



Dear NDEP Partner,

The National Diabetes Education Program (NDEP) American Indian/Alaska Native Work Group recently released its revised and updated “*Move It! And Reduce Your Risk of Diabetes*” school kit. The purpose of the *Move It!* kit is to encourage physical activity in the school setting to help reduce risk for diabetes among American Indian/Alaska Native youth. The *Move It!* kit includes fact sheets on diabetes in American Indian and Alaska Native youth, posters and examples of successful school activities using *Move It!* materials.

You may find the *Move It!* kit helpful in any general intervention promoting physical activity among youth, even if your organization does not focus on American Indian/Alaska Natives. Also, while *Move It!* was designed for school-based interventions, it may be adapted for use at community events as well as those in workplace and clinical settings to promote primary prevention of diabetes among high risk individuals and reduce obesity through increased physical activity.

All NDEP products are in the public domain and copyright free. To receive additional information about the revised and updated *Move It!* school kit or to receive a copy, visit the NDEP Web site at <http://ndep.nih.gov> or the Association of American Indian Physicians Web site at www.aaip.org. *Move It!* kit materials can also be downloaded from either site. Single copies of the kit are also available for free by calling NDEP at 1-800-438-5383 or AAIP at 1-877-943-4299.

If you have any questions, please feel free to contact

- Kelly Moore, M.D., Chair of the American Indian/Alaska Native Work Group at Kelly.moore@ihs.gov or Fax 505-248-4188;
- Jane Kelly, M.D., Director, NDEP, Centers for Disease Control and Prevention, Division of Diabetes Translation at jkelly@cdc.gov or Fax 770-488-5195; and
- Joanne Gallivan, Director, NDEP, National Institutes of Health at Joanne_gallivan@nih.gov or Fax 301-496-7422.

Thank you for your interest.

Sincerely,

A handwritten signature in cursive script that reads "Kelly R. Moore, M.D.".

Kelly R. Moore, M.D.
Chair, American Indian/Alaska Native Workgroup



Dear School Principal,

The newly revised “*Move it! And Reduce Your Risk of Diabetes*” kit, a tool for promoting physical activity among American Indian/Alaska Native youth to be used by schools, is enclosed.

The toolkit was developed by the National Diabetes Education Program (NDEP) American Indian/Alaska Native Work Group. The original version of this kit was sent to schools in 2002 and 2003. Based on school and student feedback, this kit has been streamlined and updated to be more user-friendly for teachers and other school personnel.

The National Diabetes Education Program (NDEP) is a joint initiative of the U.S. Department of Health and Human Services, Division of Diabetes Translation of the Centers for Disease Control and Prevention (CDC) and the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health (NIH). Begun in 1997, the NDEP now involves over 200 public and private partner organizations with the joint mission of improving the treatment and outcomes of people with diabetes, promoting early diagnosis and preventing or delaying the onset of diabetes in those at highest risk.

Once thought to affect only adults, type 2 diabetes is now occurring at increasing rates among American Indian and Alaska Native youth. However, results from the Diabetes Prevention Program (DPP) study, which included high risk American Indian/Alaska Native participants, revealed that type 2 diabetes can be prevented or delayed with modest weight loss by getting regular physical activity and making healthy food choices. Although the DPP did not study children and adolescents, we want to encourage healthy physical activity habits from a young age. The ***Move It!*** kit includes:

- An updated fact sheet on diabetes and youth for students
- A similar fact sheet with additional details and information for teachers
- ***Move It!*** posters you can customize with pictures, your organization’s logo, etc.
- A newsletter blurb for school and community newsletters about the kit
- A resources list on other programs and initiatives targeting physical activity and youth
- Information on ordering pedometers

You can add contact information for your local school to the materials. Additional materials are available by contacting the Association of American Indian Physicians Diabetes Program at 1-877-943-4299. Also, please call if you, or a teacher, other staff member, or student are interested in implementing ***Move It!*** and would like to discuss how to implement activities for your school and community. If you have further questions, please contact me at the address listed below or the AAIP Diabetes Program at 1-877-943-4299. Thank you for your efforts to teach our American Indian and Alaska Native youth that they can lower their risk of diabetes through a healthier, active lifestyle.

Sincerely,

A handwritten signature in cursive script that reads "Kelly R. Moore, M.D.".

Kelly R. Moore, M.D.
Chair, American Indian/Alaska Native Workgroup
IHS Division of Diabetes Treatment and Prevention
5300 Homestead Road NE
Albuquerque, NM 87110
505-248-4182
Kelly.moore@ihs.gov
Creek Nation of Oklahoma

Joined by other members of the American Indian/Alaska Native Workgroup, National Diabetes Education Program:

Kelly Acton, M.D., M.P.H., F.A.C.P.
Director, National Diabetes Program
Indian Health Service

Ronny Bell, Ph.D., M.S.
Associate Professor
Wake Forest University School of Medicine
Lumbee

Lorelei DeCora, R.N., B.S.N.
Project Director, Diabetes Wellness
Native American Diabetes/Talking Circles
Projects
Winnebago Tribe of Nebraska

Tom John
Administrator of Self Governance
Chickasaw Nation
Seneca

Margaret Knight
Executive Director
Association of American Indian Physicians
Laguna Pueblo

Josephine Malemute, R.N.
Diabetes Educator/Care Coordinator
Chief Andrew Isaac Health Center
Athabaskan

Gale Marshall
Two Feathers Management
Choctaw Nation of Oklahoma

Janine Rourke, R.N., B.S.N., C.D.E.
Diabetes Grant Coordinator
"Let's Get Healthy Program"
St. Regis Mohawk Health Services
St. Regis Mohawk Tribe

Lorraine Valdez, R.N., M.P.A., C.D.E.
Nurse Consultant/Acting Deputy Director
IHS Division of Diabetes Treatment and Prevention
Isleta and Laguna Pueblo

Carolee Dodge Francis, Ed.D
Director
American Indian Research and Education Center
University of Nevada Las Vegas School of Public
Health
Oneida

Sam McCracken
Native American Business Manager
Nike U.S.
Assiniboine/Sioux

Tihtiyas "Dee" Sabattus
Health Policy Analyst/Project Administrator
United South and Eastern Tribes, Inc.
Passamaquoddy Tribe of Maine

Bobbie Hiltbrand, M.Ed.
Diabetes Program Coordinator
Association of American Indian Physicians
Kiowa/Cherokee/Shawnee

Yvette Roubideaux, MD, MPH
Assistant Professor
University of Arizona
Rosebud Sioux

Ralph Forquera, MPH
Executive Director
Seattle Indian Health Board
Acjachmen Nation

Ben Muneta, M.D.
Epidemiologist
Navajo EPI Center Office
Navajo



The "Move it! And Reduce Your Risk of Diabetes" national awareness campaign was developed by the NDEP American Indian Work Group and co-designed by American Indian/Alaska Native youth. For more information, contact the Association of American Indian Physicians at 877-943-4299 or <http://www.aaip.org>, or the National Diabetes Education Program at 1-800-438-5383 or www.ndep.nih.gov



Getting Started

Use **Move It!** kit materials to help start your own **Move It!** activities in your school!

- ◆ Add diabetes information to the health education curriculum.
- ◆ Hang the posters up in your classroom, cafeteria or gym.
- ◆ Distribute copies of the materials in your health or physical activity class.
- ◆ Put your school logo in the poster.
- ◆ Use your own photos on the posters and ads to promote special events.
- ◆ Encourage a routine walking program at lunch or during breaks.
- ◆ Sponsor a dance contest in the gym or cafeteria.
- ◆ Sponsor a poster contest that encourages students to create original text and art as well as photography.
- ◆ Sponsor marathons, walk-a-thons, or basketball tournaments.

What the kit contains:

- ◆ Three professional, customizable poster files and three PDF files of posters



- ◆ Youth and diabetes fact sheets that can be used as a teaching aid



For Students

For Teachers

- ◆ Move It! school model programs



- ◆ CD Rom that provides all School Kit Materials.



- ◆ Template News Release



- ◆ The Eagle Books Ordering Information Flyer



- ◆ Tips for Kids Information Sheet to Lower Your Risk for Type 2 Diabetes



- ◆ How to Order Pedometers Flyer



- ◆ Resource list of Materials for American Indians and Alaska Natives (AIAN)



American Indian/Alaska Native Youth Campaign

Diabetes and Youth Alert

Type 2 diabetes dramatically increased in American Indian/Alaska Native teens from 1990 to 2004*

Scientific Findings Offer HOPE

- ◆ A recent study showed that adults at high risk for type 2 diabetes were able to reduce their risk by more than half by losing a modest amount of weight by following a low calorie, low fat diet and walking briskly for 30 minutes a day, 5 days a week.
- ◆ Even if people have diabetes, they can reduce the risk of developing complications of diabetes by controlling their blood glucose (sugar) through diet, physical activity, and medications if needed.
- ◆ Studies in the Gila River Indian community in southern Arizona showed that babies who were breastfed for at least 2 months were less likely to develop diabetes later in adulthood.
- ◆ The TODAY (Treatment Options for Type 2 Diabetes in Adolescents and Youth) study, sponsored by the National Institutes of Health, will identify the best treatment for type 2 diabetes in youth.
- ◆ The STOPP-T2D (Studies to Treat or Prevent Pediatric Type 2 Diabetes) study will test a program to lower risk factors for type 2 diabetes in middle school students. The seven-site study group is currently pilot testing potential interventions aimed at promoting physical activity and healthy food choices.

At-Risk Youth

These are all factors that can increase American Indian/Alaska Native youth's risk for developing type 2 diabetes:

- ◆ Overweight.
- ◆ Physical inactivity.
- ◆ Mother had diabetes when pregnant.
- ◆ Mother, father, or sibling with diabetes.

Recommendations

The following are recommendations for testing for diabetes in American Indian/Alaska Native children from the American Diabetes Association and the American Academy of Pediatrics.

- ◆ Screen all American Indian/Alaska Native youth with diabetes symptoms as soon as possible.
- ◆ Screen every 2 years American Indian/Alaska Native youth over 10 years of age if they are overweight and have a family history of diabetes.
- ◆ Screening policies may differ in each American Indian/Alaska Native community. Discuss your concerns about screening for diabetes in youth with your health care provider.

Type 2 Diabetes

- ◆ Type 2 diabetes, once mainly seen in adults, is increasing in AI/AN youth.
- ◆ Symptoms may include feeling tired, thirsty, or sick to the stomach; urinating often; weight loss; blurred vision; frequent infections; and slow healing of wounds or sores.
- ◆ Some people do not have any symptoms at all.
- ◆ Treatment includes regular physical activity, healthy eating, and if needed, pills or insulin.

Talk with your health care provider if you have questions about type 2 diabetes.

*IHS Program Statistics



The "Move it! And Reduce Your Risk of Diabetes" national awareness campaign was developed by the NDEP American Indian Work Group and co-designed by American Indian/Alaska Native youth. For more information, contact the Association of American Indian Physicians at 877-943-4299 or <http://www.aaip.org>, or the National Diabetes Education Program at 1-800-438-5383 or www.ndep.nih.gov



American Indian/Alaska Native Youth Campaign

Diabetes and Youth Alert

Type 2 diabetes dramatically increased in American Indian/Alaska Native teens from 1990 to 2004

If you are an American Indian/Alaska Native young person, these are the factors that can increase your risk for developing type 2 diabetes:

- ◆ Being overweight.
- ◆ Being physically inactive.
- ◆ Your mother had diabetes when she was pregnant with you.
- ◆ Your mother, father, sister or brother has diabetes.

Type 2 Diabetes

- ◆ Type 2 diabetes, once mainly seen in adults, is increasing in young AI/AN people.
- ◆ Symptoms may include feeling tired, thirsty, or sick to the stomach; urinating often; weight loss; blurred vision; frequent infections; and slow healing of wounds or sores.
- ◆ Some people do not have any symptoms at all.
- ◆ Treatment includes regular physical activity, healthy eating, and if needed, pills or insulin.

Talk with your health care provider if you have questions about type 2 diabetes.



The "Move it! And Reduce Your Risk of Diabetes" national awareness campaign was developed by the NDEP American Indian Work Group and co-designed by American Indian/Alaska Native youth. For more information, contact the Association of American Indian Physicians at 877-943-4299 or <http://www.aaip.org>, or the National Diabetes Education Program at 1-800-438-5383 or www.ndep.nih.gov





TIPS FOR KIDS

Lower your risk for type 2 diabetes

Today, more kids have type 2 diabetes than ever before. This brochure will tell you about type 2 diabetes and how you can lower your risk of having it.

What puts you at risk?

Kids with type 2 diabetes often

- ★ Are overweight
- ★ Are not physically active enough
- ★ Have a mom or dad or other close relative who has type 2 diabetes
- ★ Are African American, Hispanic or Latino American, American Indian, Asian American, or Pacific Islander

What is type 2 diabetes?

Diabetes means that blood sugar, or glucose (GLOO-kos), is too high. Glucose comes from the food we eat and also is made in our liver and muscles. After several years, if it is not controlled, the high blood glucose can damage many parts of the body such as the heart, eyes, kidneys, and nerves. The key to taking care of diabetes is to keep the blood glucose as close to normal as possible. Some people think that eating too much sugar causes diabetes but this is not true.



What are the warning signs?

Some kids don't notice any warning signs. They find out they have diabetes when they go to their doctor for a check-up.

If you have type 2 diabetes, you might

- ★ Urinate a lot
- ★ Lose weight without any reason
- ★ Be very thirsty
- ★ Feel tired
- ★ Have thick dark skin on the neck or under the arms.

What can you do to lower your risk?

Lots of things:

- ★ Eat the right amounts of healthy foods to get to a healthy weight.
- ★ Take action now and follow the tips in this brochure. Share them with your friends and family. They work for everyone.



Here's what you can do to be more active.

If you are overweight, check with your doctor before you start a physical activity program.

- ★ Set small goals to start. Don't get upset if you can't do a lot or if you get out of breath at first. Keep trying. Any amount of activity will help. Add a little more each week.
- ★ Get up and play hard for at least 60 minutes almost every day. You don't have to do it all at once — 20 minutes at a time, three times a day is okay, too. There are lots of ways to move around more. Walk, ride a bike, dance, play ball, or shoot hoops. You choose!
- ★ Sign up for sports and physical education classes. Ask a grown-up or your teacher about sports or dance programs that you could join.
- ★ Cut your TV and video game time to less than 1 hour a day. Be more active in your free time.

You don't have to play a sport or go to a gym to move more. There are lots of things you can do at home and during the day. Use the Activity Guide below for more ideas.

Here's what you can do to eat well and get to a healthy weight.

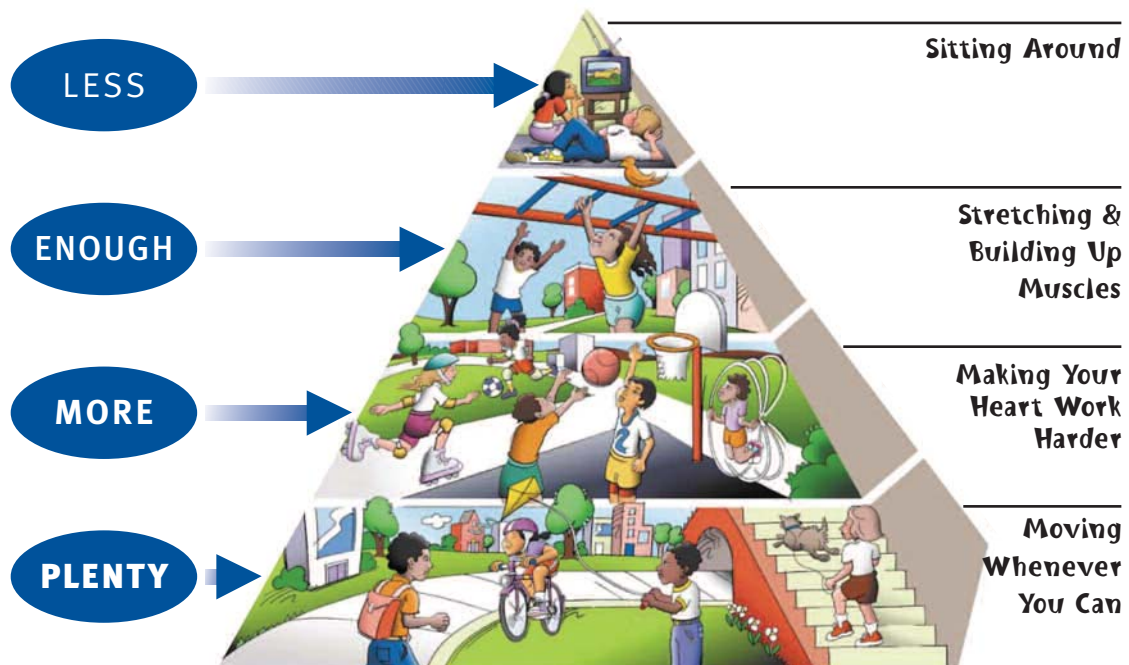
Choose a mix of healthy foods each day. If you are overweight, check with your doctor before you start a weight loss program. To lose some weight, you need to eat less and be more active each day. Here are some ways to do it.

How can you cut some calories?

The number of calories in a food shows how much energy you can get from it. To lose weight, try to eat 200 to 300 calories less than usual each day. Here are some simple ways to cut calories:

- ★ Drink water instead of a 20-ounce soda or juice drink. You can cut about 250 calories.
- ★ Eat a small serving of french fries or share a big one—and cut about 250 calories.
- ★ Eat a piece of fresh fruit (apple, orange, or banana) instead of a candy bar or a bag of chips. You will cut about 200 calories. If you want something crunchy to chew on, fruit is a good choice because it fills you up.

Your Activity Guide



Source: USDA Team Nutrition (www.fns.usda.gov/tn)

What are some healthy eating tips you can follow?

- ★ Take your time when you eat. Wait 15 minutes before eating second helpings. It takes about that amount of time for your stomach to tell your brain that you are full.
- ★ Eat the right amounts of food. Follow the Healthy Food Guide.
- ★ Don't skip meals. For breakfast, try a couple of slices of whole grain toast with a tablespoon of peanut butter, or a hard-boiled egg, or a piece of low-fat cheese.
- ★ Pack a lunch of healthy foods. Make a sandwich with turkey or lean beef. Use mustard or a little low-fat mayonnaise. Add fruit instead of chips.

- ★ Choose healthy snacks such as a small bowl of cereal with nonfat or low-fat milk or a piece of fruit.
- ★ When eating out, order kid-sized meals and drink water, nonfat or low-fat milk, or diet soda. Split a larger meal with a friend.
- ★ Fill up half of your plate with salad or vegetables. Use small amounts of margarine or salad dressing.
- ★ Ask if you can help plan or make family meals sometimes to learn more about healthy eating.

What should you eat?

Use the Healthy Food Guide below to make healthy choices. The amounts to eat will vary for different foods but these will give you an idea of the right amounts for most kids aged 9 to 13. If you are older than 13, go to www.mypyramid.gov to find the right amounts for you.

Your Healthy Food Guide

Vegetables



AIM FOR 2 to 2½ cups a day. Here are choices that equal 1 cup:

- 1 cup cut up cooked or raw vegetables
- 2 cups leafy salad greens
- 1 cup vegetable juice

Choose dark green and orange vegetables as often as you can.

AIM FOR 1½ cups a day. Here are choices that equal 1 cup:

- 1 cup cut up raw or cooked fruit
- 1 cup fruit juice
- 1/2 cup dried fruit

Choose fresh whole fruits as often as you can.

AIM FOR 5 ounces a day. Here are choices that equal 1 ounce:

- 1 ounce lean meat, fish, or chicken
- 1 egg
- 1 tablespoon peanut butter



Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

- 1/4 cup cooked dry peas or beans such as kidney, white, split, or blackeye
- 1/4 cup tofu
- 1/2 ounce nuts

If you choose to eat these foods, have a very small amount and not every day.

Soda Pop, Candy, Cookies, and Desserts



Milk, Yogurt, and Cheese



AIM FOR 3 cups a day. Here are choices that equal 1 cup:

- 1 cup nonfat or low-fat milk or yogurt
- 1½ ounces cheese

AIM FOR 5 to 6 ounces a day. Here are choices that equal one ounce:

- 1/2 cup of cooked cereal
- 1/2 cup cooked rice or pasta
- 1 cup ready-to-eat cereal
- 1 slice of whole grain bread
- 1/2 small bagel or 1 small muffin

Choose whole grain foods for at least 3 of your 6 choices.

Breads, Cereals, Rice, and Pasta



One serving is

- 1 teaspoon vegetable, olive, or canola oil
- 1 teaspoon tub margarine
- 5 large olives or 1/8 avocado
- 1 tablespoon low-fat mayonnaise
- 2 tablespoons low-fat salad dressing

Heart-healthy Fats



How much should you eat?

You get most of the fat your body needs from other foods you eat—so choose only a few extra servings of these heart-healthy fats each day.

What's the payoff?

If you lower your risk for type 2 diabetes, you also will:

- ★ Have more energy.
- ★ Have more fun.
- ★ Feel good about yourself.

Is research being done about this problem?

Yes, people are looking for ways to help prevent and manage type 2 diabetes in kids.

The **SEARCH for Diabetes in Youth Study** will find out how many young people have type 2 diabetes.
www.searchfordiabetes.org

The **TODAY Trial** will find out the best ways to treat type 2 diabetes in kids and teens.
<http://www.todaystudy.org>

The **STOPP-T2D Study** will test a program to lower risk factors for type 2 diabetes in middle school students.

Special thanks to the kids who helped us make this tip sheet.



The U.S. Department of Health and Human Services' National Diabetes Education Program (NDEP) is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.

NIH Publication No. 03-5295

November 2005

Take action now!
Follow the tips in this brochure to lower your risk for type 2 diabetes.

How can I learn more?

Find out more from these contacts.

American Diabetes Association

For help with type 2 diabetes:

<http://diabetes.org/youthzone/youth-zone.jsp>

American Dietetic Association

To find a dietitian near you: 1-800-366-1655

www.eatright.org

MyPyramid Plan

To learn what and how much to eat.

<http://www.mypyramid.gov/>

National Association for Health and Fitness

www.physicalfitness.org

National Diabetes Education Program

To learn more about diabetes and how to prevent it: www.ndep.nih.gov

President's Council on Physical Fitness and Sports

www.fitness.gov

USDA Team Nutrition

To make healthy food choices and stay active.

www.fns.usda.gov/tn/Students/index.htm

VERB

The VERB program makes it cool and fun for young people to be active every day.

www.verbnow.com

We Can! (Ways to Enhance Children's Activity & Nutrition)

www.nhlbi.nih.gov/health/public/heart/obesity/wecan

WIN – Weight-control Information Network

For weight control help:

www.win.niddk.nih.gov

American Indian/Alaska Native Youth Campaign

Move It! Resources List

- ◆ **Aim for a Healthy Weight (NHLBI)**
http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm
- ◆ **American Diabetes Association Youth Campaign (ADA)**
<http://www.diabetes.org/youthzone/youth-zone.jsp>
- ◆ **Association of American Indian Physicians Move It Campaign (AAIP)**
<http://www.aaip.com/diabetes/ndepaicampaigns.html>
- ◆ **Healthy Children, Healthy Choices (CDC)**
http://www.cdc.gov/nccdphp/dnpa/tips/healthy_children.htm
- ◆ **Just Move It (NIHB,NCAI,Nike,IHS,DDTP)**
<http://www.justmoveit.org>
- ◆ **National Child Care Information Center (USDHHS)**
<http://nccic.org>
- ◆ **National Diabetes Education Program (CDC,NIH)**
<http://ndep.nih.gov>
- ◆ **Nutrition and Physical Activity (CDC)**
<http://www.cdc.gov/nccdphp/dnpa/index.htm>
- ◆ **Older Kids/Teen Issues with Diabetes (ADA)**
<http://www.diabetes.org/for-parents-and-kids/for-teens.jsp>
- ◆ **Physical Activity for Everyone! (CDC)**
<http://www.cdc.gov/nccdphp/dnpa/physical/index.htm>
- ◆ **The President's Council on Physical Fitness and Sports (USDHHS)**
<http://www.fitness.gov/>
- ◆ **Small Step Program (USDHHS)**
<http://www.smallstep.gov/>
- ◆ **Sports, Exercise & Diabetes (ADA)**
<http://www.diabetes.org/uedocuments/SportsExerciseDiabetes.pdf>
- ◆ **VERB Campaign (CDC)**
<http://www.verbnow.com>
- ◆ **We Can! campaign (NHLBI,NIH)**
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>
- ◆ **Weight-control Information Network (WIN;NIDDK)**
<http://win.niddk.nih.gov/>



The "Move it! And Reduce Your Risk of Diabetes" national awareness campaign was developed by the NDEP American Indian Work Group and co-designed by American Indian/Alaska Native youth. For more information, contact the Association of American Indian Physicians at 877-943-4299 or <http://www.aaip.org>, or the National Diabetes Education Program at 1-800-438-5383 or www.ndep.nih.gov



The Eagle Books: Stories about Growing Strong and Preventing Diabetes for Our Children and Grandchildren

The Eagle Books are a series of four books that are brought to life by wise animal characters - Mr. Eagle and Miss Rabbit - who engage Rain That Dances and his young friends in the joy of physical activity, eating healthy foods, and learning from their elders about health and diabetes prevention.

The Eagle Books were authored by Georgia Perez of Nambe Pueblo, and illustrated by Patrick Rolo, Bad River Band of Ojibwe, and Lisa A. Fifield, Oneida Tribe of Wisconsin, Black Bear Clan.

The first book, "***Through the Eyes of the Eagle***" introduces the characters of Mr. Eagle and Rain That Dances, the boy he befriends. Mr. Eagle reminds the young boy of the healthy ways of his elders.



In "***Knees Lifted High***," the second book, Rain That Dances introduces Thunder Cloud, his best friend, to Mr. Eagle who encourages the boys to be physically active every day.

The third book, "***A Plateful of Color***," introduces Miss Rabbit and the boys' friends, Little Hummingbird and Simon. Miss Rabbit teaches the value of eating a variety of colorful and healthy foods.

"***Tricky Treats***," the final book in the series, introduces the character of Coyote, a trickster. The children are not tricked by coyote, when choosing foods to eat.

How can we get the Eagle Books for our children?



Little Hummingbird and Miss Rabbit playing outside with Rain That Dances and Simon.

In 2006, the Centers for Disease Control and Prevention (CDC) Native Diabetes Wellness Program distributed over 1 million Eagle Books to American Indian and Alaska Native health and school organizations through partners, including a non-profit organization called First Book and the Indian Health Service Division of Diabetes Treatment and Prevention. Free single copies of the Eagle Books are available from the CDC at 1-800-CDC-INFO (1-800-232-4636). Bulk supplies of the books are available for a cost-recovery price through the Public Health Foundation at www.bookstore.phf.org.

For updates about the books and to view the "Eagle's Nest" pages for children, visit www.cdc.gov/diabetes/pubs/eagle.htm.



Move It! And Reduce Your Risk of Diabetes

“I’m in Move It!
because I want to
stay healthy.”
- Jade, 12

Davenport School *Moves It* and Gains Track!

Fancy vacations and beach trips are nice, but that’s not the reason a group of students in Davenport, Oklahoma, were looking forward to their recent spring break. No, they were on a mission – a mission to make a difference in their community. While their friends headed out of town, they used the free week from school to educate their community about a disease that will unfortunately affect many of the people they know personally.

Using the Move It! Kit, the Davenport Indian Club students spent their spring break this past March hanging posters and handing out flyers across Lincoln County. They stood on the steps of the county courthouse and passed out page after page of diabetes awareness and prevention ideas and suggestions. They plastered Move It! posters featuring their own photos in every store window that had space.

Regina Riley, the Move It! coordinator for Davenport Public Schools, says that there is no way to measure the motivation that has emerged in the Davenport Indian Club since they began using the Move It! materials. She says she’s been “shocked and amazed” at the impact on the students, and the spillover effect has been so exciting



Move It! Students accept Oklahoma Governor Brad Henry’s Citation.

for her and her community to watch. In the beginning, the students just wanted to start a simple club, but now they are out in full force, training and running for marathons, receiving governor’s citations, and most importantly, becoming role models for others in their community – from their classmates to their grandparents. Students in the Davenport Indian Club used tools from the Move It! Kit to empower them, to take the harder road and make the choice to be active rather than to sit and do nothing.

When Ms. Riley first approached the Davenport School Board about the idea to apply for a Move It! grant, they wished her luck. And when she asked for a donation of land for the project, they were happy to help. But when she was actually

Continued, pg. 8

What’s Inside?

- Davenport Public School ①
- Briggs Public School ②
- Locust Grove Public School ③
- Washington D.C. Trip, John’s Story ④
- Hannahville School ⑤
- Pine Point Public School ⑥



Davenport students hang posters across the county.

“There’s just no way to measure the motivation that has developed since we began to Move It!”

- Regina, Move It! Coordinator
Davenport Schools, Davenport - Oklahoma

Briggs School Moves On with Move It!

Two years after the Briggs Public School, Briggs, Oklahoma, began using the Move It! Kit, their program continues to take major steps towards reducing their risk of diabetes. Alicia O'Donnell, Move It! Coordinator for Briggs Public School began using the materials because the youth in her school identified with the posters and flyers. The role models were just like them, and they were doing the things they needed to be doing to be healthy—Moving It! Alicia's office at the school was next to the nurse's office. She saw kids come in and out everyday with symptoms that put them at high risk for diabetes. She says she saw something in

Why use the Move It! Kit?

“Role models are key! Role models that are Native American and doing the things they need to be doing to be healthy.”

- Alicia, Move It! Coordinator

Briggs Public School - Briggs, Oklahoma

the posters that might help and she says “When you see something that would help their confidence and help them succeed, you want to do it!” Since the program began, they've seen improvements. They're not yet where they want to be, but “We are getting healthier” she says. Alicia says that using the Move it! Kit was the beginning of everything. It was their first step in raising diabetes prevention awareness and getting their kids healthier.



Moving It!



“Our kids gained confidence in themselves and the confidence to try new things.”

- Bonnie, Move It! Coordinator

Pine Point Public Schools - Ponsford, Minnesota

“I want to make sure everyone knows that diabetes is preventable.”
- John



John, Miami Nation of Oklahoma

For more information and to order your Move It! Kit, contact the Association of American Indian Physicians at 1-800-943-4299

Locust Grove School Move It! Club

More Than Education

In Oklahoma, where childhood obesity ranks second highest in the nation, there is an increasing need for more physical activity among youngsters. So, when 61 students became actively involved in the Move It Club at Locust Grove, Public School, coordinator Beth Colvin was thrilled. In the Locust Grove Public School system, 70% of the students are Native American and diabetes is a fact of life for many families. But the Move It! Club is helping to change that reality.

A grant from the Association of American Indian Physicians allowed the Locust Grove Move It! Club to purchase a variety of sporting equipment that has students running up and down basketball courts and jumping rope. Sporting equipment may seem like a quick fix, but the new basketball goals and balls, tennis nets and posts, soccer goals, outdoor volleyball systems, baseball and softball equipment, hula-hoops and footballs have become catalysts for major lifestyle changes among these youngsters. And the new gear is just the beginning of lasting contributions the Move It! Club has made on the community.

The Move It! Club encourages and invites participation from all students. In fact, one of the most rewarding aspects of the program has been the participation of the Special Education students, says Ms. Colvin. These students don't normally go out for school-sponsored athletic programs, but the Move It! Club gives them a unique opportunity to participate in team games and to get the exercise they need to prevent diabetes. "They have participated and excelled!" says Ms. Colvin.



Locust Grove Move It! students Move It! around the school track.

Other benefits she has witnessed include blossoming friendships that may have been impossible in any other situation. For example, the program allowed a student described as a loner - who didn't seem to want to participate in anything - to develop a friendship with one of the school's more popular students. And the friendship has continued beyond the club activities, just as their diabetes awareness efforts have spread throughout the entire community. Remarkably, the Move It! Club has brought together many different types of students in a friendly and nurturing environment where every student shares at least two things in common: the risk of Type 2 diabetes and the need for increased physical activity to reduce that risk.

Everyone in the community can see the equipment purchased by the club to get the youth more active, but the involvement of such an array of students in the Move It! Club has made it successful in ways that may not be obvious to the outsiders. Now, instead of sitting behind television sets or being bored, these students are Moving It! from 3:15 p.m. until 5:30 p.m. every day.

The friendships forged are real, and students who might never have stepped foot on a playing field are making goals and taking shots. The goal of the club was to educate the students about the dangers of diabetes and teach them preventive strategies to help combat the disease. Consequently, the outcome has been much more than just an education, it has been the beginning of ongoing healthy lifestyle changes.

"The Move It! posters were so important to us because they show kids like we see - our kids, having fun, running, and smiling."



Jaiden,
Sisseton-Wahpeton Oyate Tribe

"Get Moving - it feels good!"

"The friendships forged are real, and students who might never have stepped foot on a playing field are making goals and taking shots."

Move It! Marches in First Americans Festival

~ John Riley

When I first found out that I would be attending the trip to Washington D.C. I was ecstatic! I could not believe an ordinary kid from Davenport Oklahoma, would be getting to go to our nations capitol. I wasn't too interested on why I was going at the time, but more that I would be flying in an airplane, for the first time, halfway across the country to one of the most well known cities in our nation. After I caught my breath from the initial shock of the announcement, I had time to stop and actually think about why I was going and what a great opportunity this would be for me and my school. I couldn't wait to go! I wanted to tell everyone about my trip.

When we got to the airport I couldn't stop thinking about how much fun I would have. Being my first time on an airplane, I was a little nervous, but fortunately, against some doubts from my mother, we made it in one piece to our hotel in D.C., and WOW what a hotel. I had only seen hotels like that in magazines. Tasha, the other student attending from Davenport, and I, were silent in amazement.

After we unpacked and got settled in, we met everyone else who had come on the trip. They too were just ordinary kids like us. We played icebreaker games to get to know one another and build our confidence up. We talked about why we were there and what we would be doing over the next couple of days, each of us feeling that together all of us could actually make a difference, and still a little amazed this professional group called the AAIP would pick kids to be their voice on such a national level.

While I was in Washington D.C. I had the chance to visit many different places and see many different things such as the Capital building, the White House, the Lincoln Memorial, Vietnam Memorial,

“Every button I passed out, every person that read our sign or took the time to listen to our message that exercise can help prevent diabetes, was receiving a life changing opportunity, from just an ordinary kid that wanted to make a difference.” - John

and World War II Memorial. But the highlight of the trip was the First Americans Festival march to open the new Native American Museum. There were so many people there and so many different tribes and organizations, all wanting and waiting, to march in the procession. All marching to represent themselves, but at the same time, all marching for one cause. It was a very prideful event and I am glad I was a part of it. Standing in the midst of all the people, I knew I was making history. I knew someday my children would read about this event in their history books. I was glad that we were chosen to experience this and the opportunity to spread the "Move It" campaign on a national level. Every button I passed out, every person that read our sign or took the time to listen to our message that exercise can help prevent diabetes, was receiving a life changing opportunity, from just an ordinary kid that wanted to make a difference.

The new museum was spectacular, it showed the beliefs and culture of our Native American people. It was so big and had a lot of artifacts from the different tribes and gave thorough explanation of all the exhibits. I was very proud to be there. I felt very proud to be Native American, and have people embracing my heritage.



Move It! Students march in the First Americans Festival.

“I am glad I was able to go on this trip with the AAIP and "Move It" organization. This was a once in a lifetime opportunity and I will remember it always.”

“...each of us feeling that together all of us could actually make a difference.”



Students Move It! to honor the opening of the National Museum of the American Indian.



“We used the Move It! materials because they are relevant to our families.” - Bonnie

Hannahville Changes Menu, At School & In Life

Before getting involved in the Move It! Campaign, many in the Hannahville Indian School community didn't even know it was possible to reduce their risk for Type 2 diabetes.

What they learned through their Move It! experience was that as youth become more overweight and inactive, they increase their risk for Type 2 diabetes. Although there are no national data, some clinics report that one-third to one-half of all new cases of childhood diabetes are now Type 2. American Indian children who are obese and have a family history of the disease are at especially high risk.

Since receiving a “Move It!” grant, Hannahville Indian School in Wilson, Mich., has made significant changes to lower that risk for its students - starting in the cafeteria. The school lunch menu now offers low-carb choices as well as fresh fruit and vegetables. School classroom parties, known for frosted cookies and pizza slices, have thrown out some of the sweets and added healthier options. The school has also eliminated pop machine use to after school hours and has added vending machines supplied with less sugary options such as flavored waters, water and Gatorade.

The changes at the school have had a dramatic affect on its students. On a Move It! ski trip, an overweight student asked Hannahville teacher Gina Zanon, “Do you think it would be easier if I lost 50 pounds?” Since that comment, the student has lost over 36 pounds and two inches.



Hannahville students choose Subway



Crossing the finish line

“When you see something that would help the kids confidence, and help them succeed, you want to do it!”

-Alicia, Move It! Coordinator

Briggs Public Schools - Briggs, Oklahoma

The Association of American Indian Physicians and the University of Arizona, College of Public Health would like to express their sincere appreciation to The Office of Minority Health, US Department of Health and Human Services for funding Move It! grantees.

Visit www.aaip.com to download Move It! Kit materials and posters.

Pine Point Moves It to the Badlands

From a school in which no organized sports are offered and only a few of the students have ever been camping, the Move It! hiking trip to the Western North Dakota Badlands was an incredible and unforgettable educational experience. Together, 22 students and 5 sponsors hiked, camped and explored in the late fall weather including a temperature of 22 degrees the first night. Don't think however that the trip was only a five day long event; students began planning and preparing for the trip long before they left for the national park in their vans full of groceries and sleeping bags. Students planned transportation, educational meetings with a Naturalist at the park, and meals; even buying much of the food through their school food service to conserve funds. The Move It! Club encountered many hurdles such as freezing weather, water being shut off, and lack of space for food, although they managed to pack and eat three cases of bananas.

maple syrup from their very own maple sugar trees. On their way out of the park on the last morning, seven elk met them on a butte to say goodbye.

Each morning after breakfast the park naturalist met the group and they began hiking. Most days they hiked five miles, although one day they managed to hike eight miles despite the complaints of the students. By the end of the week however, the students began to see the benefit of so much physical activity; they slept better at night and felt better during the day.

One of all the student's favorite times during the trip was the drumbeat and awards presentation. Awards for the camping trip included best decorated tent, tent gypsy (always slept in a different tent), Best Human Global Positioning System, I Love My Tent More Than I Love Breakfast, Super Sleuth (only student to figure out who stepped on a buffalo chip), Mountain Goat



Taking a break from hiking

The hiking trip served as a reward and reinforcement that moving more is not only great for your health but can be fun and educational also. Bonnie says the youth have gained confidence to try new things and confidence in themselves by experiencing these new ways of exercising and moving more. "This is so important," she says, "because it's relevant to our families. Everyone we know has diabetes! Our kids still need to move more, but now they know that moving feels good and is fun."



Pine Point takes a hike

Mornings proved to be eventful and educational for all involved through eating and cooking healthy breakfast foods for students who rarely eat breakfast at home. Breakfast wasn't the only new thing for the students. One morning, wild horses were grazing next to their campground and another two mornings they had buffalo to watch as they enjoyed healthy pancakes and

(no butte too high), and Cactus Jack (first to fight a cactus and survive).

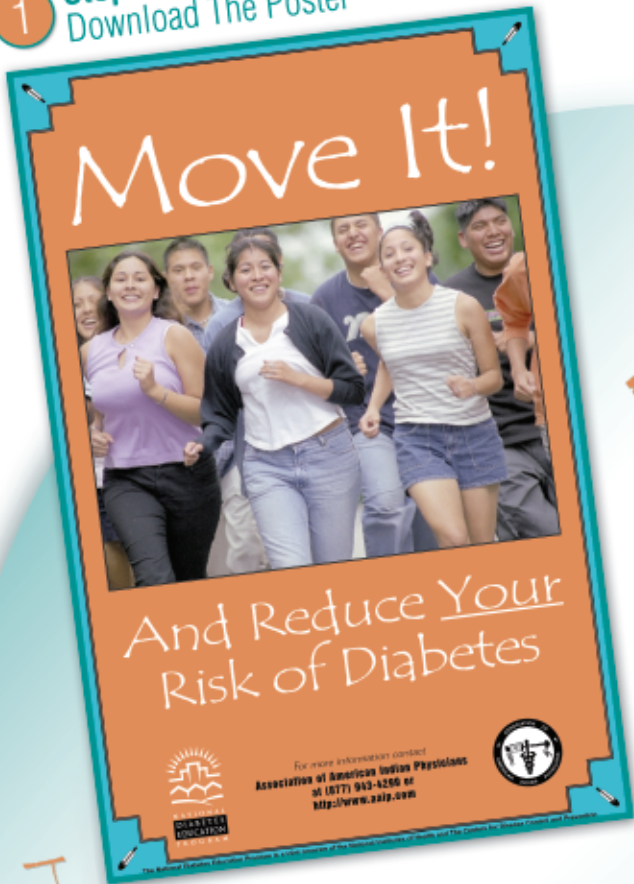
Bonnie Gurno, Move It! Club Coordinator and Pine Point Middle School Superintendent says that since the Move It! Club was started at Pine Point the kids keep wanting more; that they understand and know they should eat better and move more.

"This is so important because it's relevant to our families."

~ Bonnie,
Pine Point Move It!
Club Coordinator



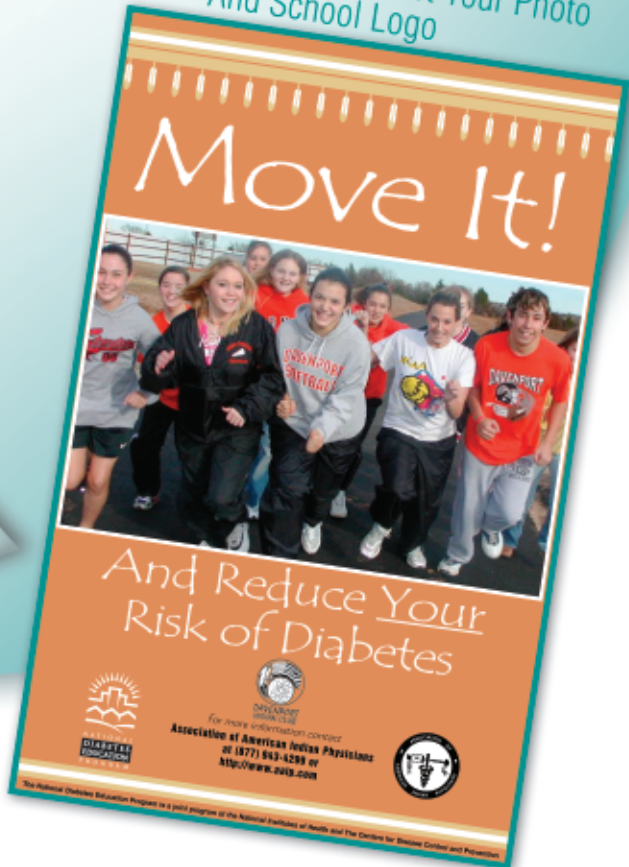
1 Step One:
Download The Poster



Move It! Your Way

Visit www.aaip.com to
customize the poster
in 2 simple steps.

2 Step Two: Insert Your Photo
And School Logo



Here's what Davenport Schools
did and what you can do too!

Association of American Indian Physicians
1225 Sovereign Row, Suite 103
Oklahoma City, OK 73108

Call the Association of American Indian Physicians for your school's Move It! Kit TODAY!
1-800-943-4299 www.aaip.com

Davenport, Continued from pg. 1

awarded the grant and announced it to the school board, she says, "their mouths dropped." As surprised as they were, they followed through on their pledge to donate land, giving Ms. Riley and her students their first donation of five acres of land near the school. With the news, community resources and donations began to pour in. The Move It! Grant, worth \$7,500, allowed the Davenport Indian Club to pay for asphalt. The county commissioner donated all the labor for the project, and many other community resources were used to realize the club's goal. After an inspiring display of community support, Davenport had a running and walking track.

From the track came a Davenport Running Club, and youngsters that continue encouraging their community members to Move It! The track is evidence of their commitment to fight diabetes, but according to Ms. Riley, the students have been the most inspiring part of the experience. They aren't track stars by any means, but they set goals, exercise and attend a running club once a month. Their activity is paying off.

Word of their efforts has reached far beyond their own community. They received a Governor's Commendation from Oklahoma Governor Brad Henry for their commitment to preventing diabetes in their community.

Around the towns, they're known as the Move It! Kids, evidenced by posters with their own pictures that they were able to produce through extra fundraising. They wanted the community to know them and to know that the cause was worth it. Worth spending spring break on the county

courthouse steps? Very worth it says Ms. Riley. The kids are more secure, more confident, more educated. They know now what it takes to lead a healthy lifestyle, and they're actively pursuing it. She says the Move It! materials gave the kids a kick start, and the motivation that shines through them today continues to carry on and throughout their community.



Davenport Move It! students run and walk around their new track.



Move It!

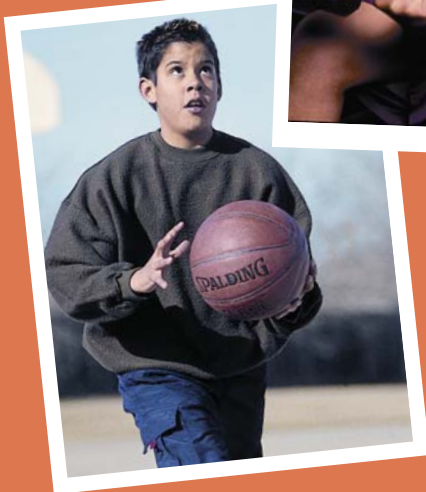
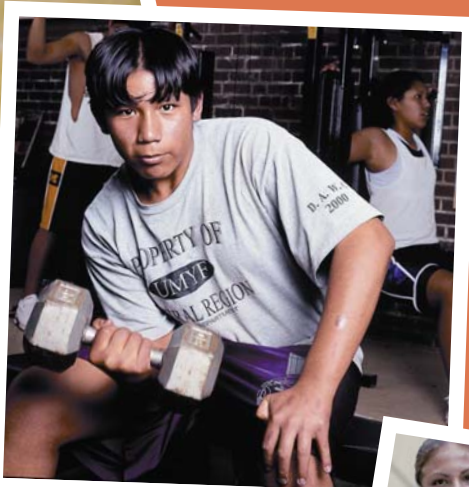


And Reduce Your Risk of Diabetes

For more information contact
Association of American Indian Physicians
(877) 943-4299 or www.aaip.org
or
National Diabetes Education Program
1-800-438-5383 or www.ndep.nih.gov



Move It!



And Reduce Your Risk of Diabetes

For more information contact
Association of American Indian Physicians
(877) 943-4299 or www.aaip.org

or

National Diabetes Education Program
1-800-438-5383 or www.ndep.nih.gov



Move It!



And Reduce Your Risk of Diabetes

For more information contact
Association of American Indian Physicians
(877) 943-4299 or www.aaip.org

or

National Diabetes Education Program
1-800-438-5383 or www.ndep.nih.gov

