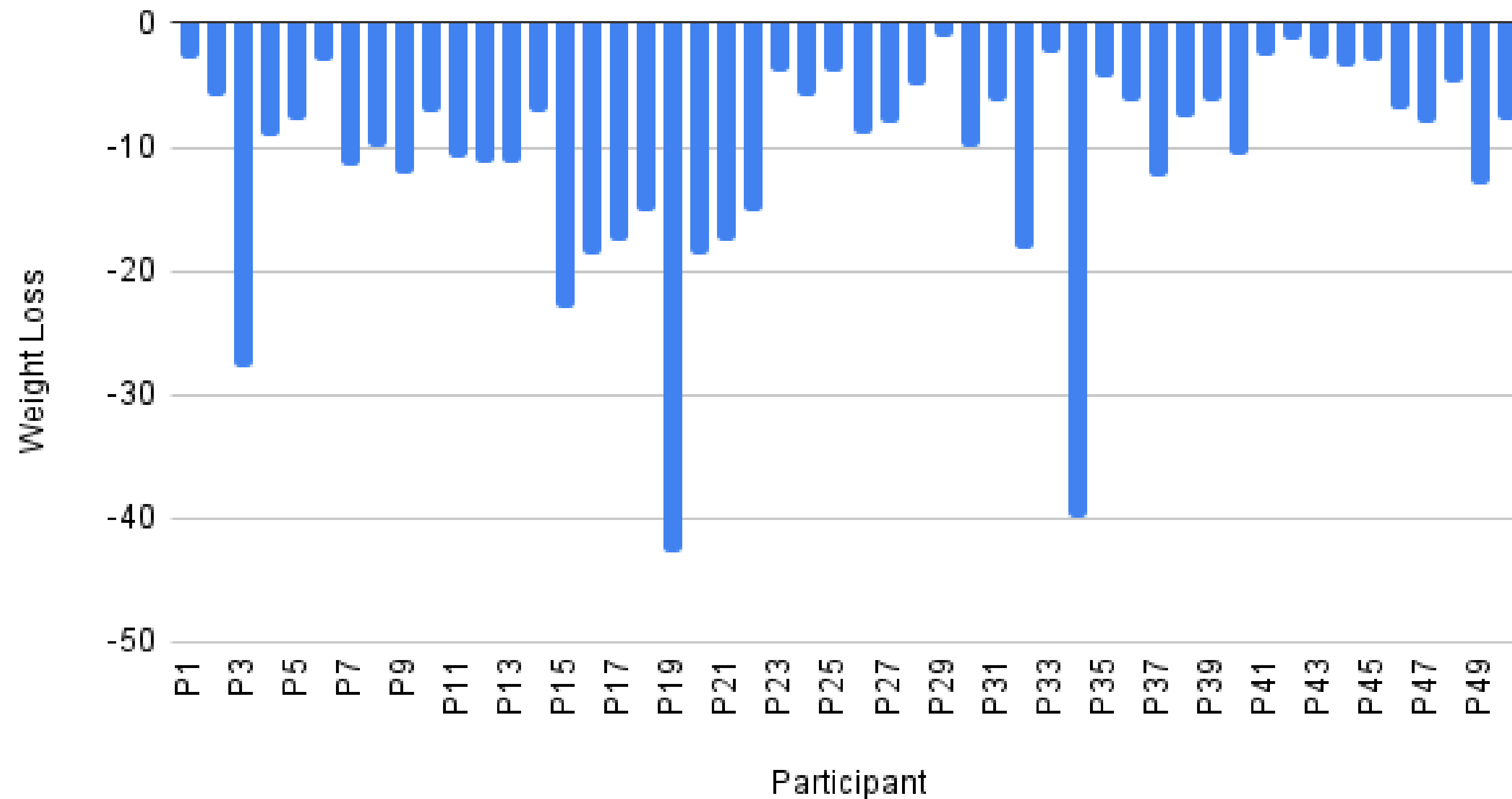
Diabetes Prevention and Management A1C Checks

515



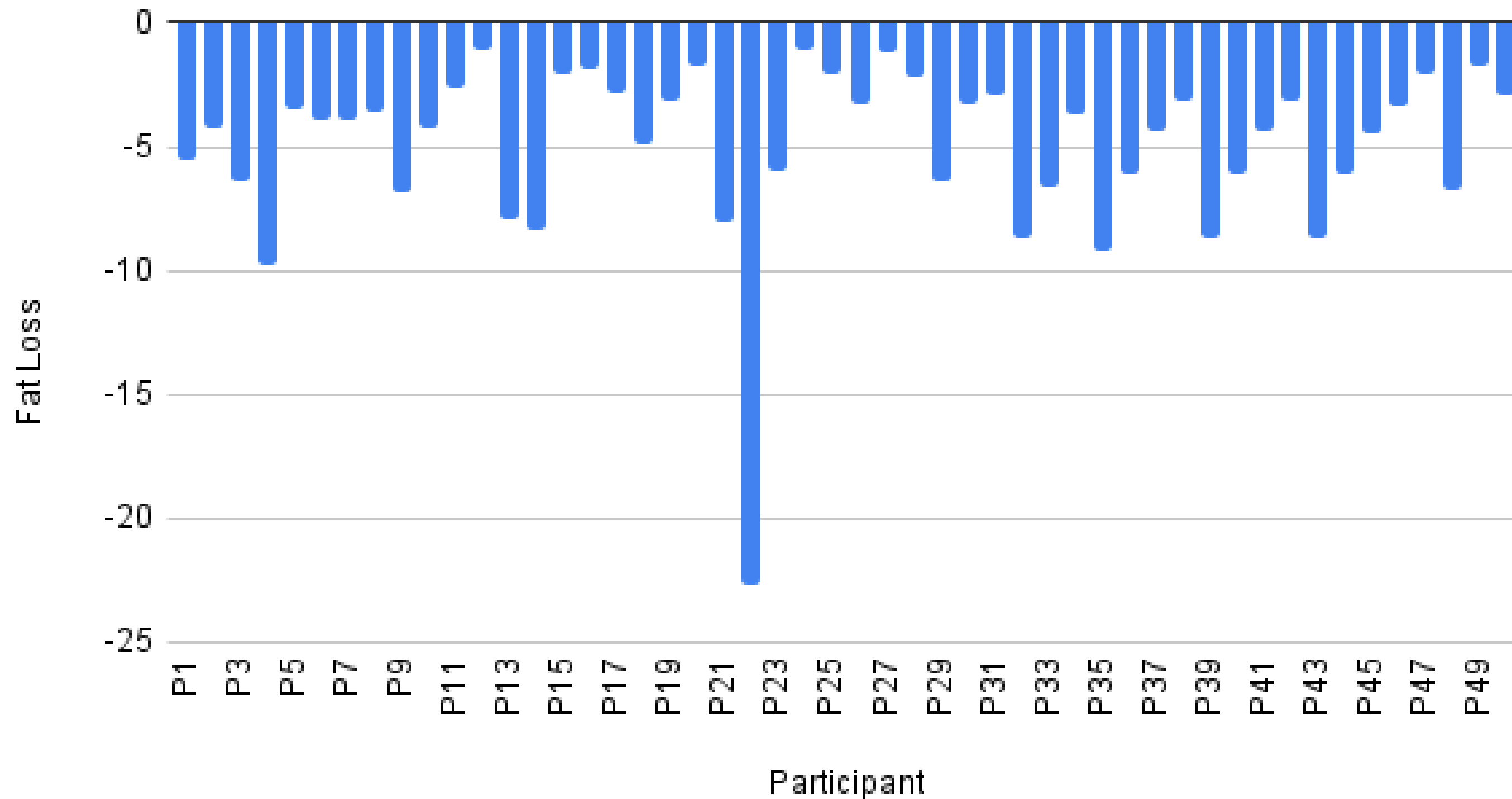
WEIGHT LOSS DATA

Diabetes Prevention and Management Weight Loss



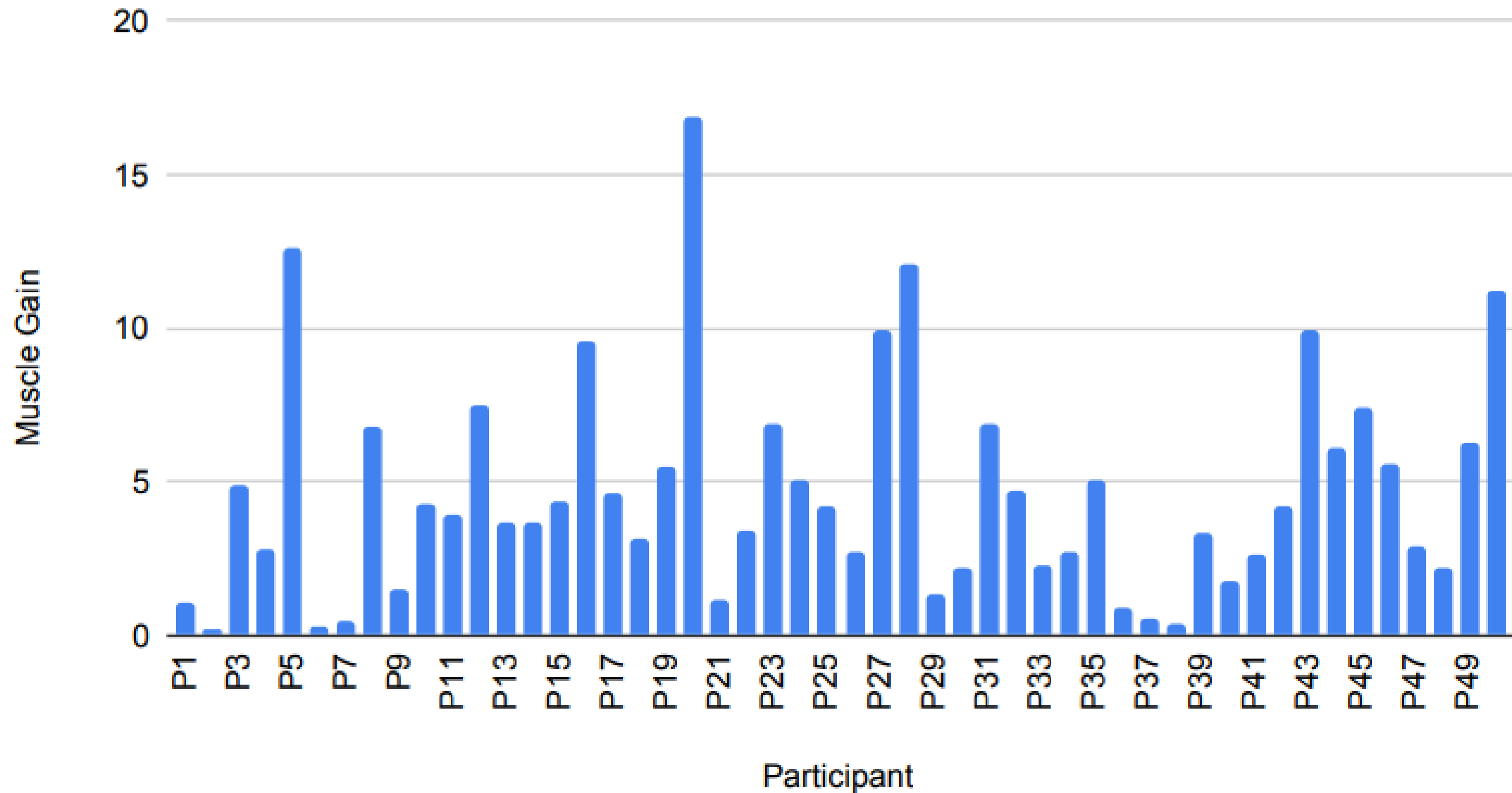
FAT LOSS DATA

Diabetes Prevention and Management Client Fat Loss



BMI-MUSCLE GAINED DATA

Diabetes Prevention and Management Client Muscle Gain



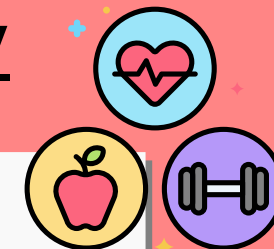
INFORMATIONAL FRIDAY

Diabetes Prevention and Management Program



Informational Friday

May 5 - 9, 2025



Upcoming Activities/Events

Monday: 5/5

- Diabetes Education Class @ 5 pm
-Diabetes 101
- Kids Weight Training Class @ 4 pm
- Exercise Group Class @ 5:15 pm

Tuesday: 5/6

- Nutrition Education Class @ 5 pm
-Basic Nutrients for food
- Crystal Creek Exercise Group @ 10 am
- Exercise Group Class @ 12 pm

Wednesday: 5/7

- Kids Weight Training Class @ 4 pm
- Exercise Group Class @ 5:15 pm

Thursday: 5/8

- Crystal Creek Exercise Group @ 10 am

Friday: 5/9

- Hiking Club @ Upper Two Medicine
-leaving from Wellness Center at 10 am



SNAP SHOT OF OUR WEEK



Snap Shot of our week!



Nutrition Class

Diabetes Education Class

Kids Weight Training Class

Exercise Fitness Class

Browning Public School Wellness Day

1st Annual Weightlifting Competition

Congratulations to all!



Snap Shot of our week!

March 31 - April 4,

Kids Weight Training Class

Nutrition Class

Diabetes Ed. Class

Gym workouts

National Walking Day



Diabetes Prevention & Management Program

Snap shot of our week

Kids Weight Training

SMART goal Class

Jeopardy Game Night

Foot Care



ACCOMPLISHMENTS

Offer Pool Passes with Guidelines

1

**Having a gym and
Community engagement**

2

TEAM-Rising awareness

3

1052 Clients

4

CHALLENGES



Space



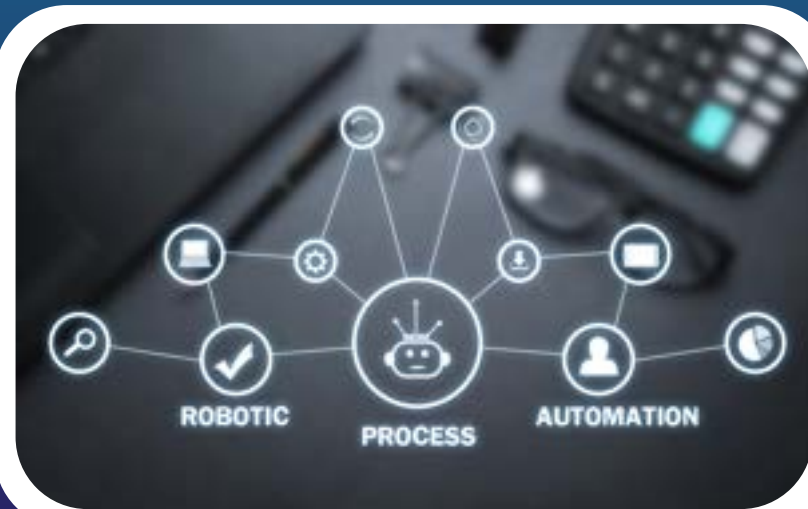
Parking



Showers



Heating/Cooling



Untimely Processes



Purchases



Advertisement

**“No I’m Good!
I take my medicine”.**

Non-receptive

SUCCESSSES



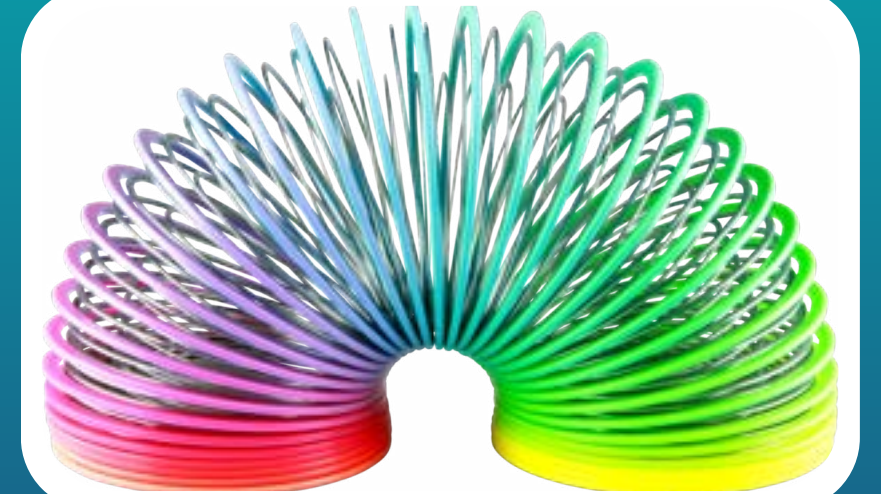
Gym



**Montana Youth
Diabetes Alliance**



Clients



Flexible Team



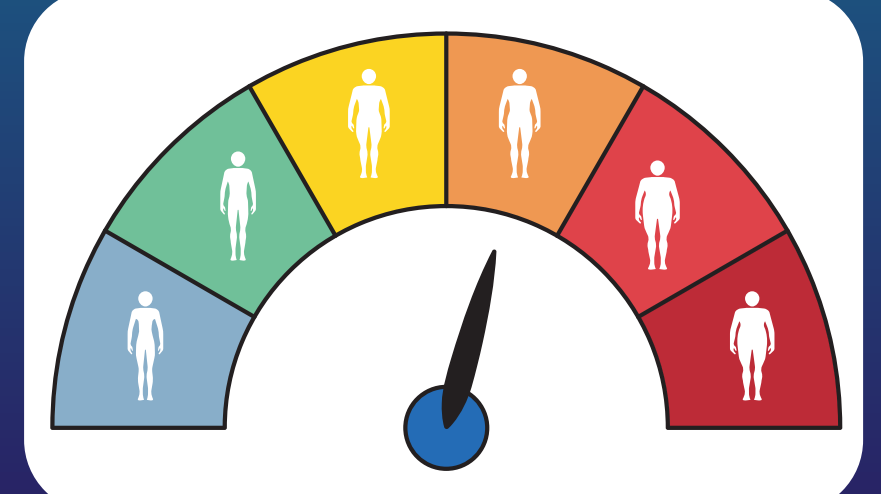
Class with food



Pool Passes



Inviting atmosphere



**Decrease BMI/A1C
Exercise Class with
DaLaSalle**

ISSKO NNUTAAPU YISS

“STRONG HOUSE”

EST.

2024

BLACKFEET

WELLNESS CENTER

CLIENT TESTIMONY

SUCCESS STORIES



Justin LaDue

"I've learned from attending the Nutrition Class that food choices and reading labels are especially important when trying to eat healthier. I have a better understanding of nutrients and their specific functions and how simple changes make a big difference".



Jessica Ollinger

"I didn't like who I saw in the mirror. I was not happy with my mental and physical health".

Jessica started working out with our fitness trainer Jerry. She is down in weight, lost body fat percentage and increased her muscle mass.

"I have noticed drastic changes, I feel stronger!"



Tatum DeRoche

What inspired you to begin your fitness journey?
- "To get strong and be able to do 20 real pushups, I can do 5 without stopping".

What do you like most about working out?
- "Meeting new friends, teaching new friends what I learned. Seeing everyone have fun while they exercise!"

CLIENT TESTIMONY

SUCCESS STORIES



Mary Johnson

"Attendance at Gayle's noon hour exercise class has been very beneficial. I feel like I'm more flexible, have improved balance, have seen a decrease in my blood pressure, and overall am in better shape. The exercises can all be replicated at home for ongoing training.

Gayle is an excellent instructor. His directions are clear; he models every new activity and does the entire routine with us. He assesses the level of each participant in class and makes individual modifications as necessary.

**He even tolerates an hour of 60's music for us!
I have thoroughly enjoyed the class".**

-Mary Johnson Age 78 (soon to be 79)

Mary started exercising when we advertised our Modified Monday for beginners and elders. She recently registered for the Ice Breaker run in Great Falls, Mt.

Mary placed 2nd in her age group for the 3 mile run.

CLIENT TESTIMONY

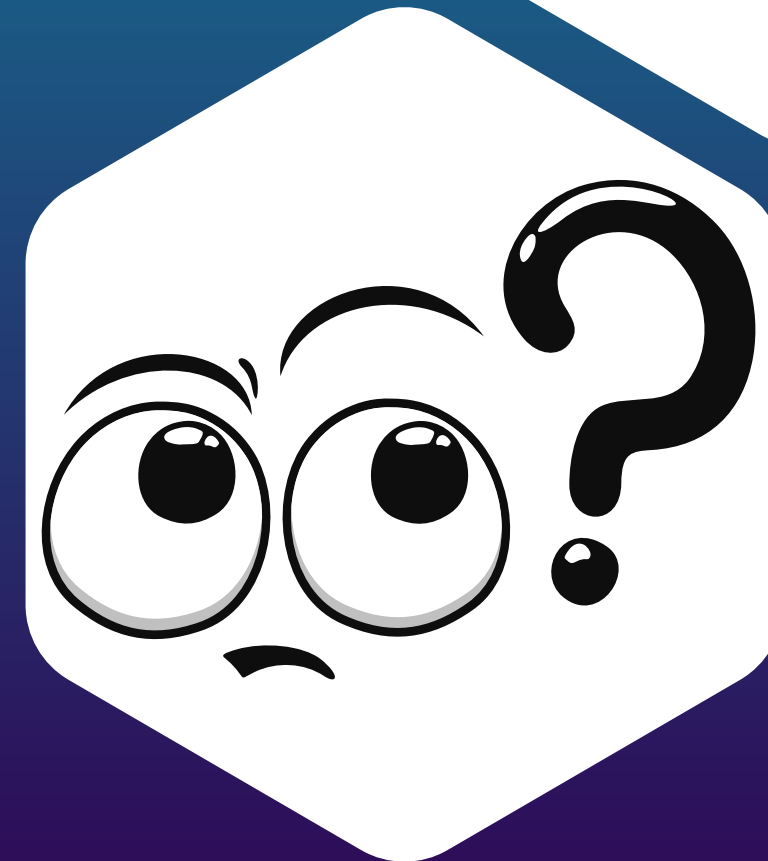
SUCCESSFUL STORIES



Charlie Old Chief

**A1C was 11.5 when first assessed.
And within 3 months was decreased to a 6.7.
Charlie was one of the individuals who came in
for a pool pass, did all the required classes to
keep it and attended all the other classes
because she enjoyed them.**

QUESTIONS?





Diabetes Prevention and Management Program

THANK YOU FOR YOUR ATTENTION

Contact us



+406.338.3794



www.blackfeethealth.com



j.gilham@blackfeetnation.com



104 E Central Ave.
Browning, MT 59417

