

Tribal Leaders Diabetes Committee Meeting Update

Tribal Leaders, Health Directors, SDPI staff

We want to thank you for assisting us with the last Portland Area TLDC report by taking the time to answer the survey monkey sent by Dr. Lee. Updating us with the work of your tribe has been an awesome way for us to get the good work and needs of your tribe back to the committee and Dr. Roubideaux. We were also able to share the survey information with the NPAIHB delegates this past summer. The Portland Area report was truly reflective of the dedicated, specific work of each tribe and our collaborative work as an Area, both in preventing and treating diabetes via best practice work.

We are hoping to continue the gathering of data each quarter, via the same survey monkey processes send today November 7, and are hoping to be able to report on all tribal, IHS and urban SDPI programs willing to share their information. Dr. Roubideaux and other Areas are looking to gather similar data and this data will be forwarded on to you.

The following are questions tribal programs asked of the TLDC:

Can we (tribes) find out what other tribes are doing for best practices so we can contact others and see what they are doing and not “reinvent the wheel”? Absolutely! Dr. Lee has a nice spreadsheet and I’ve attached it to this email. We will also let you know what other tribes outside our area are doing via the same process we are doing here in the Portland Area.

Can we find out whats happens at the TLDC meetings? Yes, there are 2 ways you can be updated:

- 1) We plan to send you an update via notes taken at the meeting, handouts and other documents. This last meeting we reviewed the TLDC Strategic Plan (enclosed) and internal committee plans. We encourage all of you to call us if you have any concerns or need anything clarified. This committee historically has not met regularly (maybe 2 times per year) but we are attempting to meet quarterly.
- 2) We also give a quarterly presentation/report to the NPAIHB delegates so if you are able to attend any of these quarterly meetings you will hear a report similar to the notes emailed to you following each TLDC meeting.

Can we as an Area meet with each other and learn from one another and get ideas to keep our programs strong while meeting program goals: Yes, we realize the community-directed programs have not had an opportunity to meet together for years and DPP/HH grantees have not met in a year. It is vital we as an Area continue to educate one another and learn from one another. Here is what we plan to make happen:

- Annual Portland Area Tribes Workshops/Meeting – 2 days for us to all meet together for hands-on poster sessions, sharing lessons learned via demonstrations, a few highlighted topic presentations and whatever else grantees want to know and learn. We are looking to first do a conference call to identify topics and areas of interest for this first annual 2-day workshop/meeting; hopefully this conference call can happen at the first of the year. More to come!!!
- Poster Sessions available for each tribe wanting to share their program with NPAIHB delegates and tribal leaders at the quarterly board meetings (maybe 3-5 tribes per quarter could bring

their poster boards, attend the NPAIHB meeting and share with everyone 5-10 minutes of their programs successes). We could chose tribes who are located close to where the meeting is being held so you could attend and travel costs could be minimal.

- SDPI Congressional Toolkit – assure tribes feel comfortable using the toolkit, contacting their senators and congressman and setting up meetings up until this program is reauthorized.
- Discuss how to train the Community directed grantees with the Diabetes Prevention Program and Healthy Heart programs (curriculum, intensive, less-intensive, and other program components) and share other tribal best practices with one another mentioned above.

Again, every quarterly SDPI coordinators will get a request for a quick survey money response (5 quick responses and any great photos and or website info you wish to share).

I want to thank you for all the amazing work you do for our Area and tribes across the nation. Your contributions are shared with every tribe and thus you are assisting your fellow tribal partners via submitting your surveys for our reports.

Let's keep our tribal communities connected and strong via our communication!

Cassandra Sellards-Reck, Portland Area Rep
Sharon Stanphill., Portland Area Rep

