

## **National T.R.A.I.L Diabetes Prevention Implementation Training**

In 2003, the Indian Health Service (IHS), National Congress of American Indians (NCAI), Boys & Girls Clubs of America (BGCA), and Nike, Inc., initiated a prevention 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. T.R.A.I.L. is a 12 session program for elementary-aged youth that provides a comprehensive understanding of healthy lifestyles in order to prevent diabetes. The program is presented with four themes: About ME and My Health; Diabetes and Nutrition; Making Smart Food Choices and Sharing Knowledge with Others. Woven throughout the program are self-esteem, teamwork, and prevention activities. Participants draw from tribal traditions and history to learn about nutrition, food choices, media influences, and the impact of diabetes.

The T.R.A.I.L. curriculum is available at no expense; however, all programs seeking to implement the curriculum must attend a T.R.A.I.L. training prior to receiving a manual.

Dates: July 15-16, 2010

Location: Minneapolis, MN

Registration is Required: <http://registration.firstpic.org/>

Registration Fee: There is no fee to attend this training.

Scholarships: A limited number of scholarships are available for non-federal employees to cover hotel and flight expenses. Request scholarship funds during the registration process at <http://registration.firstpic.org/>. Those who request a scholarship should receive a decision by June 15, 2010.

Additional Info: For more information call 1-866-622-5827 or email [info@naclubs.org](mailto:info@naclubs.org).

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**July 15-16, 2010**

**Minneapolis Airport Marriot  
2020 American Blvd, E  
Minneapolis, MN 55425  
Phone: 952.854.7441**

This training is open to the public. The overall thrust of the T.R.A.I.L. program is to promote healthy lifestyle choices that will prevent the onset of diseases such as diabetes, obesity, and heart disease. The primary areas addressed are:

- **Physical fitness** — by making regular physical activity a routine part of your life
- **Nutrition** — by developing a healthy-eating lifestyle
- **Healthy choices** — by learning how to avoid risky behaviors such as smoking and using alcohol and other drugs
- **Prevention** — by having early screenings and becoming informed about early warning signs

This training is open to the public and free to attend. Each attendee will be responsible for covering their own travel and hotel arrangements. A special rate of \$129 per night (plus tax) for single occupancy has been established for the group. Attendees may make reservations by calling the Marriot at 1.800.228.9290 and asking for a room with the **FirstPic Inc. T.R.A.I.L. Training** or [make reservations online](#) at the group rate. Be sure to reserve your room prior to July 1, 2010 in order to take advantage of the group rate.

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[Register Online](#)