



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



October 27-29, 2010
Prior Lake, Minnesota

Training Summary



In partnership with the Indian Health Service and National Congress of American Indians, \$20,000 was awarded to 39 Boys & Girls Club sites in Indian Country across the United States to implement the *On the T.R.A.I.L. (Together Raising Awareness for Indian Life)* Diabetes Prevention Program. Of the 39 sites, five were new for the 2010-2011 grant year.

The T.R.A.I.L. Diabetes Prevention Program, in its seventh year, is designed to combat type II diabetes in American Indian youth through physical, emotional, and nutritional education. Children are taught to achieve a healthy lifestyle through making good choices about their bodies and their behavior. The program activities are heavily influenced by Native American culture, as well as other Boys & Girls Club programs such as SMART Moves.



T.R.A.I.L. coordinators reviewing lessons in the curriculum.

Designed for 8-10 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 be shared with others through a community service project.

The training took place at the Mystic Lake Hotel and Casino on the Shakopee Mdewakanton Sioux (Dakota) Reservation in Prior Lake, Minnesota, on October 27-29, 2010. There were 48 representatives from the 39 sites. October 27, 2010, the curriculum review day began with introductions and a quick overview of the agenda from Erica Sante, Project Manager, FirstPic, Inc. Rebekka Meyer, Project Director, FirstPic, Inc., went over the program requirements and implementation. T.R.A.I.L. Coordinators had an opportunity to do some of the activities in the curriculum such as the "Why drink water?" bowling game and using food labels to figure out if a package of cookies or yogurt is a healthier snack choice. Returning coordinators were able to give insight on the program to new coordinators, and offer examples of how they adapted the program to fit with their particular Club. Topics covered included food categories and choices, emotions, the history of American Indians, and stereotypes.

On October 28, 2010, Erica Sante welcomed all new and returning club staff and briefly reviewed the training agenda. The rest of the day was spent engaging in SPARK (Sports, Play, Acting Recreation for Kids) training with trainer Ken McFadden. Regular physical activity plays a significant role in diabetes prevention. T.R.A.I.L. Coordinators participated in games, dances, and variations on traditional sports that could be used for the physical activity component of the T.R.A.I.L. curriculum. Games included cookie monster (a cross between freeze tag and red rover), VIP tag, and parachute games. Coordinators were shown country western style line dances and a more active version of kickball. All activities were designed to have all children involved and moving at all times. Cultural games were also introduced, including "tillikum," the Native American version of rock, paper, scissors (instead called earth, fire, water). Club staff looks forward to implementing this unique physical activity program with youth in their communities.



Club staff learning SPARK partner games.

The third day October 29, 2010 was opened by Erica Sante. Financial and reporting requirements were reviewed with the coordinators, followed by a roundtable discussion on their successes and challenges when running the

T.R.A.I.L. program. Topics discussed included community service project ideas, strategies for parental involvement, and incorporating tribal values into activities. A healthy snack preparation and tasting was presented by Mystic Lake Hotel Chef Christopher Dehner, who demonstrated how to make hummus and black olive tapenade – two diabetes friendly snacks. Terri Reitz from the Shakopee Mdewakanton Sioux Community Wellness Center gave a short presentation on the basics of type II diabetes, as well as prevention strategies. The coordinators filled out evaluation sheets and adjourned after a short question and answer session.

Training Participants Included:

- Boys & Girls Club of the Penobscot Nation (Penobscot Indian Tribe)
- Boys & Girls Club of the Lac Courte Oreilles Ojibwe Band (Lac Courte Oreilles Tribe Ojibwe Band)
- SuAnne Big Crow Boys & Girls Club (Oglala Lakota)
- Boys & Girls Club of the Leech Lake Area (Leech Lake Band of Ojibwe)
- Mashkisibi Boys & Girls Club (Bad River Band of the Lake Superior Tribe of Chippewa Indians)
- Boys & Girls Club of the White Mountain Apache (White Mountain Apache Tribe)
- Boys & Girls Clubs of the Lewis Clark Valley (Nez Perce Tribe)
- Boys & Girls Clubs of Grand Traverse (Ottawa-Chippewa)
- Boys & Girls Clubs of Snohomish County (Tulalip Tribes)
- Cherokee Youth Center Boys & Girls Club (Eastern Band of Cherokee Indians)
- Boys & Girls Club of Delaware County (Cherokee)
- Boys & Girls Club of Brookings (Flandreau Santee Sioux)
- Boys & Girls Clubs of the Mississippi Band of Choctaw Indians (Mississippi Band of Choctaw Indians)
- Woodland Boys & Girls Club (Menominee Indian Tribe Of Wisconsin)
- Chickasaw Nation Boys & Girls Clubs (Chickasaw Nation)
- Boys & Girls Club of the Northern Cheyenne Nation (Northern Cheyenne Tribe)
- Boys & Girls Club of the East Valley (Gila River Indian Community)
- Boys & Girls Club of the Eastern Shoshone Tribe (Eastern Shoshone Tribe)
- Boys & Girls Clubs of the Twin Cities (Little Earth of United Tribes)
- Boys & Girls Clubs of the White Earth Reservation (White Earth Band of Chippewa)
- Boys & Girls Club of Tahlequah (Cherokee)
- Boys & Girls Club of Three Districts Youth Services (Crow Creek Sioux Tribe)
- Boys & Girls Club of Sequoyah County (Cherokee)
- Boys & Girls Club of the Northland (Bois Forte Band of Ojibwe)
- Boys & Girls Club of Ottawa County (Miami Tribe of Oklahoma)
- McCurtain County Boys & Girls Club of the Choctaw Nation (Choctaw)
- Boys & Girls Clubs of Portland Metropolitan Area (Confederated Tribes of Warm Springs)
- Boys & Girls Club of the Missouri River Area (Yankton Sioux)
- Boys & Girls Clubs of Cascade County (Chippewa-Cree & Blackfeet)
- Boys & Girls Clubs of the Three Affiliated Tribes (Mandan, Hidatsa, and Arikara Nation)
- Boys & Girls Club of the Southern Ute Tribe (Southern Ute Tribe)
- Boys & Girls Club of Nowata (Cherokee)
- Boys & Girls Club of Farmington (Navajo)
- Boys & Girls Club of Darlington (Cheyenne and Arapaho)
- Boys & Girls Club of Wilson (Chickasaw)
- Boys & Girls Club of Bay Mills (Bay Mills Chippewa Indians)
- Red Lake Nation Boys & Girls Club (Red Lake Band of Chippewa Indians)
- Boys & Girls Clubs of Greater Scottsdale (Salt River Pima-Maricopa Indian Community)



Grantees participating in SPARK parachute games.



Participants discussing diabetes in tribal communities.