



**Northeastern Tribal Health System  
HP/DP/Diabetes Program  
Annual Review**

**Awards:**

- 2010 GPRA – Diabetes Management – Best Goal Outcome - Ideal Glycemic Control
- 2010 GPRA – Diabetes Management – Best Goal Outcome - LDL Assessed

**Hired:**

- Channa Morton, RD, CDE (Jan, 2010)
- Dianna Jameson, RN-CVD Case Manager (Oct, 2010)
- Carol Philpott, Contract Wellness Assistant - PRN

**Events held/planned - 2011:**

- Assisting with “TRAIL” (Together Raising Awareness for Indian Life – Diabetes Prevention) Program at Miami - Washington Elementary School (3<sup>rd</sup> & 4<sup>th</sup> Grades) – 12 weeks during the spring semester.
- Weekly cooking demo classes at the Boys & Girls Club of Ottawa County.
- Ongoing Smoking Cessation Classes – held each Tuesday
- Heart Savers Participants – “Virtual Walk – South for the Winter” Jan-April.
- Diabetes/Nutrition Classes – Lunch & Learn – Jan 26<sup>th</sup>; Dinner & Learn – Jan 27<sup>th</sup>. (and PRN during 2011)
- Provided diabetes education presentation for the Ottawa Tribal Senior Companions – March 18<sup>th</sup>.
- “Walk for Wellness” – April 15<sup>th</sup> at the Rotary Centennial Park in Miami - Community Prevention Event.
- Blood Drive – April 29<sup>th</sup> in the Diabetes & Wellness Center Conference Room.
- “Field Day” at NEO College May 24<sup>th</sup> - in conjunction with Miami Elementary Schools.
- “Just for Kids” (JFK) Days – Children’s Prevention Camp – June 6<sup>th</sup>-10<sup>th</sup>.
- Implementing new “Adult Weight Management Program” – June 13<sup>th</sup>.
- Tribal Pow-Wow Health Fairs – July – Aug 2011
- Red Ribbon Drug Prevention Week – Oct 2011
- 3<sup>rd</sup> Annual NTHS Health Fair – Oct 2011

**Diabetes/Nutrition Program in 2010-11:**

- Submitted grant applications and NTHS was awarded the following:
  - SDPI Grant for FY2010 (4/1/10 – 3/31/11) from I.H.S. Also awarded this grant in 2011-12.
  - SDPI-Healthy Heart Grant (10/1/10 – 9/29/11) from I.H.S. In consortium with Tulsa IHCRC.
  - REACH US CEED (1/1/10 – 12/31/10) from OK State Health Dept.
- Successfully have reported all required documents to the above noted grant agencies.
- Successfully completed 2010 Diabetes Chart Audit and Outcomes Report to Grants Management.
- Maintained documentation for the Diabetes Education Recognition Program.
  - This includes a monthly CMS report, quarterly RPMS chart audits, ongoing tracking of enrolled patients and annual program reporting.
  - In Jan 2011, transitioned to the AADE Diabetes Education Accreditation Program due to the discontinuation of I.H.S. IDERP.
  - Maintaining this recognition program requires a Certified Diabetes Educator, a Registered Dietitian, and completion of patient individualized education plan.
  - Recognized programs are eligible to bill for third party reimbursement for all educational appointments including diabetes, pre-diabetes, weight management and medical nutrition therapy.

**Health Promotion/Disease Prevention in 2010:**

- Conducted or participated in 35 community based events including:
  - Several Tribal Health Screenings
  - Senior Olympics
  - Smoking prevention at area schools and churches
  - Elementary schools (Nichols, Washington, Roosevelt and Wilson)

- Teen Pregnancy Prevention @ Miami High School
- Middle School Drug Prevention during Red Ribbon Week
- Just For Kids Program
- NTHS Health Fair
- Initiated evening smoking cessation

**Wellness Center:**

- Continued MWF Chair Classes
- Daily video exercise classes
- Purchased Wii Fit equipment for youth exercise
- Country and Western Dance Classes
- “Spin it to Win it” incentive program
- Darla is currently attaining lifeguarding certificate, plan to have “Water Aerobics” Classes in 2011.

**Training in 2010:**

- Feb 12: CATCH (Coordinated Approach to Child Health) Workshop in Tulsa, provided by Tulsa IHCRC Staff. (Darla & Tink)
- Feb 26: Childhood Obesity Conference, Tulsa Saint Francis Hospital. (Channa & Tink)
- Apr 29: “Food Addictions” seminar in Tulsa (Channa & Karla)
- June 24-30: 70<sup>th</sup> Scientific Diabetes Session (Channa & Tink)
- Sept 15-17: Darla & Stacy attended the “Northern Plains Native Fitness Training” in Billings, MT.
- Sept 27-30: Tink and Karla attended the “Native Wellness Conference” in San Diego, CA

**Departmental Meetings 2010:**

- Bi-weekly CVD Case Management meetings (Tink, Channa, Dianna)
- Monthly DSME Team Meetings (Tink, Channa, Karla)
- Quarterly DM Committee Meetings (Tink, Channa, Darla)
- Monthly Executive Team Meetings (Tink)
- Monthly CEED Grant Steering Committee Meetings (Tink, Darla)
- Monthly PIT Crew (Tink)
- Spring - JFK Planning Meetings (All HP/DP Staff)
- Fall – Health Fair Planning Meetings (Karla)
- POCY (Partners for Ottawa County Youth) in Sept/Oct (Tink)
- Heart Savers mandatory grant meeting in Nov (Stacy/Dianna)
- Employee Council (Channa)

