

What is the MCN Healthy Heart Program?

The Healthy Heart Program helps persons with diabetes lower their risks for heart attacks.

What are the facts about the diabetes and heart attacks?

- Heart attacks are the number one cause of death for American Indians and Alaska Natives.
- Heart attacks happen more often to persons with diabetes
- These risks for heart attacks in persons with diabetes can be reduced.

Certain interventions that are not a part of usual clinic care have been proven effective. These are the core services used by the Healthy Heart Program:

- Case management: A nurse, dietitian and exercise coach helps patients make and follow a plan for improving their health.
- Diabetes Self-Management Education: A course called “Honoring the Gift of Heart Health” is provided.
- Intensive medical management: The health care provider works with the team to change medicines as needed.

Why Should I Join the MCN Healthy Heart Program?

You should join the Healthy Heart Program if any of the following statements are true.

- You have had difficulty achieving healthy ranges of blood sugar, blood pressure, cholesterol or weight.
- You like to be informed and encouraged by highly trained health professionals.
- You value knowing what actions are recommended to improve your health and what resources are available.
- You want to participate in making decisions about your care.

Does the Healthy Heart Program really work?

The Healthy Heart Program does really work. In the six years that this program was tested in 30 different Native Indian tribes, they significantly improved their heart risk for coronary heart dis-

What Healthy Heart Participants say?

- “I pay more attention to my health now.”
- “I do better at home when I check in with my team each month.”
- “I take fewer pills now that I lost weight.”
- “I’m not afraid of my future now.”

What Will I Do if I Join?

Each participant will choose what they need to do to become healthier by:

- Looking at their current health measures
- Choosing healthy behaviors that they can start that will make a difference over time. Examples are:
 - Eat less, Eat less fat, Eat less sugar
 - Increase physical activity
 - Quit smoking
 - Meet with your case manager
 - Take recommended medications

Who can join the Program?

Persons with diabetes who are:

- Age 18 and older
- Willing to participate in monthly visits with a case manager over the next year.

If you are interested in participating:

- ✓ Let the your health care provider or any member of the Diabetes Program staff know.
- ✓ They will schedule you for a visit with the HH Program team to confirm that you are eligible and explain the details of the program to you.

CASE MANAGEMENT TEAM

HHP Case Manager/Data Coordinator

Michele Crawley 918-319.0409

Okemah HHP 918-623-1242

- Tina Gordon Ext 453
Diabetes Educator/Coordinator
- Aundra Peters Ext 460
Clinical Educator/Coordinator
- Sharon Iverson Ext 461
Dietician

Eufuala HHP 918-689-2547

- Tamara Hayes Ext 261
Diabetes Educator/Coordinator
- Crystal Pelley Ext 260
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- Mary Parnell Ext 223
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- Melissa Scheef Ext 240
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Exercise Program Manager

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- Tsianina Neel 224-3392 Ext 240
Diabetes Educator/Coordinator

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