



On the T.R.A.I.L. (Together Raising Awareness for Indian Life) to Diabetes Prevention



Trainings Summary

In partnership with the Indian Health Service and National Congress of American Indians, 39 Native American Boys & Girls Club sites across the United States received funding to implement the *On the T.R.A.I.L. (Together Raising Awareness for Indian Life) Diabetes Prevention Program*. Of the 39 sites, four were new for the 2011-2012 grant year.

The T.R.A.I.L. Diabetes Prevention Program is in its seventh year and is designed to prevent type II diabetes in American Indian youth with physical, emotional, and nutritional education. Children are taught to achieve a healthy lifestyle by making good choices about their bodies and their behavior. The program's activities incorporate Native American culture and components from other Boys & Girls Club programs such as SMART Moves.

Designed for 8- to 10-year-olds, the 12-week program has four major sections: About Me and My Health, Diabetes and Nutrition, Making Smart Food Choices, and Sharing Knowledge with Others. Each section gives participants the knowledge they need to effectively prevent type II diabetes. The program focuses on choosing healthy food options, being physically active, and improving self esteem. At the end of the program, participants are encouraged to share what they have learned by conducting a community service project.

T.R.A.I.L. trainings were conducted by region for this grant cycle. The first regional training took place at the Holiday Inn Grand Montana in Billings, MT on October 17-19, 2011, and the second training took place at the Hard Rock Hotel & Casino in Tulsa, OK on October 24-26, 2011. The third training took place at the Fort McDowell Radisson Hotel in Phoenix, AZ on November 8-10, 2011, and the last training was held at the Boys & Girls Club of the Penobscot Nation in Indian Island, ME on November 14, 2011. Between the four trainings, 65 representatives from 39 sites attended. Erica Sante, Senior Project Coordinator of FirstPic, Inc., opened the training with introductions, an overview of the agenda, and team building exercises. T.R.A.I.L. Coordinators were then divided into groups and assigned a chapter from the curriculum. Each group presented how to lead their chapter to Club kids. They also led the whole group in an activity from their chapter, such as the "Why drink water?" bowling game. Returning coordinators provided insight on the program to new coordinators and offered examples of adapting the program to fit with their particular Club. Topics covered included healthy living, healthy muscles and a balanced plate.

For the second half of the day, Erica Sante walked through T.R.A.I.L. program data, and financial reporting. Participants received instruction on how to thoroughly and accurately complete the pre- and post- tests, Six-Minute Walk Challenge data, and grant reports, as well as financial materials. T.R.A.I.L. coordinators discussed their successes and challenges of completing these grant components. To emphasize the significance of the T.R.A.I.L. program, Erica Sante provided a breakdown of diabetes, its prevalence in Native American youth, and the importance of nutrition and exercise to fight the disease. Participants then learned how to access T.R.A.I.L. resources online at www.NAClubs.org/TRAIL and reviewed the program timeline for the 2011-2012 grant year.

After a question and answer session, the attendees watched a film entitled *Good Meat*, which documents an Oglala Lakota man's struggles and triumphs following his diagnosis of type II diabetes. The coordinators then filled out evaluation sheets and adjourned.

On the second and third days of the training, participants spent extensive time discussing what it means to sustain a youth program, including: how to find additional resources; how to improve relationships with partners and funders; how to seek funding opportunities; and the importance and impact of accurate reporting. Participants were given various case studies and scenarios and asked to discuss solutions as to how they would respond and reply to them.

Billings, MT, Training Participants Included:

- Boys & Girls Club of Brookings (Flandreau Santee Sioux Tribe)
- Boys & Girls Club of Portland Metropolitan Area (Confederated Tribes of the Warm Springs Reservation)
- Boys & Girls Club of the Lewis Clark Valley (Nez Perce Tribe)
- Boys & Girls Club of the Three Affiliated Tribes (Three Affiliated Tribes: Mandan, Hidatsa, and Arikara)
- Boys & Girls Club of the White Earth Reservation (White Earth Band of Chippewa Indians)
- Boys & Girls Clubs of Cascade County (Chippewa-Cree Tribe and Blackfeet Nation)
- Boys & Girls Clubs of Snohomish County (Tulalip Tribes)
- Mashkisibi Boys & Girls Club (Odanah) (Bad River Band of the Lake Superior Tribe of Chippewa Indians)
- Red Lake Nation Boys & Girls Club (Red Lake Band of Chippewa Indians)
- SuAnne Big Crow Boys & Girls Club (Oglala Sioux Tribe)
- Woodland Boys & Girls Club (Menominee Indian Tribe of Wisconsin)

Tulsa, OK Training Participants Included:

- Boys & Girls Club of Darlington (Cheyenne and Arapaho Tribes)
- Boys & Girls Club of Delaware (Cherokee Nation)
- Boys & Girls Club of Nowata (Cherokee Nation)
- Boys & Girls Club of Ottawa County (Miami Tribe of Oklahoma, Wyandotte Nation, Eastern Shawnee Tribe of Oklahoma, Peoria Tribe of Indians of Oklahoma, Modoc Tribe of Oklahoma)
- Boys & Girls Club of Sequoyah County (Cherokee Nation)
- Boys & Girls Club of Tahlequah, Oklahoma (Cherokee Nation)
- Boys & Girls Club of Wilson (Chickasaw Nation)
- Boys & Girls Club of the Mississippi Band of Choctaw Indians (Mississippi Band of Choctaw Indians)
- Cherokee Youth Center (Eastern Band of Cherokee Indians)
- Chickasaw Nation Boys & Girls Clubs (Chickasaw Nation)
- McCurtain County Boys & Girls Club of the Choctaw Nation (Choctaw Nation of Oklahoma)

Phoenix, AZ Training Participants Included:

- Boys & Girls Club of Farmington (Navajo)
- Boys & Girls Club of Lac Courte Oreilles (Lac Courte Oreilles Band of Lake Superior Chippewa Indians)
- Boys & Girls Club of the East Valley (Gila River Indian Community)
- Boys & Girls Club of the Grand River Area (Standing Rock Sioux)
- Boys & Girls Club of the Missouri River Area (Yankton Sioux)
- Boys & Girls Club of the Southern Ute Indian Tribe (Southern Ute)
- Boys & Girls Club of White Mountain Apache (White Mountain Apache Tribe)
- Boys & Girls Clubs of Greater Scottsdale (Salt River Pima-Maricopa Indian Community)
- Boys & Girls Clubs of the Leech Lake Area (Leech Lake Band of Ojibwe)
- Boys & Girls Clubs of the Northland (Bois Forte Band of Ojibwe)
- Boys & Girls Clubs of the Three Districts (Crow Creek Sioux)
- Boys & Girls Clubs of the Twin Cities – Little Earth Extension (Urban)

Indian Island, ME Training Participants Included:

- Boys & Girls Club of the Penobscot Nation (Penobscot Nation)
- Maliseet Boys & Girls Club (Houlton Band of Maliseet Indians)
- Micmac Boys & Girls Club (Aroostook Band of Micmac Indians)
- Passamaquoddy Boys & Girls Club (Passamaquoddy Tribe at Indian Township)
- Sipayik Boys & Girls Club (Passamaquoddy Tribe at Pleasant Point)