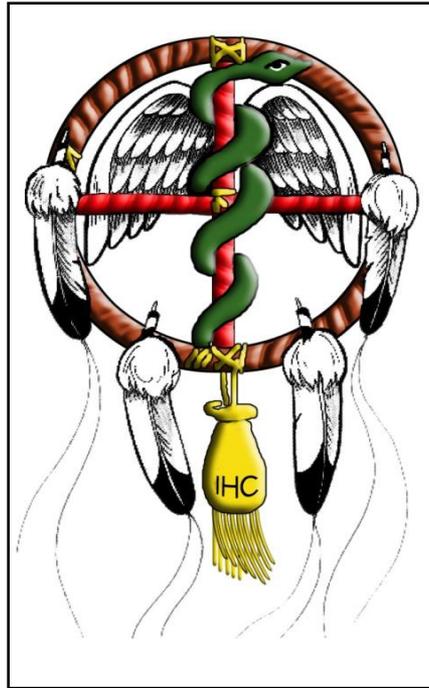


# The Indian Health Center of Santa Clara Valley (IHC) Since 1977



**1333 Meridian Avenue, San Jose, CA**

# Grounded in American Indian Culture...



... and Traditions



The blending of our IHC Medical Clinic  
with our holistic approach and  
Center for Wellness  
is what makes us unique.



# We honor the person

We don't walk in  
**front** of you.

We don't walk  
**behind** you.

We walk **with** you  
on your journey to  
Health and Wellness.



# Footsteps to Wellness, One Moccasin at a Time; A Diabetes Prevention Program

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# NIH/NIDDK DPP Study

- ✓ National research study that showed that a lifestyle change, which included losing 7% of body weight and increasing physical activity to 150 minutes per week, decreased chances of developing diabetes **by 58%**. (twice as much as medication!)
- ✓ Indian Health Service (IHS) created a national DPP demonstration project in 2004.
- ✓ After 7 years as a demonstration project translation, IHS DPP is now a best practice.

# Diabetes Prevention Program Team



- \*MD
- \*RD/CDE
- \*Kinesiologist
- \*Fitness instructors
- \*Patient advocate



- \*Mental Health Counselor
- \*Health Education Specialist
- \*Registered Nurse
- \*Data coordinator
- \*Volunteers, interns

# Our Approach to Healing:

Holistic and based on  
American Indian Cultural Practices.

We address the 4 aspects of a person:

**Physical**

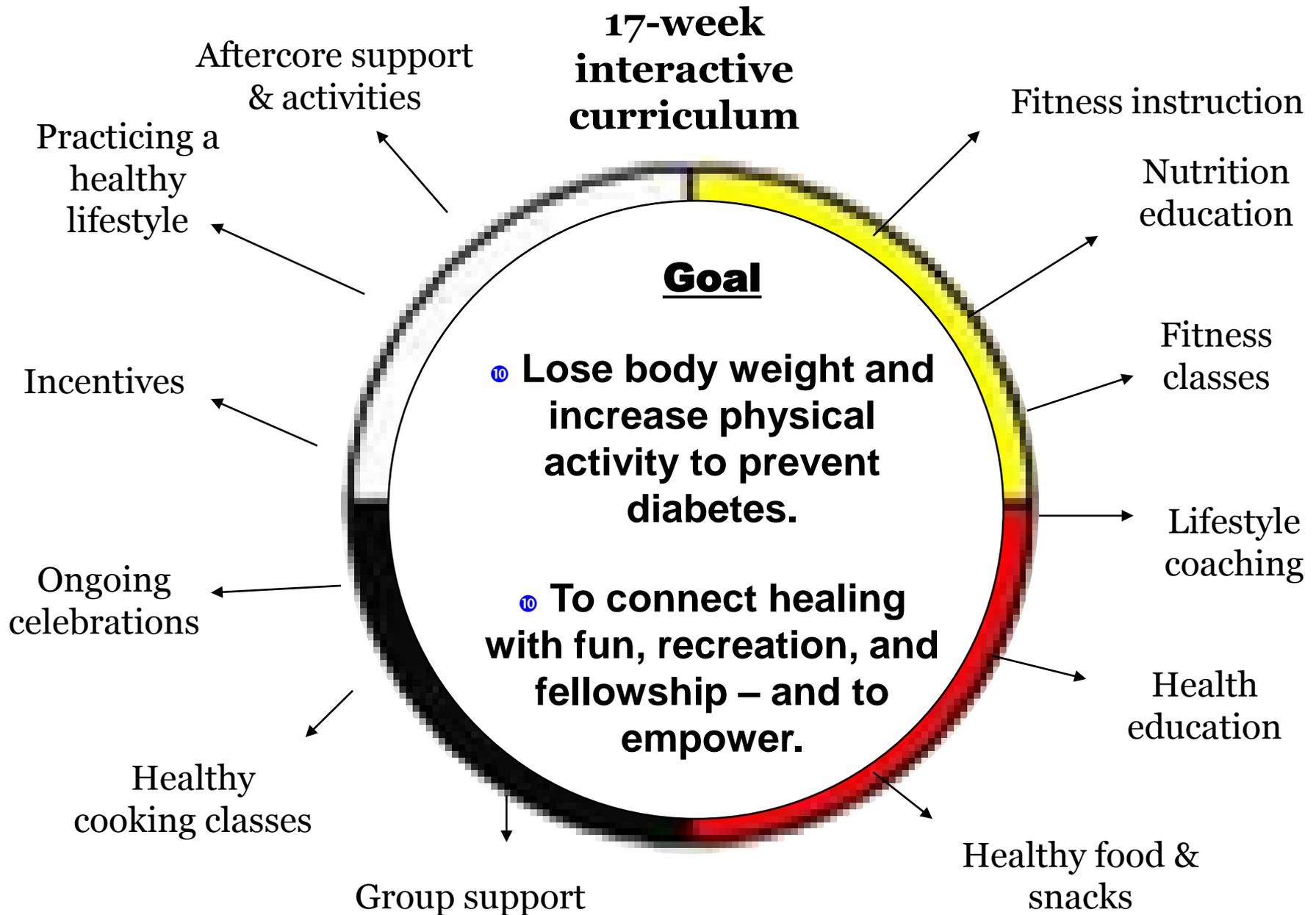
**Mental**

**Emotional**

**Spiritual**



# IHC's Diabetes Prevention Program is comprehensive



# Balancing :

...**BODY**

# Free bi-weekly organic produce



# 3 Generations

walking together for health



# Arthritis Foundation Exercises



# New Walking Shoes for all DPP participants



# Personalized Fitness Plan



# Healthy Social Events and activities



# Tai Chi for Seniors



# Balancing :

...**HEART**

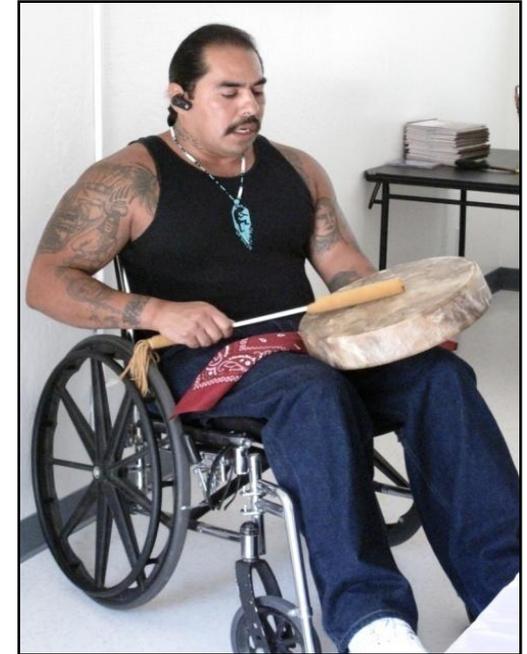
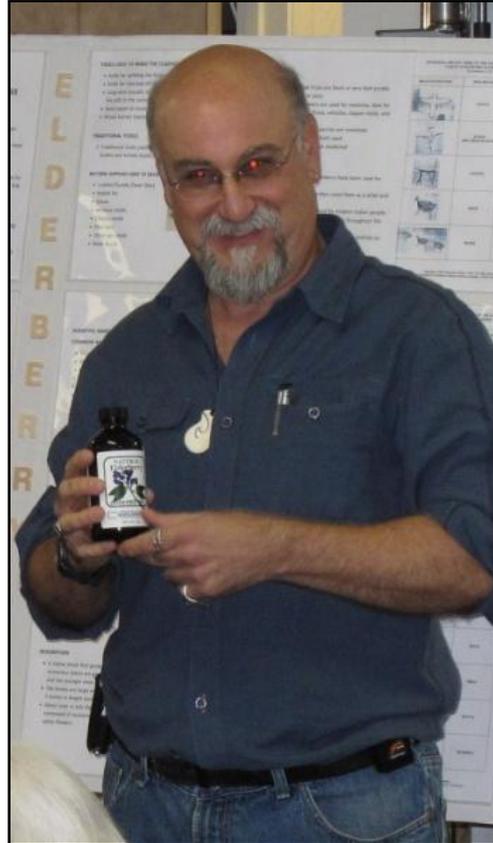


# DPP Farmers Market



Outreach and  
Recruitment

# Storytelling – Oral Tradition



# Belonging to a Community



# Balancing :

...**MIND**

# 16 week Core Curriculum



**Healthy Cooking  
demonstrations  
by our  
Registered Dietitians  
Kristi and Kristin**



# Group Tobacco Cessation Education



# DPP modification for Blind participants



# Personalized Food Plan with Registered Dietitian



**Balancing :**

**SPIRIT**

# Traditional Medicine



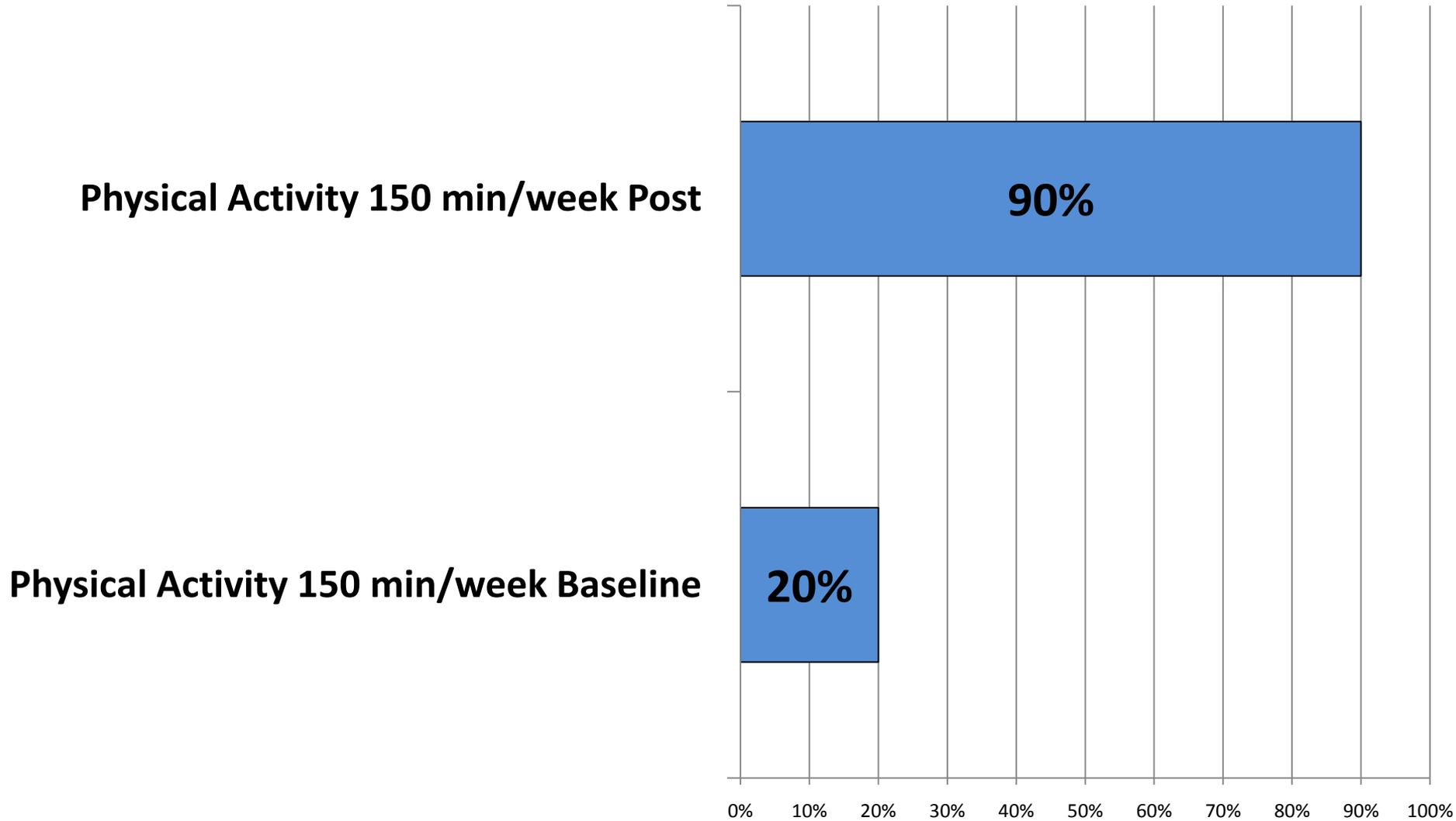
# Monthly Luncheon Honoring our Elders



Outcomes ...



Thanks to DPP,  
I lost 70 lbs,  
&  
learned how to  
cook healthy meals  
for  
my family.



**VHP Pilot March 2 - June 22, 2010**



**Before**



**I lost  
105 lbs  
this year!!!**

I have so  
much energy &  
my knee pain  
is gone!  
My life is so  
much better!  
Best of all,  
I 'm no longer  
pre-diabetic.

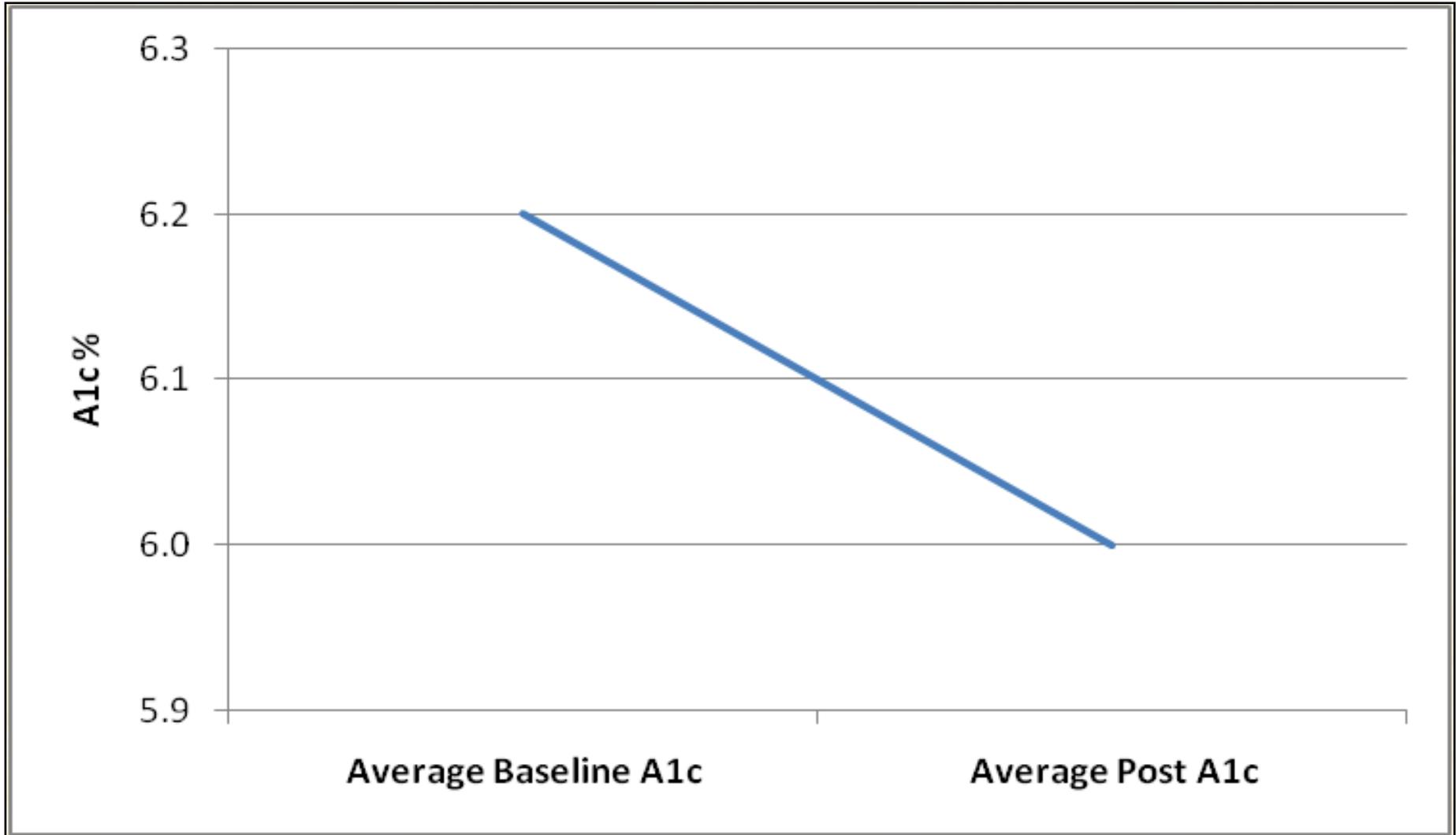
**Thank  
you,**  
Diabetes  
Prevention  
Program at  
Indian Health  
Center  
of Santa Clara  
Valley !



**After**

# VHP Pilot

## HbA1c Baseline to Follow-up



**50%** are No longer pre-diabetic



Before

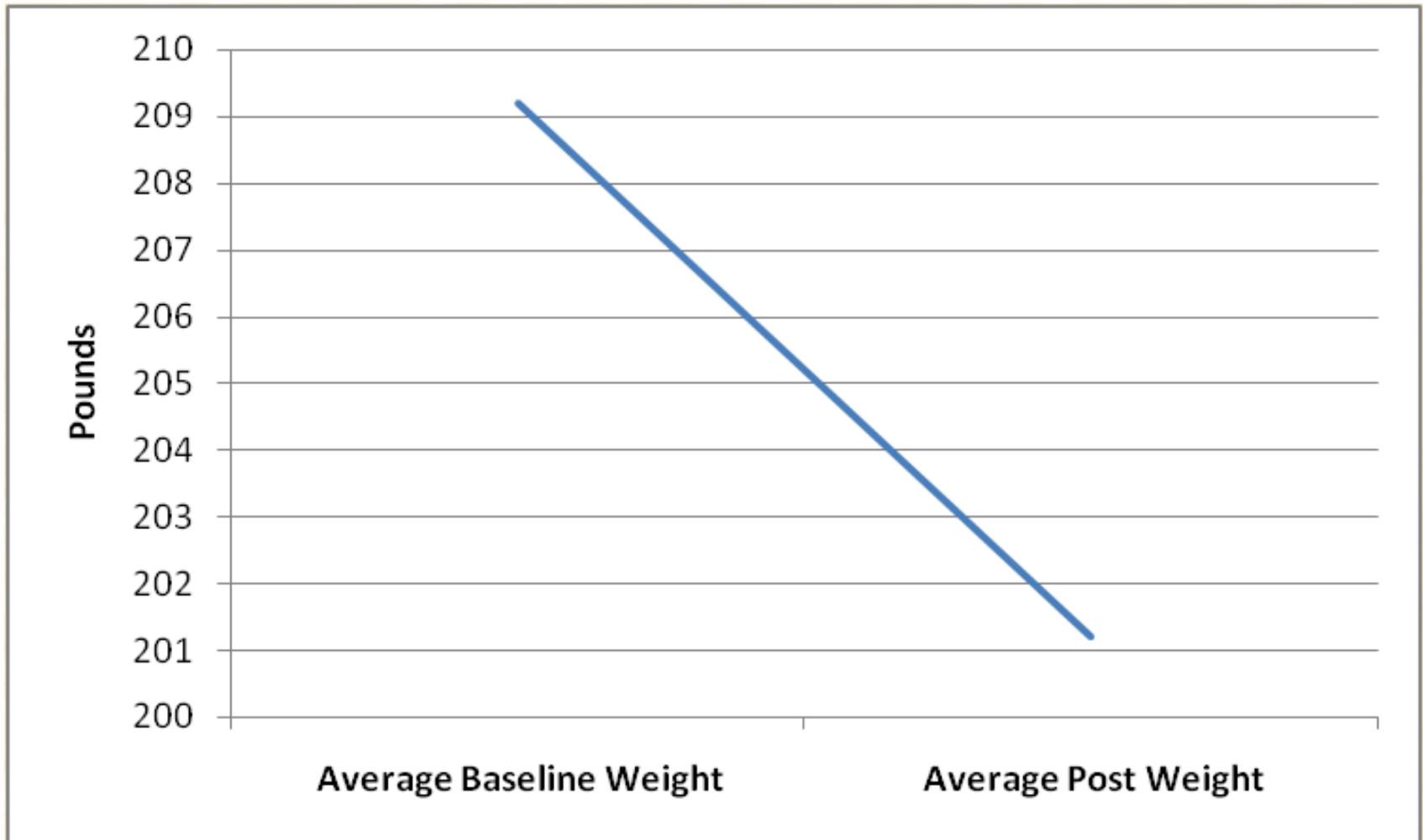


After

<u>Measurements</u>	<u>Baseline</u>	<u>After</u>
<b>FBG:</b>	<b>91</b>	<b>86</b>
<b>A1c:</b>	<b>6.1</b>	<b>5.9</b>
<b>BMI:</b>	<b>30.8</b>	<b>25.6</b>
<b>Weight (lbs.):</b>	<b>190.9</b>	<b>150</b>
<b>Waist (in.):</b>	<b>44.5</b>	<b>35.25</b>
<b>Hip (in.):</b>	<b>48.25</b>	<b>43.5</b>
<b>BP:</b>	<b>112/79</b>	<b>122/82</b>
<b>Cholesterol:</b>	<b>251</b>	<b>230</b>
<b>Triglycerides:</b>	<b>115</b>	<b>49</b>
<b>HDL:</b>	<b>55</b>	<b>77</b>
<b>LDL:</b>	<b>173</b>	<b>143</b>
<b>Physical Activity/week</b>	<b>light activity</b>	<b>vigorous 3+ days</b>

# VHP Pilot

**64%** of participants lost an average of  
**3.8 %**





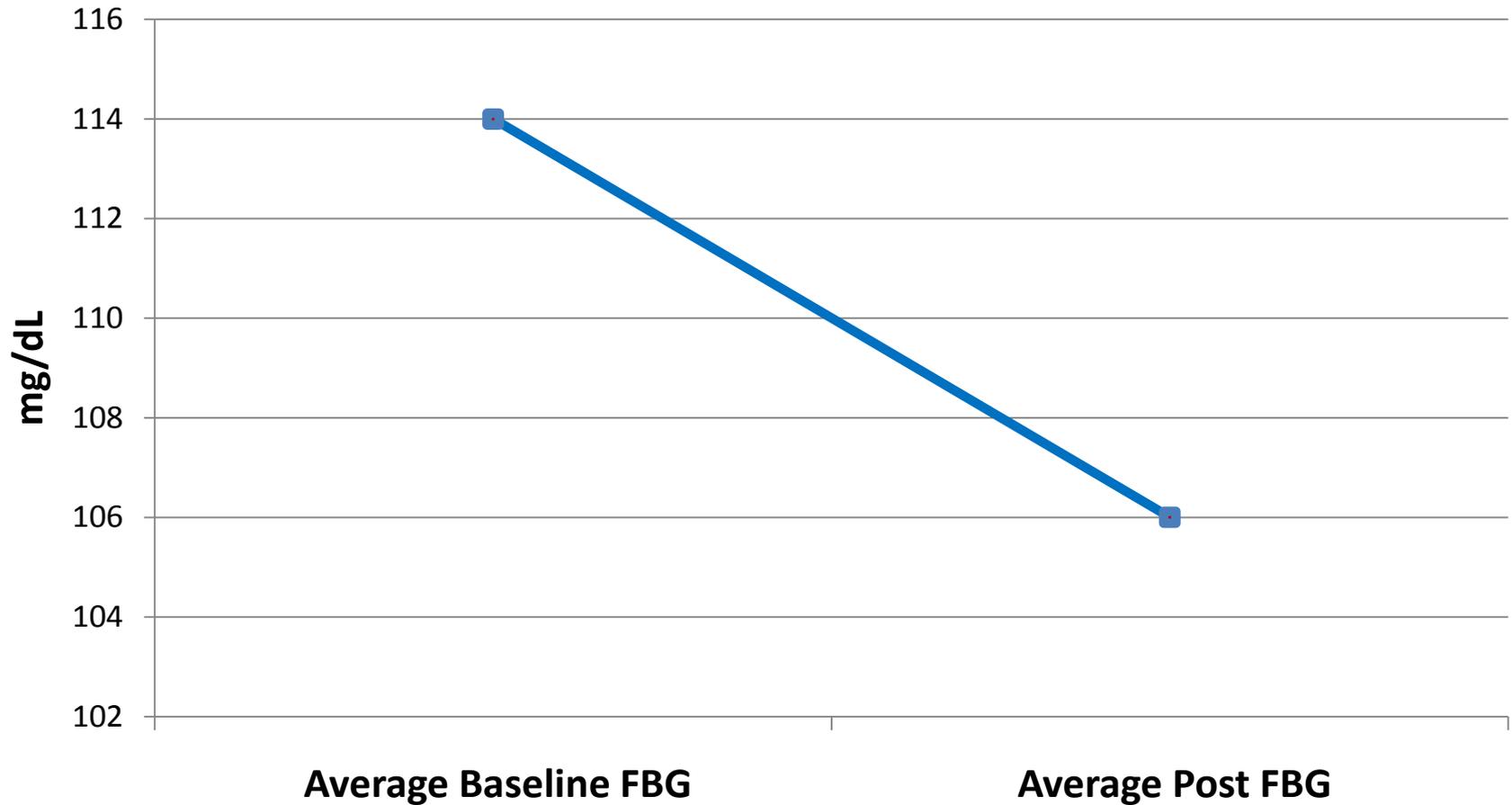
Before



After

# VHP Pilot

**79%** lowered their Fasting Blood Glucose by **8mg/dl**

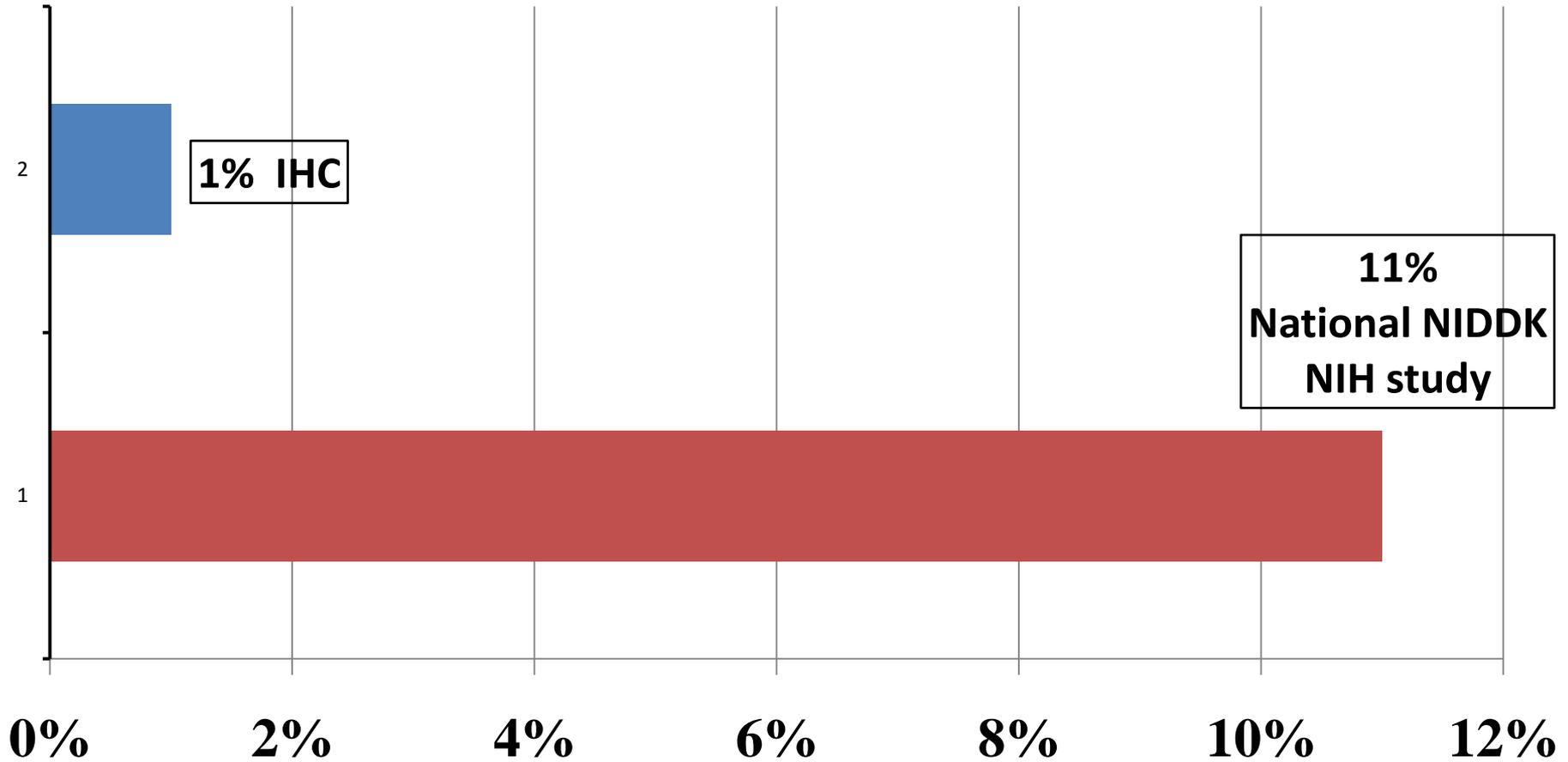


# After Core

Planting organic herb gardens  
DPP graduates and their families



# Annual Predicted Conversion Rate to Diabetes





**Sugar monitor - \$40**

**Treadmill - \$500**

**Amputation - \$20,000**

**Dialysis - \$ 100,000**

**Preventing Diabetes - \$ Priceless**

Expanding our successful  
model to other  
at -risk populations

# Enhancing the IHC DPP model to fit a Spanish speaking population

1. Language adaption to Spanish

2. Incorporating cultural foods, music, culture and traditions

3. Recognition of the family unit

Reinforcing the strength of the family, integrating and welcoming children into the classroom, and supporting healthy balanced family meals.

# Spanish DPP



Changing the community's  
attitude from

Hopelessness

to

Hope

# IHC's Diabetes Prevention Program is Nationally Recognized

## **2011 American Public Health Association**

Archstone Foundation Award for Excellence in  
Program Innovation (Hon. mention)

## **2011 Urban Indian Health Institute**

Leadership in Data Use Award

## **2010 Center for Disease Control and Prevention**

Frank Vinicor Award of Excellence

## **2009 American Diabetes Association**

### **Special Diabetes Program for Indians**

Awakening the Spirit / Voices for Change Award

## **2009 National Indian Health Board**

Local Impact Award

## **2008 YMCA**

Activate America Award

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