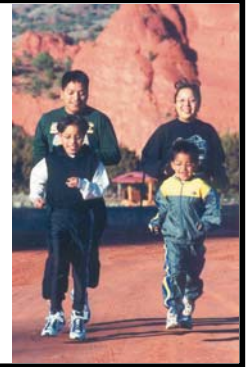




Nutrition and Physical Activity



Indian Health Service Division of Diabetes Treatment and Prevention
5300 Homestead Road NE, Albuquerque, New Mexico 87110
(505) 248-4182 www.ihs.gov/medicalprograms/diabetes

Is a Best Practice Nutrition and Physical Activity Program right for your diabetes program?

➔ Do you want your diabetes program to be better at:

1. Raising awareness about the importance of nutrition and physical activity?

Yes No

What you will be doing: Conducting community campaigns ♦ Distributing newsletters and other materials ♦ Making community presentations ♦ Identifying new and fostering existing partnerships

Who will be doing it: Community program staff ♦ Health care providers ♦ Organization leaders

2. Providing programs that emphasize the importance of eating a healthy diet and increased physical activity?

Yes No

What you will be doing: Conducting community needs assessments ♦ Developing community-based programs that are innovative, adapted to your audience, focused on prevention, and culturally appropriate ♦ Using a comprehensive curriculum, such as the Indian Health Service (IHS) *Balancing Your Life and Diabetes Curriculum* ♦ Offering individual and group programs in a variety of settings ♦ Using people in the community as leaders and teachers ♦ Helping patients overcome myths and misconceptions about nutrition and physical activity

Who will be doing it: Community program staff ♦ Health care providers

3. Providing support for lifestyle changes?

Yes No

What you will be doing: Assessing patients' readiness to change ♦ Supporting patients and their families ♦ Referring patients to health care professionals for nutrition and exercise prescriptions ♦ Ensuring providers have ample time to address the concerns of patients and their families ♦ Linking patients and families to resources, such as weight loss programs

Who will be doing it: Community program staff ♦ Health care providers ♦ Organization leaders

4. Providing medical nutrition therapy by a registered dietitian?

Yes No

What you will be doing: Conducting nutrition assessments ♦ Providing individualized nutrition-based treatment ♦ Monitoring metabolic parameters

Who will be doing it: Health care providers

5. Making improvements throughout your health care organization?

Yes No

What you will be doing: Supporting the use of evidence-based clinical practice guidelines, flowsheets, and standing orders to improve documentation of appropriate care

Who will be doing it: Community program staff ♦ Health care providers ♦ Organization leaders

➔ If you answered "Yes" to many of these questions, go to page 2 to learn how a Best Practice Nutrition and Physical Activity Program can benefit your diabetes program!

Why are nutrition and physical activity important to American Indian and Alaska Native communities?

Good nutrition and physical activity habits are essential elements of diabetes care and prevention. Nutrition and physical activity interventions play an important role in quality diabetes management for people with existing diabetes or at risk of developing diabetes.

- Among people with diabetes, nutrition and physical activity interventions can help improve blood sugar control, blood pressure, and lipid levels in people with diabetes.
- For people at risk of developing diabetes, nutrition and physical activity are key elements in preventing diabetes. The Diabetes Prevention Program (DPP) demonstrated that lifestyle changes, including improved nutrition and physical activity, can help reduce the incidence of diabetes.
- DPP participants with prediabetes who made improvements in their nutrition and physical activity habits had a 58% reduction in diabetes incidence.

The good news about nutrition and physical activity...

The benefits of good nutrition and physical activity habits extend beyond diabetes to help prevent, delay, or treat other conditions such as metabolic syndrome, some cancers, gestational diabetes, cardiovascular disease, kidney disease, and childhood obesity.



"I'm going to keep my new eating habits. And, I'm going to keep walking three times a week. I bought a heart rate monitor, so I can be sure I'm keeping my heart rate up when I walk."

—Kathi Littlejohn, Participant
Eastern Band of Cherokee Indians Weight Loss Competition

A Best Practice Nutrition and Physical Activity Program will require a coordinated approach. Here are some tips on how health care providers, community programs, health care administrators, and tribal leadership can work together.

➔ Working together to improve your nutrition and physical activity program:

1. Who can help?

Ask for and enlist support from: Certified diabetes educators ♦ Registered dietitians ♦ Physical activity specialists ♦ Community programs, such as senior centers, walking and running groups, and recreation centers ♦ Local businesses, such as grocery stores, fitness clubs, and restaurants ♦ Schools ♦ The media ♦ Decision and policy makers

2. Why is it important to work together?

Working with clinic, community, and leadership partners will help you: Leverage resources ♦ Avoid duplicating services ♦ Share staff, ideas, and resources ♦ Get support for your goal of improving the health of your community

3. How can you work together?

Work with your partners to: Share what you are doing ♦ Determine what each partner will do ♦ Assign tasks and timelines ♦ Plan and establish programs and activities ♦ Develop and implement goals and objectives ♦ Design evaluation plans ♦ Maintain regular contact with each other