



# Showcase Community Wellness Programs

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California Area Indian Health Service

- Review efforts of the diabetes programs.
- Provide update on Just Move It campaign.
- Highlight two community wellness programs.
- Present wellness resources.



What is health & wellness?





# Diabetes in American Indians and Alaska Natives: Facts At-a-Glance

## U.S. AMERICAN INDIAN AND ALASKA NATIVE POPULATION

**3.3 million**

Number of American Indians and Alaska Natives in 2007  
(according to the U.S. census)

**561**

Number of Federally-recognized American Indian and Alaska Native Tribes

## DIABETES IN AMERICAN INDIANS AND ALASKA NATIVES

**16.3%**

Percent of American Indian and Alaska Native **adults** who have diagnosed diabetes  
(compared with 8.7% of non-Hispanic whites)

**1,758**

Number of American Indian and Alaska Native **youth** under the age of 19 who have  
diagnosed diabetes (2005)

**68%**

Percent increase in diabetes from 1994 to 2004 in American Indian and Alaska  
Native youth **aged 15-19 years**

**95%**

Percent of American Indians and Alaska Natives with diabetes who have  
**type 2 diabetes** (as opposed to type 1 diabetes)

**30%**

Estimated percent of American Indians and Alaska Natives who have **pre-diabetes**

**2.2 times higher**

Likelihood of American Indians and Alaska Natives to have diabetes  
compared with non-Hispanic whites

**58%**

Increase in diabetes prevalence among American Indians and Alaska Natives aged  
20-29 from 1990 to 1998, as compared with 9.1% in the U.S. general population

**3 times higher**

Death rate due to diabetes for American Indians and Alaska Natives  
compared with the general U.S. population (2004)

JUNE 2007



# Special Diabetes Program for Indians (SDPI) California Area

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- 40 - SDPI Diabetes Grants
- 4 - Diabetes Prevention Demonstration Projects
  - Indian Health Center of Santa Clara Valley
  - Sonoma County Indian Health Project
  - United American Indian Involvement
  - United Indian Health Services
    - K'ima:w Medical Center partnering
- 4 - Healthy Heart Demonstration Projects
  - Indian Health Council
  - Redding Rancheria
    - K'ima:w Medical Center partnering
  - Riverside-San Bernardino County Indian Health
  - Toiyabe Indian Health Project

# SDPI



# Sharing what works in Native communities



**JUST MOVE IT**

It's up to you!



Let's Get 1 Million American Indians and Alaska Natives Moving!  
18,059 participants from 306 partners

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### Coordinator Login

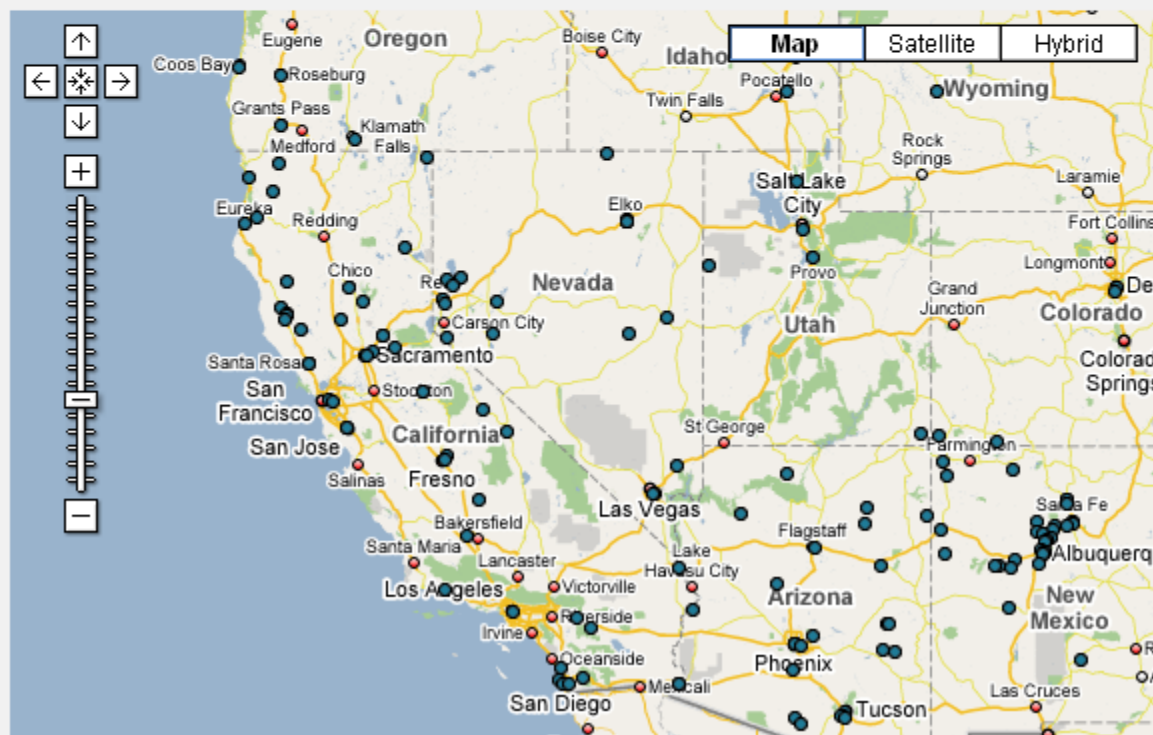
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### Program Map



# Sharing What Works



Let's Get 1 Million American Indians and Alaska Natives Moving!  
18,059 participants from 306 partners

 Search

## Coordinator Login

Username:

Password:

Login

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## Trail to Knowledge Wellness Walk and Fun Run

Tuesday, May 15 2007 @ 10:14 AM

Contributed by: [Sacramento NAHC on the Move](#)

Views: 480

On Saturday, April 7, 2007, 52 people participated in the California Conference on American Indian Education Fun Run at Howe Park in Sacramento, California. The theme of the Fun Run was: "Trail to Knowledge--Educating our bodies and minds one step at time." Participants completed either the 5K or 10K loop around the park. A great time was had by all--especially running through the finish line!







# JUST MOVE IT

## It's up to you! California 2008 Challenge

### East Central Region (1559 miles)

- Benton Palute Reservation
- Barry Creek Rancheria
- Big Pine Reservation
- Big Sandy Rancheria
- Bishop Reservation
- Bridgeport Indian Colony
- Buena Vista Rancheria
- California Valley Miwok Tribe
- Chicken Ranch Rancheria
- Chico Rancheria
- Cold Springs Rancheria
- Enterprise Rancheria
- Fort Independence Reservation
- Isone Band of Miwok Indians
- Jackson Rancheria
- Lone Pine Reservation
- Moortown Rancheria
- North Fork Rancheria
- Picayune Rancheria
- Shingle Springs Rancheria
- Table Mountain Rancheria
- Tembisha Shoshone Tribe
- Tule River Reservation
- Tuolumne Rancheria
- United Auburn Indian Community

### Southern Region (1114 miles)

- Agua Caliente Band of Cahuilla Indians
- Augustine Band of Mission Indians
- Barona Band of Mission Indians
- Cabazon Band of Mission Indians
- Cahuilla Band of Mission Indians
- Campo Band of Mission Indians
- Cuyapaipe Band of Mission Indians
- Inaja-Comit Reservation
- Jamul Indian Village
- La Jolla Band of Luiseño Indians
- La Posta Band of Mission Indians
- Los Coyotes Reservation
- Manzanita Band of Mission Indians
- Mesa Grande Band of Mission Indians
- Morongo Band of Mission Indians
- Pala Band of Mission Indians
- Pauma'Yuma Band of Mission Indians
- Pechanga Band of Mission Indians
- Ramona Band of Mission Indians
- Rincon Band of Mission Indians
- San Manuel Band of Mission Indians
- San Pasqual Band of Mission Indians
- Santa Rosa Band of Mission Indians
- Santa Ynez Band of Mission Indians
- Santa Ysabel Band of Mission Indians
- Soboba Band of Mission Indians
- Sycuan Band of Mission Indians
- Tomas-Martinez Desert Cahuilla Indians
- Twenty-Nine Palms Band of Mission Indians
- Valjeo Band of Mission Indians

### West Central Region (557 miles)

- Big Valley Rancheria
  - Owensdale Rancheria
  - Cotusa Rancheria
  - Cortina Rancheria
  - Coyote Valley Reservation
  - Dry Creek Rancheria
  - Bain Indian Colony
  - Grazon Rancheria
  - Grindstone Rancheria
  - Goldville Rancheria
  - Hopland Reservation
  - Laytonville Rancheria
  - Lower Lake Rancheria
  - Lytton Rancheria
  - Manchester-Pl. Arena Rancheria
  - Middletown Rancheria
  - Palmdale Rancheria
  - Robinson Rancheria
  - Round Valley Reservation
  - Redwood Valley Reservation
  - Rumsay Rancheria
  - Hoodville Reservation
  - Potter Valley Tribe
  - Santa Rosa Rancheria
  - Scotts Valley Rancheria
  - Sherwood Valley Rancheria
  - Stewart Point Rancheria
  - Upper Lake Rancheria
- ### Northern Region (1351 miles)
- Aktaras Rancheria
  - Bear River Band of Roohnerville Rancheria
  - Big Lagoon Rancheria
  - Blue Lake Rancheria
  - Cadarnille Rancheria
  - Ek Valley Rancheria
  - Fort Bidwell Reservation
  - Greenville Rancheria
  - Hoopa Valley Tribe
  - Karuk Tribe of California
  - Pit River Tribe
  - Quartz Valley Reservation
  - Redding Rancheria
  - Reighly Rancheria
  - Smith River Rancheria
  - Susanna Indian Rancheria
  - Table Bluff Reservation-Wiyot Tribe
  - Tillamook Rancheria
  - Yurok Tribe



*Just Move It*  
- California 2008 Challenge -  
4581 Mile Virtual Walk Around  
Tribal/Urban Healthcare  
Programs



# Community Wellness Programs



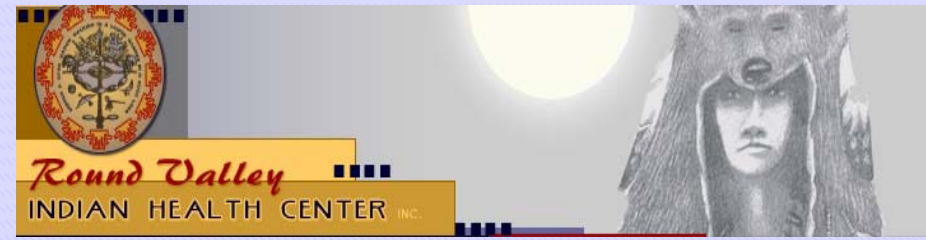


# Santa Clara Diabetes Community Action Committee

- Community owned wellness approach used in partnering.
- Established a community advisory group in 2003.
- Working to improve health in Santa Clara, diabetes focus.
- Many original founders and members have,
  - gained control of their blood sugars
  - become members of the health board
  - began working in public health
- A yearly ceremony honoring the committee members is held.



# Round Valley Fit-Kid/Fit-Teen



- Partnership with UC Davis using Fit-Kid/Fit-Teen curriculum.
- Initially, a 10 week program for youth and parents.
- Standardized fitness and nutrition assessments used.
- Parent education component, as well as youth education.
- Modifications made as program developed.
  - Integrated Fit-Teen into public school.
  - Expanded assessment to include blood sugar & lipid test.
  - Decreased UC Davis video conference support.
  - Expanded curriculum to broader wellness & development.
  - Parental component modified to for working parents.

# Ripple effect as a result of this community wellness program

- Helped identify and promote opportunities to “Move”.
- Supported after school program & swim program.
- Helped community find out what youth want.
- Helped address, what is fit?
- Made a positive connection with the diabetes program.



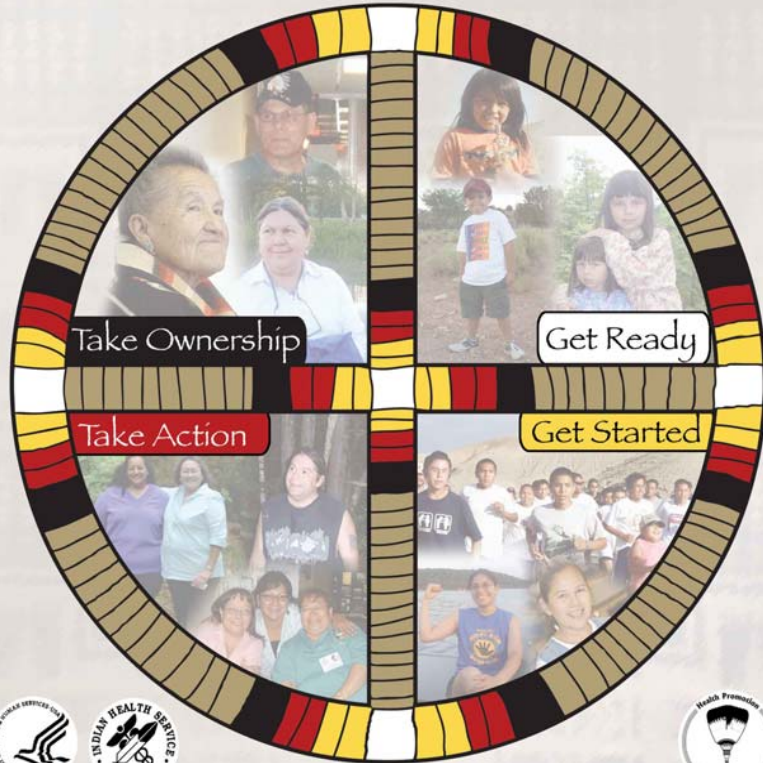
# Wellness Resources



# Restoring Balance

Community Owned Wellness

Before You Start



- A revised version of the 1992 Restoring Balance, Community Directed Health Promotion manual from Stanford University.
- A manual that provides a process for native communities to use in addressing wellness initiatives. It assist in identifying resources, and using the knowledge and ability of their community members to promote change.
- Plans to develop a training to go with the manual are underway.

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## Health Natives Communities Fellowship

The Fellowship is a collaborative program rooted in traditional teachings to develop and support teams of change agents who promote wellness in Native communities. The Fellowship focuses on peer learning, leadership development, and networking for real-life change.

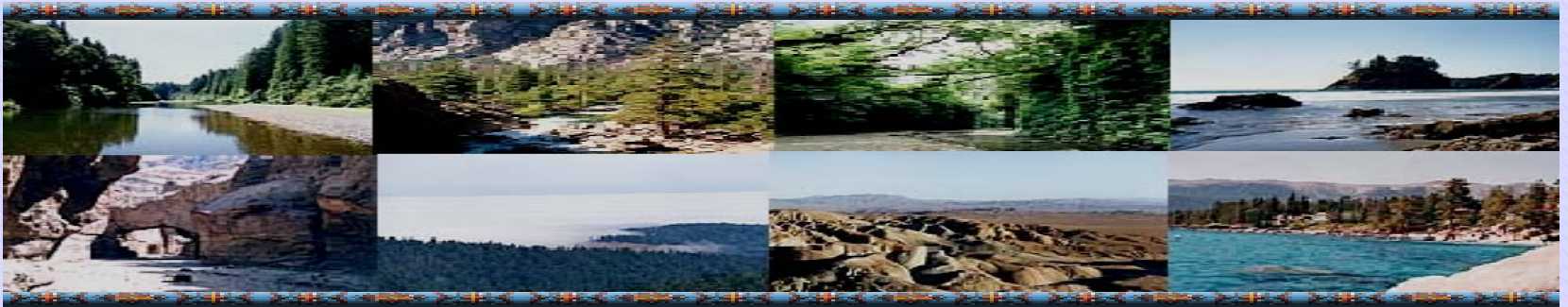
Through the Healthy Native Communities Fellowship, HNCPC develops and supports teams of change agents who wish to deepen their ability to promote wellness in Native communities. The Fellowship is:

- Hands-on, collaborative and grounded in Native cultural, social, spiritual and intellectual perspectives;
- Fellowship Retreats: Four week-long gatherings of teams throughout the year with intensive group interaction and learning
- HNCPC Workstation: an Online learning community where fellows connect via the internet for discussions, a resource library, and networking with peers and faculty;
- Fellowship Support: Fellows provide mentoring and support to one another during the Fellowship and beyond. Faculty and staff provide support and mentoring to teams as needed;
- Fellow Space Action Learning Process: In between the Fellowship retreat, Fellowship teams actively share the skills, knowledge, tools and perspectives gained from the Fellowship with their home community group.
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[Play Video](#)



# Questions / Comments



**Thank You**