



## DIVISIONS/DEPARTMENTS

### a. Mission Statement

The mission of the Pascua Yaqui Diabetes Prevention & Treatment Program (DPTP) is to nurture and sustain the cultural longevity of the tribe through offering outreach, physical, mental, and emotional support to empower all community members to strive for a healthier lifestyle through diabetes education, management, and prevention.

### b. Goals/Objectives

1. Decrease the number of individuals with uncontrolled blood sugars (A1C >7.0) in order to reduce complications.  
**Objective 1:**  
Increase the number of tribal members receiving diabetes related education through programs and classes that promote diabetes self-management  
**Objective 2:**  
Improve integration and coordination of care for people living with diabetes with A1C's >7 and other high risk groups
2. Reduce the prevalence of pre-diabetes in the community  
**Objective 1.**  
Increase early identification of people at-risk of diabetes through increased diabetes awareness, health assessments and screening at community events  
**Objective 2**  
Develop effective partnerships and collaboration with community agencies and groups to reach target groups
3. Increase number of tribal members adopting healthful behaviors to reduce the number of overweight and obese individuals  
**Objective 1**  
Increase participation in a range of culturally relevant, age appropriate and acceptable recreational and physical activities  
Increase participation in a range of culturally relevant and age appropriate nutrition and diet related activities and classes to support diet modification.  
**Objective 2**  
Enhance tribal member's understanding of the benefits and access to healthy and traditional foods
4. Support policies and initiatives that promote healthy communities and lifestyles  
**Objective 1**  
Lead and support community activities and initiatives that influence healthy lifestyle choices and environments.

### **c. Grants Received and Purpose**

Funded by the Indian Health Service, the Diabetes Prevention and Treatment Program (DPTP) provides a broad range of health education, health promotion and outreach activities aimed at reducing the rate of diabetes and its complications. Diabetes-related education including nutrition, physical activity and fitness and disease self-management is delivered through the PYT Wellness Center and the Outreach teams. Community events and activities are offered throughout the year to increase awareness and engage tribal members in physical activities. The program is funded by a number of grants from the Indian Health Service including the Special Diabetes Program for Indians, as well as through an annual funding agreement with IHS for diabetes and youth wellness.

**The Wellness Center** offers a range of fitness classes and opportunities to the community as well as recreation activities for people of all ages. Exercise and Recreation Specialists are trained to provide support and encouragement to individuals wanting to make healthy lifestyle changes through a healthy diet and physical activity.

**The DPTP Outreach team** provides education and outreach services to people at risk for developing diabetes or who are living with the chronic disease. The program works closely with El Rio providers and community health nursing, through an established referral system to improve care coordination. The Program's Community Dietitian is based one day a week at Pascua El Rio clinic to offer diabetes-related education and nutrition counseling to improve access to education for patients at the clinic. Community screening for random blood glucose and HbA1C levels, as well as program information and health education is offered at most program events.



DPTP Outreach team sharing healthy recipes and food while offering screening.

#### d. Accomplishments/Highlights

##### Key Accomplishments in 2016-2017

More than twenty community events were provided to increase community members' awareness and participation in recreational and physical activities, including a number of fun runs/walks.



In January, the Diabetes Outreach Team started a weekly healthy eating and weight loss program for health department employees called Hitevi Kari Wellness program. Approximately 25 employees attended each week. A new session for tribal employees begins in August, along with one for community members at the Wellness Center.



Employees from health Department attending Hitevi Kari Wellness program.

**Yoeme Utte'a**, the PYT Powerlifting team, competed in Mesa on May 6 2017 and took State Champions and broke several personal records.



Congratulations to Yoeme Utte'a Powerlifting Team for taking State Champions and beating their personal records in Mesa Arizona on May 6, 2017

On May 4, 2017 the program hosted the **Breath of Fresh Air Fun Run/walk** at Sewallo Golf course in conjunction with the National Tribal Air Quality Forum at Casino Del Sol. 75 participants participated. Funds raised by the Forum runners were donated to the Good Health and Wellness Coalition to support Tobacco abuse prevention with PYT youth.

### **El Tour de Tucson**

For the past seven years a team from PYT has trained throughout the year and participates in the **El Tour de Tucson**, one of the largest cycling events in the country. In 2016, there were 60 riders who participated in the race, and another 110 who participated in indoor cycling at the Wellness Center. Training for the event, led by the Wellness Center, begins in April until the event in November. This year Team Yaqui is joining forces with Casino del Sol for the 2017 El Tour event.



Each summer, in collaboration with other tribal partners, the program runs the CATCH (Coordinated Approach to Child Health) summer program for children and youth between the ages of 7-17. In 2016, 100 young people attended two sessions, each for four weeks. The 2017 summer program is currently in progress with 80 kids enrolled.



Also in June, the program supports kids 10-15 who are at risk for diabetes to attend the American Indian Youth Medical Wellness Camp run by the University of Arizona Native American Research and Training Center. This is a 5 day camp held at Whispering Pines near Prescott, Arizona. In 2016, six PYT children participated, and this year close to 20 kids from New Pascua and Guadalupe participated. Two Wellness Center staff also attend as camp counselors.



The program could not do what it does without collaboration with other Pascua Yaqui Tribal departments including Head Start, Women Infant and Children Program (WIC), Substance Abuse Recovery Group at the Men's Path program, Sewa U'usim, Centered Spirit Program, Center for Employment and Training, Hiaki High School, KPYT, Boys and Girls Club, Department of Language and Culture, Yoemem Tekia and the Liogue Senior Center which allow the Outreach Specialists and Community Dietitian to regularly engage with all segments of the community to provide diabetes education to program participants.



Collaboration with Head start program at Wellness center to keep kids active and healthy



Healthy Heart Day

**e. For each Division, graphical Division/Department stats of key metrics such as services provided, # People served, crime stats, enrollment stats, etc.**

The DPTP Outreach team is located at the Prevention House, on Vai Sevoi and Cocoim at New Pascua, in a residential house close to the Wellness Center. In 2016 around 200 individuals participated in diabetes education group classes. This included basic diabetes 101 concepts, nutrition education, diabetes self-management and other related topics. In addition there were 278 outreach contacts made, 83 cooking class encounters and 100 one to one contacts for nutrition education.



The Wellness Center has approximately 1900 registered members using the exercise and fitness programs. In 2016-2017, around 550 tribal members registered at the Wellness center with a total of over 9300 visits. The Fitness room program is primarily available to tribal members, affiliated community members (non-tribal people living with Yaqui families), and tribal employees. Non-tribal members currently registered at the Center may use the facility during slow times between 6am -12pm or 2-5 p.m. The Center is not currently accepting new registrations from non-tribal, non-affiliated individuals to ensure the facility is available to tribal/community members primarily.

Over 700 people participated in group fitness classes over the year at the Wellness center totaling more than 5114 visits/encounters. Combining attendance for the Wellness Center fitness room and participation in group fitness classes, there were more than 14,400 physical activity encounters by tribal members at the Wellness center.

Activities included but are not limited to:

- Powerlifting class – 44 individuals and 1600 encounters
- Boxing class- 134 individuals and 1098 encounters
- Spinning class- 73 individuals and 326 encounters
- CATCH program- In 2016, approximately 100 kids attended with 2073 encounters
- Spring Break Sports Camp March 2017 for approximately 150 children and youth
- 57 youth have participated in the youth basketball league in 2017
- Pool -1233 individuals used the pool facilities, 54% of whom were tribal members.
- Wellness Center hosted a Water safety event on April 4, 2017. 623 kids attended along with 23 teachers.
- El Tour de Tucson-60 riders in El Tour de Tucson and another 110 indoor riders
- “New You” Fitness Challenge: Approximately 40 participants participated twice a week with over 300 contacts in January and 150 contacts in February.
- Hosted Laser tag with Sew U’usim. 50-60 kids came to enjoy the games and food.
- Hosted Tucson Lobos Wheel chair basketball tournament- 8 teams/ approximately 100 people played & attended.
- Native flag football on our multipurpose field- 12 teams with close to 300 people.
- Boxing and fitness classes are ongoing at Richey on Wednesday and Friday with between 15-30 participants each day.
- DPTP co-sponsored the Avai Festival to promote traditional foods and Yoeme Language and Culture. Staff provided food demonstrations, education and other support. We reached approximately 100 tribal members.
- Over 175 community members participated in the Spiritual Walk to San Xavier Mission in October 2016
- 760 tribal members participated in the baseball and softball tournaments with 22 teams represented in 2016
- 300 tribal seniors participated in cooking demonstrations and support groups were offered at the Liogue Senior center



- 200 tribal and non-tribal families with children under five were seen at ITCA WIC by the PYT dietitian for one to one counseling on promoting healthy eating and an active lifestyle.
- 85 preschoolers attended a half day field trip at the wellness center to participate in physical activities and build healthy “snack creatures” promoting fruit, vegetables, and whole grains.

Many more tribal and community members participated in sports leagues and community activities not captured in these numbers.

Overall the program is moving the dial on some key indicators through our community wide efforts to reduce the prevalence of diabetes for the PYT, in addition to reducing complications of uncontrolled diabetes among community members. The program is building on its successes and will explore new and innovative strategies to expand outreach education, engage new community members in program activities and strengthen our partnerships.

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## Contact Us

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