



A Member of the Nation's Network of Public Health Training Centers



Promising Practices in Nutrition and Diabetes Prevention and Management – Special Diabetes Programs for Indians (SDPI) in Tucson, AZ

Presented by the

Western Region Public Health Training Center &
Southwest Telehealth Resource Center

Welcome

WRPHTC region – Arizona,
California, Hawai'i, Nevada, and the
US Associated Pacific Island

SWTRC region – Arizona, Colorado,
New Mexico, Nevada, and Utah

Fellow HRSA grantees

All other participants from the US
& abroad



Approved Continuing Education Credits

- 1.0 CNE contact hours
- 1.0 CECH for CHES
- 1.0 CPEU for RDs



Continuing Nursing Education Information

Learning Objectives

Upon completion of this presentation, the participants will be able to:

- Discuss the diabetes program in the Tucson area
- Describe successful nutrition related activities of the programs, specifically those at the Tohono O'odham Nation diabetes program
- Identify resources available to all diabetes programs
- Discuss how to implement these tools in various settings



Continuing Nursing Education Information

Disclosures

- **The planners and presenters have no relevant financial relationships to disclose.**



Continuing Nursing Education Information

Nursing Evaluations

Criteria for successful completion:

- Attendance requirements
 - You must be present for the full duration of the activity
- Complete an online **NURSING** evaluation
 - Available online at:

- **cne.nursing.arizona.edu**

(go to Quick Links sidebar and click the CNE Evaluation link)



Webinar Tips & Notes

- Mute your phone &/or computer microphone
- Time is reserved at the end for Q&A
- Please fill out the post-webinar survey
- Webinar is being recorded
- Recordings will be posted on the SWTRC website (<http://www.southwesttrc.org>) and the WRPHTC website (<https://www.wrphtc.arizona.edu>)



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Promising Practices in Nutrition and Diabetes Prevention and Management – Tucson Area SDPI Programs

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LCDR, US PUBLIC HEALTH SERVICE
PUBLIC HEALTH NUTRITIONIST
TOHONO O'ODHAM NATION HEALTH CARE

Objectives

1. Discuss the diabetes programs in the Tucson Area
2. Describe successful nutrition related activities of these programs, specifically those at the Tohono O'odham Nation Diabetes Program, HOPP
3. Identify resources available to all diabetes programs
4. Discuss how to implement these tools in various settings

Special Diabetes Program for Indians - SDPI

Established by Congress in 1997 to provide funds for diabetes prevention and management

Grants given to 301 IHS, Tribal, and Urban Indian health programs in 35 states – 3 are in the Tucson Area

Funding has supported quality diabetes treatment and prevention programs, and has resulted in promising outcomes

- Increases in diabetes prevalence are slowing
- Diabetes prevalence in youth is not increasing
- Incidence rate of end-stage renal disease in diabetes is decreasing significantly for American Indian and Alaska natives.

<https://www.ihs.gov/sdpi/about/community-directed-programs/>

Diabetes in the Area

Diabetes Prevalence in the Tucson Area is significantly high

- 19% for Sells Service unit (2014 GPRA)

Type 2 Diabetes in children is a growing concern

Obesity rates are significantly high as well

- 40% adults with BMI over 30
- 26% children with BMI over 95%ile

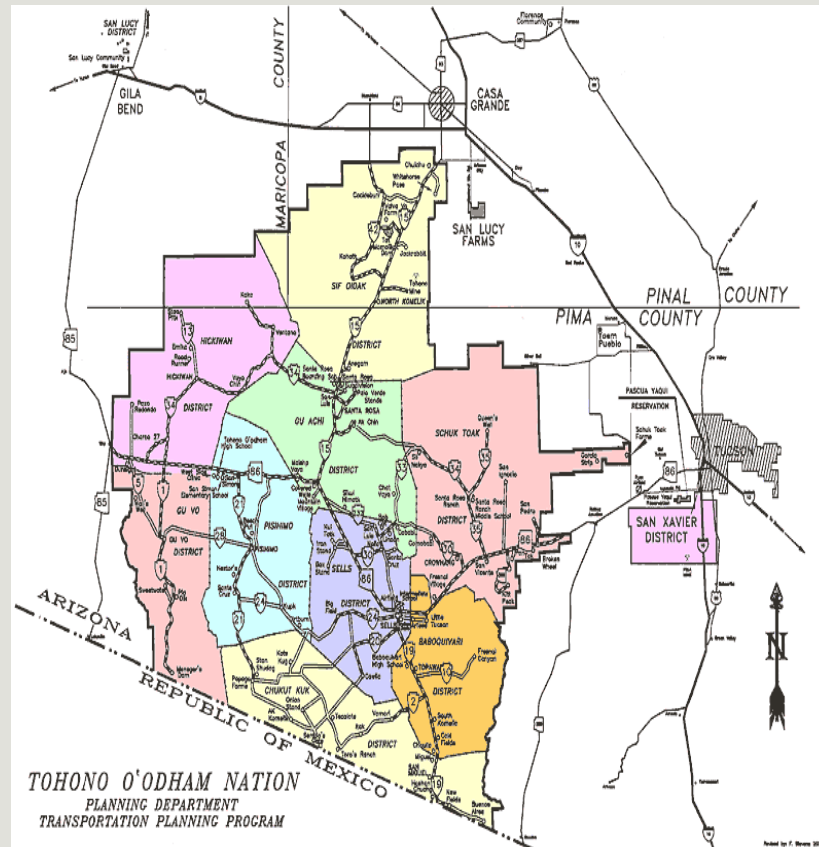
Tucson Area SDPI Programs

Tohono O'odham Nation– Healthy O'odham Promotion Program

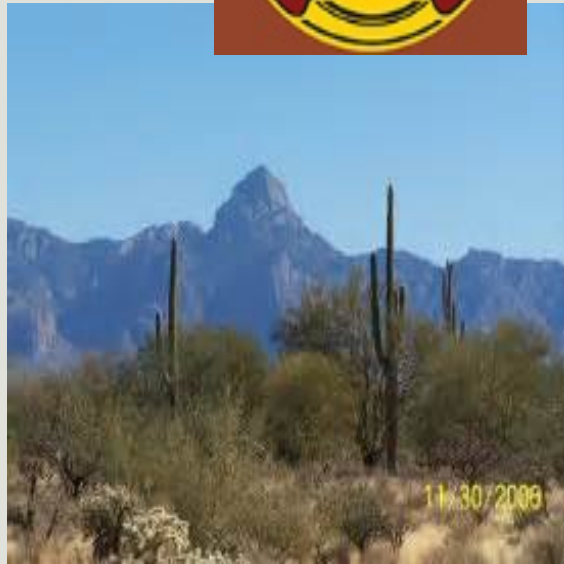
Pascua Yaqui Tribe– Diabetes Prevention and Treatment Program

Tucson Indian Center– Diabetes Program

Tohono O'odham Nation



Tohono O'odham Nation



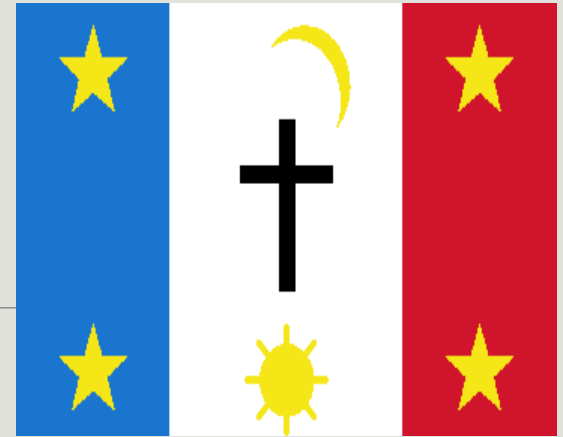
Pascua Yaqui Tribe

Consists of one reservation of about 202 acres Southwest of Tucson and 4 communities located in Tucson, Marana, and Guadalupe, a suburb of Phoenix.

Became a federally recognized tribe in 1978

Health Services are provided through contract and on the reservation

Pascua Yaqui Tribe



Tucson Indian Center

Established in 1963 to provide wellness services, cultural activities, youth and elder services, job assistance and emergency assistance to the Urban Indian Community in Tucson.

Located in Downtown Tucson and serves over 900 members of the Tucson Urban American Indian Community

Tucson Indian Center



Successful Nutrition Programs

Tucson Indian Center and Pascua Yaqui Program– University of AZ
Garden Kitchen cooking demonstrations

- Monthly class provided as part of Group Lifestyle Balance Curriculum
- Basic cooking techniques and sampling of nutritious, new foods.



UA Garden Kitchen

- Well attended: 20-30 attendees
- Provide opportunities for participants to learn new skills, taste new foods



Diabetes Education in Tribal Schools (DETS)

DETS K-12 Curriculum – Tohono O'odham Nation

- Lessons provided to school children:
 - Effect of diabetes in Tribal communities
 - Making Healthy Lifestyle Choices, including healthy eating
- Incorporated National Science Education Standards
- Matches up with Common Core Standards



DETS

Seventh Year in BIE Schools on Tohono O'odham Nation

Significant decreases in overweight and obesity rates for children who have participated in DETS over years

Sustained healthier eating habits in the home and outside of the home, such as decreased intake of sweetened beverages, decreased portions.

Strong support from school, community, and children



DETS

Curriculum available for free at IHS website:

<https://www.ihs.gov/MedicalPrograms/Diabetes/RESOURCES/Catalog/index.cfm?module=productList>

Lifestyle Balance Curricula

Series of curricula offered by different entities but all derived from Diabetes Prevention Program Lifestyle Balance Curriculum.

Group Lifestyle Balance – Implemented in Tucson Area diabetes programs

- Promotes modest weight loss through healthy eating, physical activity and behavioral modifications
- Curriculum includes 12 core and 10 post-core lessons

A Side Note on DPP

Funded by NIH and conducted in 27 centers across the country, including American Indian communities in the southwest.

Participants randomly assigned to one of 3 arms of the study

1. Intensive Lifestyle Intervention
2. Metformin Group
3. Placebo

DPP Intensive Lifestyle Intervention

Reduce fat and calorie intake

Increasing and maintaining physical activity to at least 150 minutes per week

Obtain at least 7% reduction in baseline weight.

58% reduction in risk of diabetes in Lifestyle Intervention group

GLB Curriculum

12-week sessions cover basic principles of nutrition, physical activity, and behavioral modification

- Encourage food and activity tracking throughout curriculum
- Weight tracked on a weekly basis

Support Sessions expand on what core sessions taught

- Include topics such as resistance training, stress management, and mindful eating

GLB in Tucson

Conducted GLB core sessions at San Xavier Clinic as a test.

March, 2012: Small group attended training at University of Pittsburgh

Continued Success at SX Clinic

March 2013: U Pitt GLB Instructors came to Tucson

- 45 trainees from IHS, Tucson and Phoenix area Tribes, Urban Indian Program, and other county partners.

Challenges Implementing Program

Staff Enthusiasm

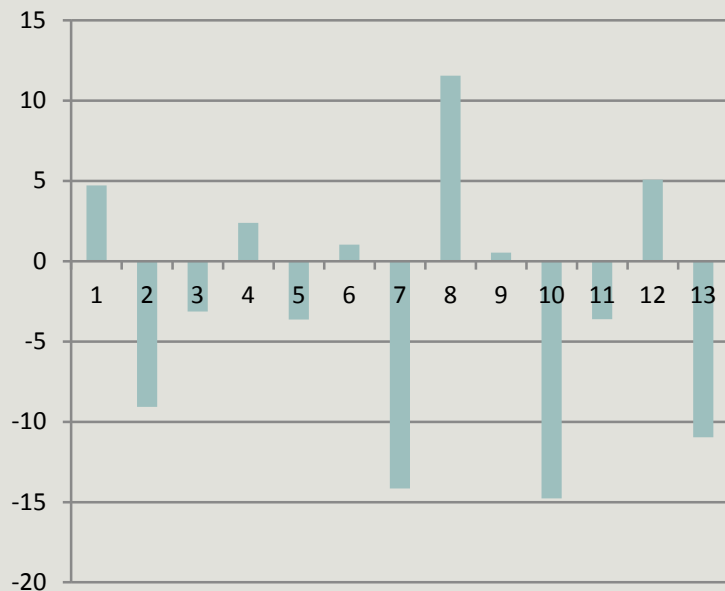
Administrative and Financial Support

Competing Programs

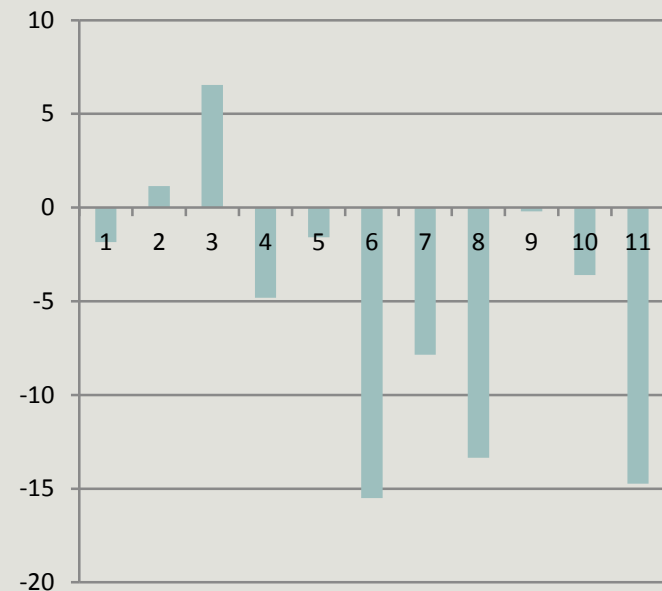
Successful Outcomes for Participants

60% of 2012 participants have maintained some weight loss, and in 2013 73% have maintained some weight loss

% change 2012-2015



% change 2013-2015



What Instructors Say about GLB

Most have found GLB to be a helpful tool in helping their participants lose weight and live healthier

“Provides opportunity for clients to interact with and offer support to each other outside of class”

“Participants are excited to learn about nutrition and healthy eating for themselves and family”

“Very exciting to see participants weigh in and lose weight!”

“It’s great to see clients achieve goals, learn to control blood glucose, improve other lab values, and even reduce or completely stop medications because of Weight loss. This encourages me.”

Challenges of GLB

What Instructors Identify

Recruitment and retention of participants is difficult

Having participants use and turn in food tracking logs is very difficult

Some clients lose interest quickly after seeing a week of weight gain

Transportation to weekly classes

Finding a time that works for all clients

Less excitement from the community now that the program has existed for a few years

Keeping people motivated

Some Strategies to Overcome Challenges

Food Demos and taste testing at weekly classes

Teach different exercise routines or incorporate physical activity at each class

Use existing programs like walking clubs to recruit participants

Partner with community programs like universities to offer additional education at sessions

Nike Native Fitness Program

Current Lifestyle Balance News...

TON Sells Hospital Diabetes Prevention Program has applied for pending recognition status under the CDC Diabetes Prevention Recognition Program.

Will be using the CDC Lifestyle Balance version of the curriculum: “Prevent T2”

HOPP may also look into this option in the future

Family Spirit Program

Home visiting program created by Johns Hopkins Center for American Indian Health “to promote optimal health and wellbeing for parents and their children”

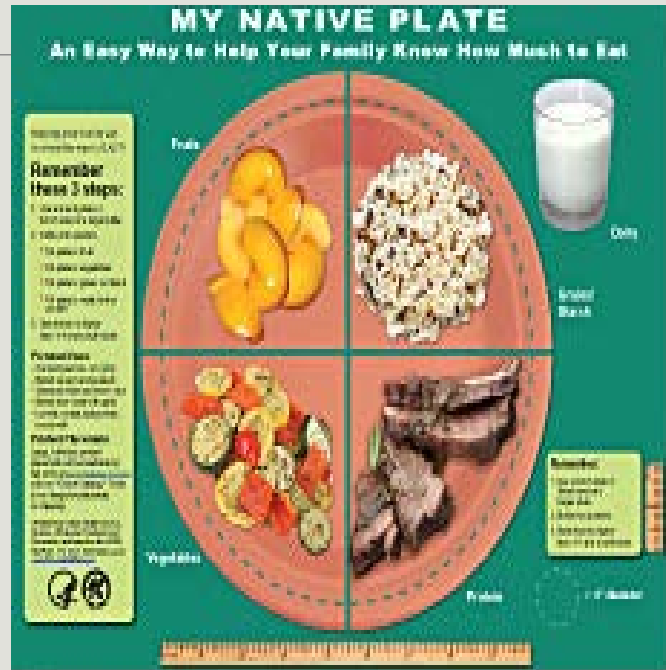
Uses community-based workers to support young parents from pregnancy to 3 years post-partum

Modules include:

- Prenatal care
- Infant care
- Your Growing Child
- Toddler Care
- My Family and Me
- Healthy Living



Resources: Division of Diabetes Treatment and Prevention (DDTP) Website



Several Curricula and resources available for free

- Downloadable and print options
- My Native Plate, DETS,

3 STEPS TO HEALTHY EATING

You can help your family members eat healthy by taking these 3 steps:

1. Use smaller plates.
2. Divide the plates into 4 equal portions of vegetables, fruits, grains, and meats/poultry/fish.
3. Watch portion sizes by stacking food no higher than 1 to 1½ inches.

To print out My Native Plate placemats showing these steps, go to:
www.diabetes.ihs.gov

Click on Printable Materials, Nutrition, then My Native Plate.

Produced by IHS Division of Diabetes Treatment and Prevention,
www.diabetes.ihs.gov

Division of Diabetes Treatment and Prevention

Leading the effort to treat and prevent diabetes in American Indians and Alaska Natives

Friday, May 06, 2016

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[materials](#) : printable materials

Printable Materials

These materials are available now to use during one-on-one or group education classes, to set out for your patients or clients, or to share with your friends and family members. Check back to this page often, as new materials are being added for your convenience.

* Media Tools contains public service announcements (PSAs) and articles for you to forward to your newsletter editor.



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NUTRITION, PORTION CONTROL

My Native Plate

(2-page tool)

Finally... an easy-to-understand way to show balanced meals with reasonable portion sizes! This tool shows three easy steps to knowing what and how much to eat. Front features a dinner plate. Back shows youth, breakfast, lunch and optional dinner plates. Based on the USDA My Plate and designed for Native audiences. Best if printed as full-color 11 X 17.

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My Native Plate

Large, colorful placemats in tablets of 50 sheets. They will help your clients know how to eat balanced meals of reasonable portion sizes using three easy-to-understand steps. Great give away item for health fairs!

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Implementing tools in your setting

Support from partners is key for long-term support

Use material that can be modified to best fit the needs of your community. Enhance any curriculum with additional activities or culturally relevant modifications.

Communicating with partners will be very important for success.

It is very important to find the curriculum that works for your community/organization, so take the time to research

Important to remember....

Communities are resilient

Communities have resources for sustainability

Communities have champions

Family involvement is Key

Children must be involved – the earlier the better!

Communities want positive change

Questions?



Thank You!

Training Series Opportunity: Improving Indigenous Public Health Systems

Location: University of Arizona, Tucson

Dates: Jan. 18-19, Feb. 15-16, March 29-30, 2017

Description: Learn essential skills for improving indigenous public health systems through 3 in-person workshops on policy development, program planning and evaluation, and budgeting. Sessions will include presentations, case studies, group work, discussions, and applied projects.

Registration is free! Space is limited.

Learn more at: <http://wrphtc.arizona.edu/training/improving-indigenous-public-health-systems>



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In order to earn **1.0 contact hours** of Continuing Nursing Education credit for completing this presentation, fill out an evaluation found at:

cne.nursing.arizona.edu

CECH and CPEU Information

In order to receive certificate for CECH or CPEU or completion certificate, fill out form within the next 7 days (12/20):

https://uarizona.co1.qualtrics.com/SE/?SID=SV_8q2iCuUWTP8uzUF



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Your opinion is valuable to us.
Please participate in this brief survey:

<https://www.surveymonkey.com/r/WRPHTCwebinar>

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