



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



October 7-9, 2009
Catoosa, Oklahoma

Training Summary



In partnership with Indian Health Service and National Congress of American Indians, forty Native American Boys & Girls Clubs have been awarded \$20,000 to implement the *On the T.R.A.I.L. (Together Raising Awareness for Indian Life) to Diabetes Prevention* program. Now in year two of the three year grant cycle, thirty-three Clubs returned to continue implementation of the T.R.A.I.L. program while seven new Clubs were added for the 2009-2010 grant year.

T.R.A.I.L. is a program aimed at reducing the onset of diabetes among Native American youth. The program is a combination of physical, educational, and nutritional activities designed to promote healthy lifestyles. Woven throughout the program are self-esteem and prevention activities utilized by Boys & Girls Club of America (BGCA), including contributions from National programs, SMART Moves and SMART Club.

The 12-week program designed for 8-10 year olds provides youth with a comprehensive understanding of healthy lifestyles in order to prevent diabetes. The program consists of four themes: *About Me and My Health; Diabetes and Nutrition; Making Smart Food Choices and Sharing Knowledge with Others*. Club members draw from Tribal traditions and history to learn about nutrition, food choices, media influences, and the impact of diabetes. This program allows Club members to apply positive decision-making and goal-setting skills to engage in service projects aimed to promote healthy living in their communities. The program emphasizes the importance of teamwork and community service.

The T.R.A.I.L. Grantee Implementation Training took place October 7-9, 2009 in Catoosa, Oklahoma. The training began Wednesday October 7, 2009, with a curriculum review for new T.R.A.I.L. Coordinators. Kristen Lichtenwalner, Project Manager, FirstPic, Inc. and Rebekka Meyer, Technical Assistance Specialist, FirstPic, Inc. provided an overview of the T.R.A.I.L. program explaining program requirements and implementation. Attendees learned fun and creative ways to engage youth in the program. The curriculum review included interactive activities, which allowed attendees to develop and participate in T.R.A.I.L. lesson plans. Group circles and activities provided opportunities for attendees to discuss the prevalence of diabetes in their communities as well as the stereotypes associated with the disease. Other training topics included healthy eating, physical activity, and media influences. In addition, attendees discussed parent/family participation and fostering partnerships community health organizations.

On October 8, 2009, new T.R.A.I.L. Coordinators were joined by returning T.R.A.I.L. sites. Kristen Lichtenwalner opened with a welcome to all Club staff and provided information on T.R.A.I.L. resources. Day two focused on engaging families in Club programs and activities. John Hardeman, Boys & Girls Club of the Twin Cities, delivered BGCA's Family Plus Training. Family PLUS (Parents Leading, Uniting, Serving), is a model for Boys & Girls Clubs wanting to implement family support activities into their Club's programming. This model introduces Clubs to factors affecting the family unit and methods of collaborating with community organizations to provide parents and caregivers with resources. Using this model John Hardeman challenged

attendees to think of ways to engage families in their Clubs. Discussion topics included, the best way for Clubs to help families, challenges with family involvement, benefits of family involvement, and reasons why Clubs should provide support to families. Family and community needs assessments were also focus areas of the training. Through group activities and discussions attendees developed strategies for Boys & Girls Clubs to address family and community needs with family support and increasing family involvement. Following the Family Plus Training, Kristen Lichtenwalner concluded day two with information on administrative and financial requirements.

The T.R.A.I.L. Grantee Implementation Training adjourned on day three, Friday October 9, 2009 with a program wrap-up, a food preparation demonstration and tasting, and a Diabetes Prevention presentation provided by the Cherokee Nation.

Training participants included:

Boys & Girls Club of the White Mountain Apache, AZ (White Mountain Apache)
Boys & Girls Club of East Valley--Gila River Branches, AZ (Gila River Pima & Maricopa Indian Community)
Boys & Girls Club of Greater Scottsdale, AZ (Salt River Pima & Maricopa Indians)
Boys & Girls Club of the Northland, MN (Bois Forte Band Ojibwe)
Boys & Girls Club of the Lewis Clark Valley- LapwaiID (Nez Perce)
Boys & Girls Club of the Eastern Shoshone Tribe, WY (Eastern Shoshone)
Boys & Girls Club of Bay Mills, MI (Ojibwe)
Red Lake Nation Boys & Girls Club, MN (Red Lake)
Boys & Girls Club of Leech Lake- Main Unit, MN (Ojibwe)
Boys & Girls Club of Cascade County, MT (Chippewa-Cree & Blackfeet)
Boys & Girls Club of the Northern Cheyenne Nation, MT (Northern Cheyenne)
Boys & Girls Club of Three Affiliated Tribes, ND (Mandan, Hidatsa & Arikara)
Boys & Girls Club of Farmington, NM (Navajo)
Mescalero Apache Boys & Girls Club, NM (Mescalero Apache)
Boys & Girls Club of Langlade County - Sokaogon Chippewa Community, WI (Sokaogon Chippewa)
Boys & Girls Club Clubs of Mason Valley, NV (Walker River Paiute)
Boys & Girls Club of Sequoyah County, OK (Cherokee)
The McCurtain County Boys & Girls Club of the Choctaw Nation, OK (Choctaw Nation)
Chickasaw Nation Boys & Girls Club, OK (Chickasaw Nation)
Boys & Girls Club of Wilson, Inc., OK (Chickasaw Nation)
Boys & Girls Club of Delaware County, Inc., OK (Cherokee)
Boys & Girls Club of Ottawa County, OK (Miami Wyandotte, Eastern Shawnee, Poria, Modoc, Ottawa)
Boys & Girls Club of Nowata, OK (Cherokee Nation)
Boys & Girls Club of Tahlequah, OK (Cherokee & Shawnee)
Boys & Girls Club of Green Country- Main Rec Center, OK (Cherokee)
Boys & Girls Club of Portland Metro Area, OR (Conf. Tribes of Warm Springs)
SuAnne Big Crow Boys & Girls Club, SD (Sioux)
Lower Brule Boys & Girls Club, SD (Sioux)
Boys & Girls Clubs of Darlington, OK (Cheyenne & Arapahoe)
Boys & Girls Club of Snohomish County, Inc- Tulalip Boys & Girls Club, WA (Tulalip Tribes)

Boys & Girls Club of Lac Courte Oreilles, WI (Lac Courte Oreilles Band of Lake Superior)
Mashkisibi Boys & Girls Club, WI (Bad River)
Boys & Girls Club of White Earth Reservation, MN (White Earth Band of Chippewa)
Boys & Girls Clubs of the Seminole Tribe of Florida, FL (Seminole)
Boys & Girls Clubs of Mississippi Band of Choctaw Indians, MS (Choctaw)
Boys & Girls Clubs of the Dine Nation - Ft. Defiance, AZ (Navajo)
Boys & Girls Club of the Missouri River Area, SD (Yankton Sioux)
Boys & Girls Club of the Southern Ute Indian Tribe, CO (Southern Ute)
Boys & Girls Clubs of Grand Traverse, MI (Ottawa-Chippewa)