

NATIONAL DIABETES PREVENTION PROGRAM FOR NATIVE AMERICAN YOUTH

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

The Indian Health Service (IHS), National Congress of American Indians (NCAI), Boys & Girls Clubs of America (BGCA), FirstPic, Inc. and Nike, Inc. partnered to create a program aimed at reducing the onset of diabetes among Native American youth. The program—On the T.R.A.I.L. (Together Raising Awareness for Indian Life) to Diabetes Prevention—is an innovative combination of physical, educational and nutritional activities that promote healthy lifestyles.

T.R.A.I.L. is a three-month (12 session) program that provides youth with a comprehensive understanding of healthy lifestyles in order to prevent diabetes. The program is presented with four themes:

- Part 1: About ME and My Health
- Part 2: Diabetes and Nutrition
- Part 3: Making Smart Food Choices
- Part 4: Sharing Knowledge With Others

Woven throughout the program are self-esteem and prevention activities utilized by BGCA, including contributions from national programs such as SMART Moves and Act SMART. Members draw from Tribal traditions and history to learn about nutrition, food choices, media influences and the impact of diabetes. Club sites run the T.R.A.I.L. sessions either once a week for 90 minutes or twice a week for 45 minutes. The T.R.A.I.L. program has served over 9,000 Native American youth ages 8-10 since 2003.

The program also emphasizes the importance of teamwork and community service. Members apply decision-making and goal-setting skills in the Walking Challenge and engage in service projects to improve healthy lifestyles in their communities. Community and family members participate in activities with the elementary aged Club members.

A generous product donation from Nike, Inc. provided the program participants with numerous benefits to motivate members to achieve their goals and promote physical activity. Club sites implement the Nike Let Me Play and SPARK programs to foster Club-wide participation in fun physical activities and games for 60 minutes every day.

T.R.A.I.L. is currently funded at 39 Native American Boys & Girls Club sites located in 15 states. Each site received the following to implement the T.R.A.I.L. program:

- Pass-through grant from NCAI to fund program operations (including part-time staff person and program training) for one year
- Evaluated program curriculum, training and on-going technical assistance

For further information, contact Nia Butler at FirstPic, Inc.: 1-866-NACLUBS or nbutler@firstpic.org. Read more about the T.R.A.I.L. program, Club site successes, and new funding opportunities on www.NACLUBS.org.

