

## CHOCTAW NATION OF OKLAHOMA HEALTHY LIFESTYLES TASK FORCE

Established in 2001



In the fall of 2001, Chief Pyle recognized the increasing epidemic of diabetes and obesity that threatens the Choctaw people. He created a special task force, the Diabetes Multi-Resource Task Force, to work toward preventing diabetes among Choctaws.

The Task Force members were health professionals, Choctaw Nation program directors, a representative of the Choctaw Nation tribal council, and Chief Gregory E. Pyle.

Recently the task force changed its name to the Healthy Lifestyles Task Force and will focus on all the health problems facing Choctaw people. Diabetes remains the most serious health issue for Choctaw Nation.

### Activities

- Diabetes Public Awareness Campaign
- Walk This Weigh Pilot
- Get Kids Fit
- Poster/Quilt Project
- School Activity Day(s)
- Chief's Challenge/Corporate Challenge
- Clayton Community After School Project
- Trails System in Antlers
- Strategic Planning Process 5<sup>th</sup> grade diabetes prevention program
- 3<sup>rd</sup> grade school program
- Summer youth wellness camps
- Walk This Weigh campaign
- Chief's Challenge
- New Diabetes Wellness Center
- Professional facilitator at conference
- Poster contest to raise diabetes awareness. Posters framed and Distributed to all programs
- Retinopathy prevention
- Increased staff and funding for diabetes program
- Diabetic recipe contest
- Exercise equipment in community centers

- Walking tracks and playground equipment at health center
- Decreased blood glucose and blood pressure
- with evidenced based Medicine
- Great leadership
- Implemented nutrition and exercise program at Jones Academy
- Increased awareness of diabetes and Choctaw services in the community
- Implemented experiential diabetes self-management education program
- Completed diabetes video
- Strengthened relationships/collaborations with outside entities. Ex. OUHSC, OSDH, Turning Point, CDC, and IHS
- Attained national recognition
- "Healthy Living" tent at Tushkahoma festival
- Awareness stamp "Stamp Out Diabetes" on all outgoing mail
- Healthy snacks and water available in vending machines
- Heightened awareness and importance of healthy lifestyles
- Diabetic educators community wide
- Standardizing treatment of out-of-control diabetes
- Heightened education of services available at Choctaw Nation Health Services facilities

### **Outcomes**

- Identified goals and objectives
- 5<sup>th</sup> grade diabetes prevention program
- 3<sup>rd</sup> grade school program
- Summer youth wellness camps
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- Active involvement on a grass roots level
- This project is a tribal initiative
- We have made learning fun!
- Task force was established
- Youth wellness camps with more program collaboration
- Improved lab values and weight reduction
- Project Get Kids Fit and exercise equipment at Jones Academy
- Trail of Tears virtual walk
- Increased level of activity among the community members
- Pedometers
- Salad Sisters
- Community dietitian
- Health fairs
- DARE rodeo
- Fewer amputations
- Helped identify diabetics with community screening
- Healthy menus for elder nutrition program
- Promotion in Bishinik
- Diabetes and nutrition education in clinics
- Non-profit foundation
- Developed Director of Healthy Lifestyles Position
- Quilt for fund raising from poster contest
- 50,000 home visits by CHR's
- Mobile Wellness Units
- 500 Healthy Lifestyle screenings at Labor Day festival
- 28,000 miles Alzheimer's Outreach
- TEAM WORK!
- Expanded partnerships

### **Future Plans**

- Keep Community centers with exercise equipment open 7 days a week  
Open earlier, close later, have trainers present
- Teach classes in specific groups such as wheelchair bound/arthritis/etc.
- Provide showers and dressing rooms
- Promote outside activities. Seniors would enjoy activities such as fishing trips, bird watching, gardening, mall working, etc.
- Give rewards for exercise. Every time they come to the center to exercise, give them an "activity ticket" they can redeem for chosen items at a "reward shop", such as t-shirts, pedometers, pens, sugar free candy, etc.
- Heated indoor pools in all communities
- Provide meals daily at community centers and open for extended hours
- Registered dietitian in every clinic
- Space for community gardens
- Provide alcohol/drug prevention programs
- Smoking Cessation
- Exercise at bingo places
- Develop and create centers for Health Excellence throughout the 10 1/2 county area that is fully staffed with an array of prevention programs which would include but not be limited to: Nutrition, Smoking Cessation, Managing high blood pressure/cholesterol, women and men's healthy information programs, mentoring, support groups, exercise of the whole family, abstinence, drug alcohol education, tutoring, family preservation
- Collaborate between primary care and DWC to standardize diagnosis and treatment of diabetes
- Adopt a program - Big Brother/Big Sister, mentoring, family mentoring family

- Social worker in every school
- Tribal case management
- Database management
- Elevate preventive health to #1 priority
- School based health clinics, adolescent wellness camps
- Youth parent conference for teen parents
- Farmers markets - set aside tribal money to allow people to get zero cost fresh fruits and vegetables regardless of income
- Expand CARES program
- Expand CRIMES programs

### **Participants**

- Turning Point
- Diabetes Wellness Center
- REACH 2010
- Nursing Services
- Oklahoma State Department of Health
- Community Turning Point Coalitions
- Public Schools