The Indian Health Service (IHS), the 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. Since 2003, the T.R.A.I.L. program has served nearly 14,400 Native youth ages 7-11 in 86 tribal communities.

A grant award from IHS began in Fall 2012 and will end in August 2017. This grant award has funded approximately 66 Boys & Girls Club sites on Native Lands. In order to implement the program each site will receive the following:

- A grant to fund program operations, including a part-time staff person and program training for one year
- Evaluated program curriculum, training, and on-going technical assistance
- Access to the SPARK Afterschool Physical Activity Program

T.R.A.I.L. is comprised of a 12 chapter curriculum 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, My Health, & Being Part of a Team
Part 2: Healthy Eating
Part 3: Making Smart Food Choices
Part 4: My Healthy Community

Woven throughout the program are self-esteem and prevention activities utilized by BGCA, including contributions from national, evidence-based programs such as SMART Moves. Programs draw from tribal traditions and history to learn about nutrition, food choices, media influences, and the impact of diabetes.

The program also emphasizes the importance of teamwork and community service. Members apply decision-making and goal-setting skills when completing physical activities and engage in service projects to improve healthy lifestyles in their communities. 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.

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