Protecting the Generations
A Lifespan Approach to Preventing Diabetes

18th Annual
NATIVE
Diabetes Prevention Conference

January 24-27, 2016, Phoenix, Arizona

AMERICAN INDIAN INSTITUTE
The UNIVERSITY of OKLAHOMA
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Be sure to visit our vendors and exhibitors!

Save the Date!

15th Annual Native Women’s and Men’s Wellness Conference

February 28 – March 2, 2016
San Diego, California
American Indian Institute
University of Oklahoma OUTREACH
See You There!

Catamaran Resort
Welcome to the Conference

On behalf of the American Indian Institute at the University of Oklahoma, it is our privilege to welcome you to the 2016 18th Annual Native Diabetes Conference. We are honored by your presence as we come together to protect generations from diabetes. Our presenters and speakers will share resources, information, strategies, and successful programs as well as provide the opportunity for further networking and collaboration. Enjoy the conference!!!!

Sincerely,

Norma J. Neely
Director, American Indian Institute
University of Oklahoma

About the American Indian Institute

The American Indian Institute (Aii) was established in 1951 at the University of Oklahoma, as a non-profit Native American service, training, and research organization. Aii is a department within the University of Oklahoma’s Division of Public and Community Services in University Outreach.

Aii provides services and forms collaborative partnerships with American Indian, Alaska Native and Canadian First Nation Tribes and communities. With more than 60 years experience working throughout Indian Country, Aii offers outreach in the following areas:
• Indian Education
• Health Promotion and Disease Prevention
• Art, Culture, and Language Preservation
• Tribal Leadership and Organizational Development

Upcoming Events

15th Annual Native Women’s and Men’s Wellness Conference
San Diego, California   February 28-March 2, 2016

Native Fitness Training (Follows Wellness Conference)
San Diego, California   March 2-4, 2016

4th Annual Indian Education Summit
Norman, Oklahoma   June 14-16, 2016

Be sure to visit our vendors and exhibitors!
Conference Information

Getting Around Phoenix

Conference Hotel
The Hilton Phoenix/Mesa provides convenient accessibility to the many engaging activities of the Valley of the Sun. The conference hotel is just minutes to downtown Phoenix and Scottsdale, convenient to Chandler, Tempe and Gilbert, across the street from Fiesta Mall, 15 minutes from Sky Harbor International Airport and Phoenix Mesa Gateway Airport. Distinctive amenities and services include: LCD TVs in all guest rooms, Executive Lounge, a 24-hour Precor fitness center, adjacent nine-hole executive golf course, business center, Zuni Grill, Atrium Bar, room service and three-mile complimentary shuttle.

Transportation
- Hertz car rentals are available at the conference hotel for conference participants interested in exploring the city.
- Super Shuttle—We’ve reserved a discount through Super Shuttle for reservations made online ($2 off one-way, $4 off round-trip). Visit www.supershuttle.com. You must use the group code: TSDVT.
- Metro Light Rail—All day pass is $4 with more than 28 stations connecting Phoenix, Tempe and Mesa. visit www.valleymetro.org for more information.

All Things Phoenix
Visit the Phoenix Visitors Bureau website for all things Phoenix. It’s a wonderful resource for things to see, places to eat (with lists for specialty diets), and navigating the city. Visit www.visitphoenix.com to learn more.
## Conference Overview

### January 24 - 27, 2016

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<thead>
<tr>
<th>Time</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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</thead>
<tbody>
<tr>
<td>6:00 - 7:00 am</td>
<td>Exhibits 7:30 a.m. - 4:30 p.m.</td>
<td>Exhibits 7:30 a.m. - 4:30 p.m.</td>
<td>Exhibits 7:30 a.m. - 12 p.m.</td>
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<tr>
<td>6:30 - 8:00 am</td>
<td>Breakfast (for hotel guests)</td>
<td>Breakfast (for hotel guests)</td>
<td>Breakfast (for hotel guests)</td>
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</tr>
<tr>
<td>8:30 - 10:00 am</td>
<td>Opening General Session and Keynote</td>
<td>Session 4 Concurrent Workshops</td>
<td>General Session and Keynote</td>
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<tr>
<td>10:00 - 10:30 am</td>
<td>Break</td>
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<tr>
<td>10:30 am - 12:00 pm</td>
<td>Session 1 Concurrent Workshops</td>
<td>General Session and Keynote</td>
<td>Closing Circle 10:30 am-12:00 pm</td>
<td>Distribution of CEUs 10:30 am-12:00 pm</td>
</tr>
<tr>
<td>12:00 - 1:00 pm</td>
<td>Lunch Provided</td>
<td>Lunch Provided</td>
<td>Lunch Provided</td>
<td>Registration for Native Fitness Training 1:00 - 2:00 pm</td>
</tr>
<tr>
<td>1:30 - 3:00 pm</td>
<td>Registration 2:00 - 5:00 pm</td>
<td>Session 2 Concurrent Workshops</td>
<td>Session 5 Concurrent Workshops</td>
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<tr>
<td></td>
<td>Exhibitor Set-up 12:00 - 2:00 pm</td>
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<tr>
<td>3:00 - 3:30 pm</td>
<td>Exhibit Space Open 2:00 - 5:00 pm</td>
<td>Break</td>
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<tr>
<td>3:30 - 4:30 pm</td>
<td>Presenter Orientation Meeting 4:30 - 5:00 pm</td>
<td>Session 3 Concurrent Workshops</td>
<td>Session 6 Concurrent Workshops</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Welcome Reception 4:30 pm - 5:00 pm</td>
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<td></td>
<td>Special Wellness Sessions 4:30 pm-5:30 pm</td>
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<tr>
<td></td>
<td>Special Wellness Sessions 5:00 pm-6:00 pm</td>
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# Conference Overview

## Sunday, January 24

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>2:00 p.m. - 5:00 p.m.</td>
<td>Registration</td>
<td>Kiva Foyer</td>
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<tr>
<td>12:00 p.m. - 2:00 p.m.</td>
<td>Exhibitor Set-up</td>
<td>Kiva Foyer</td>
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<tr>
<td>2:00 p.m. - 5:00 p.m.</td>
<td>Exhibit Space Open</td>
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<tr>
<td>4:30 p.m. - 5:00 p.m.</td>
<td>Presenter Orientation Meeting</td>
<td>Kiva A</td>
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## Monday, January 25

<table>
<thead>
<tr>
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<tr>
<td>7:30 a.m. - 4:30 p.m.</td>
<td>Exhibit Space Open</td>
<td>Kiva Foyer</td>
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<tr>
<td>7:30 a.m. - 9:00 a.m.</td>
<td>Registration</td>
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<td>8:30 a.m. - 10:00 a.m.</td>
<td>Opening General Session and Keynote</td>
<td>Kiva A/B</td>
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<tr>
<td>10:00 a.m. - 10:30 a.m.</td>
<td>Break</td>
<td>Kiva Foyer</td>
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<tr>
<td>10:30 a.m. - 12:00 p.m.</td>
<td>Session 1—Workshops</td>
<td>(location with workshop description)</td>
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<tr>
<td>12:00 p.m. - 1:15 p.m.</td>
<td>Lunch Provided</td>
<td>Atrium</td>
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<tr>
<td>1:30 p.m. - 3:00 p.m.</td>
<td>Session 2—Workshops</td>
<td>(location with workshop description)</td>
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<tr>
<td>3:00 p.m. - 3:30 p.m.</td>
<td>Break</td>
<td>Kiva Foyer</td>
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<tr>
<td>3:30 p.m. - 4:30 p.m.</td>
<td>Session 3—Workshops</td>
<td>(location with workshop description)</td>
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<tr>
<td>4:30 p.m. - 5:00 p.m.</td>
<td>Welcome Reception</td>
<td>Atrium Lounge Area</td>
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<tr>
<td>5:00 p.m. - 6:00 p.m.</td>
<td>Special Wellness Sessions</td>
<td>Kachina A/B and Pool</td>
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## Tuesday, January 26

<table>
<thead>
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<th>Time</th>
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<tr>
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<td>Kiva Foyer</td>
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<td>8:30 a.m. - 10:00 a.m.</td>
<td>Session 4—Workshops</td>
<td>(location with workshop description)</td>
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<td>10:00 a.m. - 10:30 a.m.</td>
<td>Break</td>
<td>Kiva Foyer</td>
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<tr>
<td>10:30 a.m. - 12:00 p.m.</td>
<td>General Session and Keynote</td>
<td>Kiva A/B</td>
</tr>
<tr>
<td>12:00 p.m. - 1:15 p.m.</td>
<td>Lunch Provided</td>
<td>Atrium</td>
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<td>1:30 p.m. - 3:00 p.m.</td>
<td>Session 5—Workshops</td>
<td>(location with workshop description)</td>
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<tr>
<td>3:00 p.m. - 3:30 p.m.</td>
<td>Break</td>
<td>Kiva Foyer</td>
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<tr>
<td>3:30 p.m. - 4:30 p.m.</td>
<td>Session 6—Workshops</td>
<td>(location with workshop description)</td>
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<td>4:30 p.m. - 5:30 p.m.</td>
<td>Special Wellness Sessions</td>
<td>Kachina A/B and Pool</td>
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## Wednesday, January 27

<table>
<thead>
<tr>
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<tr>
<td>7:30 a.m. - 12:00 p.m.</td>
<td>Exhibit Space Open</td>
<td>Kiva Foyer</td>
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<tr>
<td>8:30 a.m. - 10:00 a.m.</td>
<td>General Session and Keynote</td>
<td>Kiva A/B</td>
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<tr>
<td>10:00 a.m. - 10:30 a.m.</td>
<td>Break</td>
<td>Kiva Foyer</td>
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<tr>
<td>10:30 a.m. - 12:00 p.m.</td>
<td>Closing Circle</td>
<td>Kiva A/B</td>
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<tr>
<td>10:30 a.m. - 12:00 p.m.</td>
<td>Distribution of CEUs/Evaluations</td>
<td>Kiva Foyer</td>
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<tr>
<td>12:00 p.m. - 1:00 p.m.</td>
<td>Lunch Provided</td>
<td>Atrium</td>
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<tr>
<td>1:00 p.m. - 2:00 p.m.</td>
<td>Registration for Native Fitness Training: Post-conference fitness training</td>
<td>Kiva Foyer</td>
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Patrick Trujillo is a member of and resides in the Pueblo of Cochiti, and he is also of Jemez Pueblo. He is a practitioner of traditional and spiritual ways. Currently, Trujillo is the Executive Director of the Native American Training Institute, Inc. He was born on March 5, 1954, in Albuquerque, New Mexico. Trujillo is a certified Fetal Alcohol Syndrome Prevention Trainer, Certified Gathering of Native Americans Facilitator and Trainer, a Low Ropes Initiative Course Facilitator and Trainer, a Wellness Trainer for youth, family, elders, women and men, a Leadership Facilitator and Trainer and a Motivational Facilitator and Trainer. Trujillo received the Outstanding Academic Achievement Award in the Drug/Alcohol Studies through the University of New Mexico.

Trujillo has served as a Substance Abuse Counselor for the Five Sandoval Indian Pueblos, Inc., the Southwestern Indian Polytechnic Institute, the Two World’s Project of the All Indian Pueblo Council, Inc. in Albuquerque, New Mexico. He also worked as a counselor at La Nueva Vida Youth Residential Treatment Center for girls in Santa Fe, New Mexico. Trujillo frequently presents programs of wellness specially tailored for audiences of men, women, youth in affiliation with the University of Oklahoma, the American Indian Training Institute (AITI) and The Gathering of Native Americans (GONA).

Trujillo particularly enjoys working with youth and families, and providing prevention agendas for communities that involve strengthening cultural, personal and spiritual awareness.

You are Invited to
A Welcome Reception
Monday, January 25: 4:30 p.m. - 5:00 p.m.

Atrium Lounge Area
Please join fellow conference participants at a welcome session at the Atrium Lounge Area
Keynote Speaker
8:30 a.m. - 10:00 a.m., Monday, January 25, 2016

Kiva A/B Room

Wound Management

Kham Vay Ung, D.P.M.
Foot and Ankle Clinic PC: Center for Limb Salvage and Wound Management

About the Keynoter
Dr. Kham Vay Ung has been an active practicing podiatrist for 23 years. He is originally from Laos, and received an undergraduate degree from Cornell College and Doctor of Podiatric Medicine and Surgery from Des Moines University in Iowa. He currently Practices in Sioux City, Iowa, at the Foot and Ankle Clinic PC: Center for Limb Salvage and Wound Management. Dr. Ung’s experience includes teaching at a university and being a director of residency training for podiatry doctors. He has worked with Native American communities on diabetes issues throughout his professional life, and works extensively with difficult and chronic wounds.

Keynote Address
Conference attendees will see the devastating pathologies of diabetic complications to the feet, among Native American patients. Actual presentation and case reviews of treatments from beginning to the end will be shown.

Objectives
• Familiarize attendees with etiology of common foot problems and their implication to diabetes.
• Identify and effectively manage ulcers before they become limb and life threatening.
• Familiarize attendees with the destructive consequences of chronic, non-healing wounds and factors that can cause ulcers to not heal.

Heard Museum, Phoenix
Session 1
Monday, January 25: 10:30 a.m. - 12:00 p.m.

Kiva A Room

“I am not a diabetic, I am a human being”—Decolonizing Diabetes Through Personal Empowerment

Alex M. McComber, M.Ed., D.Sc. (Hon.), Kanien’kehá:ka (Mohawk), Kahnawake Schools Diabetes Prevention Project, Community Researcher
Otsehtokon@yahoo.com

People dealing with diabetes need to empower themselves by taking responsibility for prevention or management of the disease. The Kahnawake Schools Diabetes Prevention Project (KSDPP), a community-based participatory research project at Kahnawà:ke, a Kanien’kehá:ka (Mohawk) community near Montreal, Canada offers a workshop, “Personal Empowerment for Diabetes Prevention” that places the responsibility for healthy lifestyles on the individual. This session reviews the workshop content of diabetes, stress, eating habits and physical activity with an emphasis on the impact of colonization and historical trauma. It will bring participants through a discussion on wholistic wellness, lifestyle reflection and personal action planning.

The objectives of the workshop are for participants to:
• Understand a process of examining personal lifestyle patterns, stress and trauma, activities and perceptions about health and wellness in relation to diabetes prevention.
• Understand the change process begins with the individual making positive healthy lifestyle choices.
• Understand the importance of role modeling healthy lifestyles for diabetes prevention for their clients and community.
• Become familiar with KSDPP “Personal Empowerment for Diabetes Prevention” workshop.

Serrano Room

Laughter is the Best Medicine: Learn How to Become a Liberated Laugher

Steve Saffron; President, Saffron Perspective, Inc.
Steve@thekidisgood.com

Discover your humor profile. Learn how to use Laughter, Humor and Play to promote healing and happiness. Laughter is the medicine that calms the weary soul. It eliminates boredom and helps us get rid of stress. You will learn specific skills and tools to invite more fun and laughter into your personal and professional life.
Session 1
Monday, January 25: 10:30 a.m. - 12:00 p.m.

Kachina A/B Room

**Walk This Weigh**

*Barbie Johnson, ACSM, NSCA-CPT, LMT, Cherokee, Director, Health Education, Mescalero Apache Tribe*

This workshop is a 14-step plan for feeling “GOOD.” About one-third of the steps deal with nutrition habits. Another third focuses on attitudes and the mind. The last third is focused on movement – WALKING. This fun, energetic and activity-based workshop is for anyone who has been on a diet, only to gain the weight back, or for the individual that knows they need to make little lifestyle changes. You will learn, laugh and get great tips that will help you in making Lifestyle Changes. “What have you got to LOSE.”

Pueblo A/B/C Room

**Coordinated Approach To School Health: Building Capacity of Schools To Deliver School-Based Diabetes Prevention Strategies To Address Childhood Obesity**

*Brooke Holiday, Navajo, Tuba City, HPDP Assistant Program Director, Brooke.Holiday@tchealth.org*

*Preston Holiday, Navajo, Tuba City, HPDP Program Director, Preston.Holiday@tchealth.org*

*Dolly Smallcanyon, Navajo, Tuba City*

The Tuba City Regional Health Care Corporation (TCRHCC) Health Promotion Diabetes Prevention (HPDP) Program’s Coordinated Approach to School Health (CASH) targets approximately 1,300 overweight and obese students, ages 6-18, in 11 schools on the Navajo reservation. TCRHCC HPDP serves a resource to build the capacity of schools to implement evidence-based programs and strategies to reduce diabetes risk. Strategies integrate the services of TCRHCC organization with after school programs, community participation in decision-making, family activities, and systematic data collection for accountability. To compliment the primary prevention strategies, Tuba City’s approach includes keeping students engaged and supporting academic success in the classroom.
It’s Never Too Early to Start: Special Diabetes Program for Indian Renewal Efforts

Karrie Joseph, MPH, Public Health Project Manager, National Indian Health Board, kjoseph@nihb.org
Caitrin Shuy, MPA, Director of Legislative Affairs, National Indian Health Board
Cshuy@nihb.org
Michelle Castagne, Public Health Project Coordinator, National Indian Health Board
mcastagne@nihb.org

Learning Objectives:
After this 90 minute workshop, participants will be able to:
1. Understand the Special Diabetes Program for Indians (SDPI) legislative history and process for legislative renewal.
2. Implement three different techniques for sharing SDPI success stories.
3. Have increased confidence in ability to provide outreach and education about the SDPI and its impact on diabetes treatment and prevention in Indian Country to policymakers.

Abstract:
Congress established the Special Diabetes Program for Indians (SDPI) in 1997 to address the growing epidemic of diabetes in American Indian and Alaska Native communities. As SDPI begins its nineteenth year of funding diabetes treatment and prevention programs in Indian Country, it is important to share success stories and improved outcomes in risk factors and key diabetes in order to educate federal decision-makers on the importance of the program. The National Indian Health Board will teach participants three techniques that can be used to provide outreach and education on SDPI: local impact storytelling, state- and Tribal-specific data reporting, and hosting site visits for policymakers and their staff.
**Session 2**  
Monday, January 25: 1:30 p.m. - 3:00 p.m.

**Serrano Room**  
**Six Ways to Empower People**  
*Steve Saffron; President, Saffron Perspective, Inc.*  
Steve@buildapositiveworkclimate.com

Learn how to use six key factors that empower and motivate people to learn and grow and move in a positive direction. Factors include: 1. Four kinds of risks, 2. Sense of belonging, 3. Establishing your uniqueness, 4. Making Choices, 5. Productivity and achievement, 6. Models and mentors. These are the six essential key building blocks for being strong in your power.

**Kachina A/B Room**  
**Using Humor to Rekindle the Spirit Within**  
*Patrick Trujillo, Cochiti Pueblo/Jemez Pueblo, Private Consultant*  
pstrujillo54@gmail.com

Objectives:  
• Increase Self-Esteem  
• Increase Self-Awareness  
• Establish Personal Boundaries  
• Prevent Burnout

Parents, teachers, counselors, community health representatives and direct service providers often give their time, attention and compassion to the people they serve at the cost of their own wellness. Learn how to develop a wellness plan and how spirituality is important through this process for also those living with the disease of diabetes. Spirituality and humor are two primary strengths and resiliency factors for Native American people. This highly interactive and lively workshop combines stories, laughter, movement, music and prayer as a journey to healing. Be prepared to have fun during this highly interactive workshop.

**Pueblo A/B/C Room**  
**Generational Diabetes: Four Dimensional Recovery Plans**  
*Rose Hamilton, BSc Hons, Holistic Nutrition, non-registered Shawnee Tribal Affiliation, Holistic Nutritionist*  
rah@concordiaconnect.com

Diabetes is a trans-generational and cross-disciplinary challenge for our communities. We have “medicalized” diabetes while ignoring many non-medical factors which reinforce it. The effects of trauma, addictions, combined with the loss of traditional foods, lifestyle and culture can be literally embedded in our genes.

Goals:  
Let’s identify the obvious and the hidden diabetes promoters.  
Let’s look at how all these things interact.  
Let’s explore how restoring many levels of traditional culture and healing can break the grip of diabetes.
Session 2
Monday, January 25: 1:30 p.m. - 3:00 p.m.

Kiva B Room

Causes of Type 1, 2 and 3 Diabetes and How to Reverse Them Naturally

Speaker, Nutrition Consultant
kristen@perfecthealthconsultingservices.com

Learn the causes of Type 1, Type 2 and Type 3 diabetes based on years of hair analysis research. Learn how to reverse each type of diabetes naturally through a healthy diet, supplements, lifestyle and detoxification.

Goals/Objectives. You will learn the following:
• Causes of Type 1, 2 and 3 diabetes
• How to reverse each type of diabetes naturally
• Diet suggestions for diabetes
• Hair Analysis indicators of diabetes

Kiva A Room

Walking in Our Moccasins

Beverly Santicola, Purpose Prize Fellow 2010 and 2014, Ute Mountain Ute Tribe, US Government
Grants, Grant Writer; santicola@sbcglobal.net
DeAnne House, BS Degree in Behavior Health, Ute Mountain Ute Tribe, Ute Mountain Ute Tribe,
Tribal Councilwoman, dwall@utemountain.org

Imagine living in a community where the poverty rate is 40 percent, where heart disease, diabetes and cancer are taking lives so fast the median age of the community is only 26 years old, and the average life expectancy 55. These are the conditions in which the Ute people and many others across the nation are living, making health disparities on reservations a national crisis. In this session, you will learn about the seven key strategies the Ute Mountain Ute Tribe has employed to create more than $7.7M in grant funding to help eliminate health disparities.

• Learn how to create tribally driven diabetes prevention projects based on strengths and passions.
• Learn how to increase funding for diabetes prevention through youth leadership and placemaking.
• Learn how to maximize results by integrated health, education, social, and justice systems.
• Learn how to engage state, federal and national partners in your implementing solutions.
Session 3
Monday, January 25: 3:30 p.m. - 4:30 p.m.

Kachina A/B Room

Nutrition Can Be Fun!
*Melva Zerkoune*, MS, RDN, CDE, Gila River Health Care, RD/CDE
mzerkoune@grhc.org

Do you struggle to find a way to provide nutrition education in an interesting and understandable format? If so, then this session is for you! This session will provide participants with nutrition ideas and resources to provide a fun and entertaining approach to their lesson plans or presentations for all age groups.

Objectives:
1. Provide resources that participants can use in their Tribal Programs.
2. Provide easy nutrition activities for Health Programs that can be applied to all age groups.
3. Provide an interactive session with activities that can be replicated in attendee’s own Tribal Program.
4. Have FUN!

Kiva B Room

Diabetes is a Fall Risk: How to Reduce the Risk
*Donald Williams;* REHS, MPH, DAAS, Registered Environmental Health Specialist, Master of Public Health, Diplomate of the American Academy of Sanitarians, Indian Health Service, Tucson Area Injury Prevention Coordinator
donald.williams@ihs.gov

Despite the fact that diabetes is a definite fall risk the condition is not well recognized for the hazards it presents. There are multiple risk factors for persons with diabetes including vision changes and polypharmacy; two of approximately twenty factors. Fall risk assessments and referrals to community-based fall prevention programs certainly reduce the risk when those actions occur. This presentation will urge participants to be proactive in managing their diabetes to reduce the risk and advocating for the proven effective strategies that will be presented.

Learning Objective: Four strategies to prevent falls and assist with your diabetes management

Pueblo A/B/C Room

Native Health: Innovative Programs Out of the Box
*Susan Levy,* NATIVE HEALTH Organization, Communications Coordinator
slevy@nachcni.com

NATIVE HEALTH will describe its innovative and out-of-the-box programming which includes a community garden, Diabetes Prevention Classes, Dare to Cook cooking classes, Diabetes Prevention Camp, Literacy and Cooking classes and the Walk for the Land and the People.
Session 3
Monday, January 25: 3:30 p.m. - 4:30 p.m.

Kiva A Room
The Neuropathic Limb: Hands on Foot
Richard Rusche, C.O., C-Ped, Hanger Clinic, ABC Certified Orthotist, Certified Pedorthotist
rrusche2@hanger.com

This presentation will cover management of the neuropathic limb; identifying patients at risk for foot ulcerations due to the lack of sensation; identifying causes and clinical signs of degeneration and documentation to assess, treat, wound management, follow-up and incorporate thermography into the evaluation and treatment protocols.

You are Invited to
A Welcome Reception
Monday, January 25: 4:30 p.m. - 5:00 p.m.

Atrium Lounge Area
Please join fellow conference participants at a welcome session at the Atrium Lounge Area

Special Wellness Sessions
Monday, January 25: 5:00 p.m. - 6:00 p.m.

Kachina A/B Room
Healing Circle
Glen Juste, Tohono O’odham/Pima
Patrick S. Trujillo, Pueblos of Cochiti and Jemez

All are welcome to participate. Come to listen or to share stories, personal experiences or insights about healing from trauma, grief, loss, stress, alcohol or substance abuse, or any other factor that affects your wellness. This circle is a special space for discussing grief, loss, joy and healing guided by traditional healing methods.

Pool
Water Aerobics (weather permitting)
Barbie Johnson, ACSM, NSCA-CPT, LMT, Cherokee, Director, Health Education, Mescalero Apache Tribe

Join this workshop for a full body workout in the pool—a great option for all levels of fitness.
Session 4
Tuesday, January 26: 8:30 a.m. - 10:00 a.m.

Kiva A Room

Multi-disciplinary Team Approach for Diabetes Prevention and Treatment

Kelly Pak, PharmD., CDE, Winslow Indian Health Care Center, Pharmacist, kelly.pak@wihcc.org
Kenya Destin, PharmD., Winslow Indian Health Care Center, Pharmacist, kenza.destin@wihcc.org

Most IHS patients receive adequate diabetes medications, but how many of these patients receive adequate Diabetes Self-Management Education (DSME) before they start their medications? How many patients completely understand what diabetes is? How many of these patients fully understand how the medications can help their condition and how they work? How many patients feel comfortable with DSME or know how DSME improves patient outcomes? Good diabetes management involves not just medications, but also self-management at home (nutrition, exercise, foot care and medications).

Goal: Demonstrate how a multi-disciplinary team approach for diabetes prevention and treatment can improve DSME for diabetes patients.

Objectives
• What is DSME?
• Who can be part of a DSME team?
• How/why DSME can improve patient’s outcome
• Interpret outcome data to evaluate and improve the program

Kachina A/B Room

PANEL: Tribal Community and School-Based Interventions: Lessons Learned; Health and Wellness Activities

Rachel Seepie, Certified: Group, Personal, Zumba, Cycle, Yoga instructor, Akimel O’Odham and Piipaash, Salt River Pima-Maricopa Indian Community, Senior Physical Fitness Specialist, rachel.seepie@srpmic-nsn.gov
Michelle Long, Certified: Group, Personal, Cycle instructor, Akimel O’Odham and Piipaash, Salt River Pima-Maricopa Indian Community, Physical Fitness Specialist, michelle.long@srpmic-nsn.gov
Felicia Jimerson, Para-professional degree in Early Childhood Ed., Akimel O’Odham, Salt River Pima-Maricopa Indian Community, FACE Parent Educator, felicia.jimerson@srpmic-ed.org
MaryLynn Marshburn, MPH, MCHES, RD, Salt River Pima-Maricopa Indian Community, Community Health Educator, marylynn.marshburn@srpmic-nsn.gov

Learning Objectives:
• Hear Success Stories and identify ideas to replicate in your community - Physical Fitness Events and Health Education Lessons for K-1st grade, plus fun ideas for kids to be active and creative in the kitchen!
• Get inspired by the amazing personal stories of sisters Rachel and Michelle on their road to Wellness!
• Get up and MOVE! This session will include fun exercise demonstrations for all ages in which to both participate and replicate including ZUMBA!
American Indian Youth Wellness Initiative

Francine C. Gachupin, PhD, MPH, Jemez Pueblo, Assistant Professor, University of Arizona
fgachupin@email.arizona.edu

Obese individuals are at higher risk for cardiovascular disease, high blood pressure, dyslipidemia, type 2 diabetes mellitus and stroke. Objective: To understand trends in the prevalence of obesity among American Indian tribal youth during the past 20 years. Methods: Participants included American Indian boys and girls aged 10-15 years from 14 different tribes, primarily Arizona, in the Southwest who attended a one-week residential summer wellness camp from 1995 to 2015. Conclusions: There was consistently a high prevalence of obesity and severe obesity among American Indian tribal youth. Boys displayed a higher prevalence and severity of obesity relative to girls.

Family Unity: Generations Working Together for Diabetes Prevention and Awareness

Denise Alley, Cherokee, Otoe, Shawnee, motivational speaker, author, seminar leader
denisealley@msn.com

Families are like sugar-free brown chocolate candy, mostly good with a few nuts,” says Denise. The purpose of this workshop is to 1) inspire wellness for the Native family and uplift the human spirit, 2) learn techniques for family interaction to promote harmony, peace, and wellness within the home, 3) strengthen and rejuvenate individuals and families to prevent diabetes and live a more healthy lifestyle. The Seven Habits of Highly Effective Families will be discussed along with family and cultural values, story telling about ancestors passed down in generations, and wellness activities for families.

Learning Objectives:
• Enhance family unity by focusing on the positive, let go of the negative, and see the good in each other.
• Strengthen families through activities to prevent diabetes or living with diabetes in a positive way.
• Discuss principles of Seven Habits of Highly Effective Families along with personal family and cultural values to promote generations working together for diabetes prevention and wellness.
Keynote Speaker
10:30 a.m. - 12:00 p.m., Tuesday, January 26, 2016

Kiva A/B Room

The Awesome Power of a Positive Attitude

Steve Saffron; President, Saffron Perspective, Inc.
Steve@thekidisgood.com

About the Keynoter
Steve Saffron has worked with Native People most of his life as the Director of American Indian Programs at Scottsdale Community College for 25 years. The college is located in the Salt River Pima/Maricopa Indian Community. For eight years he also coordinated the Wellness Program in The Maricopa College District that serves ten community colleges throughout the greater Phoenix area which serves 295,000 students.

Your positive attitude is the smartest thing you wear. Learn how to say “Yes” to life in spite of everything. With positive humor and outrageous silly hats you will discover your attitude profile. With a new perspective on life you will discover and choose upbeat attitudes and habits that accentuate the positive and minimize sadness, depression and despair.

Desert Botanical Garden
Session 5
Tuesday, January 26: 1:30 p.m. - 3 p.m.

Kiva A Room

Successful School-based Diabetes Prevention Interventions in a Kanien’kehá:ka (Mohawk) Community

Alex M. McComber, M.Ed., D.Sc. (Hon.), Kanien’kehá:ka (Mohawk), Kahnawake Schools Diabetes Prevention Project, Community Researcher
Otsehtokon@yahoo.com

The Kahnawake Schools Diabetes Prevention Project (KSDPP) is a community-based participatory research project since 1994 whose goal is prevent type 11 diabetes among elementary and secondary school students in community schools at this Kanien’kehá:ka (Mohawk) community near Montreal, Canada. Using the Ottawa Charter for Health Promotion, KSDPP’s activities include support for health curriculum implementation, in-class nutrition workshops, providing nutrition and sleep information kiosks; facilitation of physical activity policy development and implementation; nutrition policy revision and support; working with cafeterias, organizing extra-curricular physical activity programs and creating a school’s wellness committee to oversee activities. Community wide activities support the interventions.

The objectives of the workshop are for participants to:
• Understand the five aspects of the Ottawa Charter of Health Promotion (1986).
• Become familiar with KSDPP school intervention activities.
• Be aware of facilitators and barriers for successful school healthy lifestyles interventions.

Pueblo A/B/C Room

STRESSCARE: Activating Self-Health with Presence, Power and Purpose

Carol LaRue, Occupational Therapist, Integrative Wellness Author, Speaker and Mentor, LifeCentrics – The Art of Self-Health
carol@artofselfhealth.com

Reduce stress, and reclaim your time, energy and effectiveness in life! This highly interactive and engaging session will:

1. Teach skills and practices of self-awareness and energy management that will immediately decrease stress, increase energy and increase enjoyment.
2. Apply the practice of mindfulness in making day-to-day choices that support self-health, inner peace and happiness.
3. Will teach participants the feeling of a balance of body, mind, spirit and emotions while having fun and enjoying relaxation.
4. Bridge seven energy centers with seven dimensions of well-being for increased presence, power and purpose every day!
Session 5
Tuesday, January 26: 1:30 p.m. - 3 p.m.

Kachina A/B Room
“Spirituality: The Foundation To Healing”
Patrick Trujillo, Cochiti Pueblo/Jemez Pueblo, Private Consultant
pstrujillo54@gmail.com

A recent trend in health care among Native American peoples has been the inclusion of Native American healing methods along with western medical methodologies. The Native American people recognize and express the need for holistic healing which is not limited to physical symptom, but also includes the balance of the spiritual, mental and emotional components that are integral to individual health. This presentation will include discussion and ways to implement this process into our lives.

Objectives:
• Know who you are. – Identify cultural strengths, Identify individual strengths and resiliency factors, empowerment.
• Feel a part of a family-people-community. - A time to know how you belong, Naming ceremony, Welcoming into clan-ship, Introduction into ceremony, Identify values.
• Feel some control over what happens in your lives. – A time of Vision and Mastery, Rites of Passage, values, Resiliency – recovering strength, spirits: quickly after being stretched, stressed or oppressed.
• Feel there is a purpose or meaning to things. – A time of Symbolism, Symbolized by adults, Emphasize how you as human beings relate with others, your environment and universe, Individual role, Community role, Interconnected as a whole, Holistic.
• Develop personal insight. – A time of knowledge, teachings, and history, Honor our elders who give their knowledge and teachings to future generations, Roles as a parent, daughter, son, grandparent, aunt/uncle, brother/sister, etc., Knowledge of history, Generational stories.
• Develop self-awareness. – “How well am I (Spiritually, Physically, Mentally, Emotionally)?” Identify spiritual needs.
• Increase self-esteem and learn to “let go”. – “What are your Power Thoughts?” “What are your boundaries like?” “How do you want others to treat you?” “What are you doing to let go of “problems”?”

Kiva B Room
Clear Numbers – How to clearly see a change in your diabetic population
Jim Pietila, Pieran Health Technologies, President, jim@pieran.com
Tracy Witt, Pieran Health Technologies, Senior Healthcare Business Analyst/Product Manager
tracy.witt@pieran.com

You can’t expect, what you can’t inspect. How do you expect patients with diabetes to make changes to their habits? How do you expect healthcare workers to provide guidance to their diabetic patients in the black hole of clinical data in RPMS? With the advances in technology many non-native organizations are actively using real-time analytics to provide clear insight into their chronic disease population. Why should Native Americans and their healthcare workers in Indian Country be left behind? The future of healthcare technology is here and is available to today.

Stop by our presentation and see how you can shape the future of patient empowerment to positively affect the outcomes of diabetic care.
Session 6
Tuesday, January 26: 3:30 p.m - 4:30 p.m.

Kiva A Room
High Level Wellness: Discover the Big Wellness Picture
Steve Saffron; President, Saffron Perspective, Inc.
Steve@thekidisgood.com

Receive a check-list that outlines the 18 dimensions of Over-All Wellness. As a result of this learning experience you may discover what may be missing in your wellness program and then be inspired to design a new wellness-life-style plan. You will end up with a new mind-set and skill-set that will boost morale and help you balance life, work and play.

Kachina A/B Room
Yoga for Diabetes Prevention and Control
Regina Robbins, PhD, Certified Yoga Instructor, Cherokee, Pueblo of Tesuque, Divisional Director of Health and Wellness, reginaemily@yahoo.com

This session will engage participants in the practice of yoga postures that can serve to both prevent and control diabetes. Participants will be guided through a series of postures and engaged in dialogue about how each posture addresses risk factors and symptoms of diabetes through the lens of a native wellness model that acknowledges the shared importance of mind, body and spirit in context. We will focus on specific postures (and individualized modifications) suggested to reduce blood sugar levels, stimulate weight loss, decrease stress, release stored trauma and promote spiritual wellness. Time will also be allocated to reflect on the benefits of a regular yoga practice and participants will be assisted in developing a practice tailored to their needs.

Pueblo A/B/C Room
Nutrition Can Be Fun!
Melva Zerkoune, MS, RDN, CDE, Gila River Health Care, RD/CDE
mzerkoune@grhc.org

Do you struggle to find a way to provide nutrition education in an interesting and understandable format? If so, then this session is for you! This session will provider participants with nutrition ideas and resources to provide a fun and entertaining approach to their lesson plans or presentations for all age groups.

Objectives:
1. Provide resources that participants can use in their Tribal Programs.
2. Provide easy nutrition activities for Health Programs that can be applied to all age groups.
3. Provide an interactive session with activities that can be replicated in attendee’s own Tribal Program.
4. Have FUN!
Session 6
Tuesday, January 26: 3:30 p.m - 4:30 p.m.

Kiva B Room

NATIVE HEALTH Wellness Warriors – Childhood Diabetes Prevention

Katie Carpenter, PhD, NATIVE HEALTH, Diabetes Program Coordinator, kcarpenter@nachci.com
Amanda Chee, BS, Navajo, NATIVE HEALTH, Community Health Worker, achee@nachci.com
Brian Robles, BS, NATIVE HEALTH, Community Health Worker, brobles@nachci.com

NATIVE HEALTH Wellness Warriors is a diabetes and obesity prevention program targeting 7-12 year old Native American youth and their families. The program aims to educate participants on preventing obesity and diabetes in this high risk population through a series of fun, engaging, family friendly events. One of the unique, key aspects of NHWW is the Living Well Traditionally Diabetes Prevention Camp, where 60 youth attend a week long summer camp, learning about healthy living, physical activity, and nutrition. Key workshop objectives are to share program results and successes, as well as provide insight into a large childhood diabetes prevention program.

Special Wellness Sessions
Tuesday, January 26: 4:30 p.m. - 5:30 p.m.

Kachina A/B Room

Healing Circle

Glen Juste, Tohono O’odham/Pima
Patrick S. Trujillo, Pueblos of Cochiti and Jemez

All are welcome to participate. Come to listen or to share stories, personal experiences or insights about healing from trauma, grief, loss, stress, alcohol or substance abuse, or any other factor that affects your wellness. This circle is a special space for discussing grief, loss, joy and healing guided by traditional healing methods.

Pool

Water Aerobics (weather permitting)

Barbie Johnson, ACSM, NSCA-CPT, LMT, Cherokee, Director, Health Education, Mescalero Apache Tribe

Join this workshop for a full body workout in the pool—a great option for all levels of fitness.
Kiva A/B Room

Utilizing Public Health Education Models in the Development of Your Health Promotion/Disease Prevention Programming

Lancer Stephens, PhD (Wichita/Creek), Outreach Director - Oklahoma Shared Clinical and Translational Resources Center; Director of Special Populations - Stephenson Cancer Center; Director of Community Outreach - American Indian Diabetes Prevention Center; Assistant Professor - Health Promotion Sciences, University of Oklahoma Health Sciences Center; College of Public Health

About The Keynoter
Dr. Lancer Stephens has seen multiple aspects of the health of American Indians through his work with the Indian Health Service, Tribal Health systems and his research work with the University of Oklahoma Health Sciences Center. He has expertise in developing community relationships to conduct research that is of benefit to tribal populations, grant reviewing and assisting tribes in the development and evaluation of primary prevention programs for their communities. Dr. Stephens is a College of Public Health professor of Cross-Cultural Perspectives in Research Ethics, Health and the American Indian, Social and Behavioral Sciences in Public Health, as well as a standing liaison for tribal/university Institutional Review Board relations. He is a graduate of Haskell Indian Junior College, the University of Central Oklahoma, Northeastern State University and the University of Oklahoma Health Sciences Center.

Learning Objectives
• Through the use of the Health Belief Model, participants will gain a greater understanding of what motivates personal behavior.
• Through the use of the Social Ecology of Health Model, participants will gain a greater understanding of what influences positive and negative health behaviors in their communities.
• Utilizing Public Health Models, participants will be better prepared to look at the “big picture” to assist in their development of health promotion and disease prevention programming for their communities.

Closing Circle
10:30 a.m. - 12:00 p.m., Wednesday, January 27, 2016

Kiva A/B Room
Patrick Trujillo, Pueblos of Cochiti and Jemez

Join us for a ‘Closing Circle’ workshop—the perfect way to wrap up the week.
Distribution of CEUs
10:30 a.m. - 12:00 p.m., Wednesday, January 27, 2016
Atrium

Registration for Native Fitness Training
1:00 a.m. - 2:00 p.m., Wednesday, January 27, 2016
Atrium
Exhibitors

Lisa Baethke and Hilary Burns  
Mayo Clinic – Native American Programs

Ben, Tim and Gloria Begay  
Jewelry and Arts – Crafty Edgewater Fine Handmade  
Navajo Jewelry in Silver and Gold

Donna Burke  
Native Project

Lorraine Fanman and Sarah Fanman  
Fanman’s Arts & Crafts Shop

George Franklin and David Nash  
National Library of Medicine

Barbara Gongyin and Jason Curley  
CMS Division of Tribal Affairs – Affordable Care Act Campaign for AI/AN  
Kauffman & Associates www.healthcare.gov/tribal

Rose Hamilton  
Eagle Spirit Designers Arts & Crafts

Benita Joe  
Hanger Clinic www.HangerClinic.com

Dan McGarry and Nora Hanna  
Until There’s A Cure

Clifford Monroe, Lula Monroe and Richard Monroe  
Monroe Designs

Brooke Wilson  
Wilson’s Native Art

Alicia Tsosie and Samantha Turner  
Food Corps www.foodcorps.org