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tracking and follow-up of patients is essential. The WTDP in the Northwest Tribal Epidemiology Center (EpiCenter) of the NPAIHB is available to assist Northwest tribal programs in developing PD registers at their community. PD registers are helpful in tracking those patients who are at-risk for developing diabetes, so that they can be contacted for prevention activities, and while in the clinic, educated about the risks and consequences of developing diabetes. Additionally, the WTDP conducts Advanced Diabetes Management System trainings twice a year, which includes creating and populating PD registers. The WTDP also offers the Diabetes Screening Toolkit, which contains templates, instructions and guidelines to setting up screenings in tribal communities.

The IHS guidelines can be viewed and downloaded from the DDTP website, <http://www.ihs.gov/MedicalPrograms/Diabetes/index.asp>.



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Upcoming Diabetes Management Training Dates offered through the Western Tribal Diabetes Project

**Beginning DMS Training NW Region
Sep. 22-23, 2005**

**Advanced DMS Training CVD Programs
Sep. 28-29, 2005**

**Beginning DMS Training CVD Programs
Oct. 20-21, 2005**

**Advanced DMS Training CVD Programs
Nov. 10-11, 2005**

**Advanced DMS Training NW Region
Dec. 8-9, 2005**

Tribes in the Northwest will be given priority for training indicated for NW Region. Other participants interested in registering will be waitlisted.



Western Tribal Diabetes Project

Northwest Portland Area Indian Health Board
Northwest Tribal Epidemiology Center

The Bulletin

Fall 2005

WTDP Visits Nez Perce Country



Rachel Plummer (center), assisting Andy Alberts (left) and Jeanne Laws (right) in conducting chart audits

Recently, Don Head and Rachel Plummer of the WTDP traveled to Lapwai, ID, to assist the Diabetes Program of Nimiipuu Health Center with submitting the 2005 IHS Diabetes Audit. WTDP regularly engages in site visits to assist with the IHS annual audit, as well as conducting on-site training in using the Diabetes Management System. To request a site visit, please call 800-862-5497, or email wtdp@npaihb.org.



On the banks of the Clearwater River near Lapwai, ID

New Standards of Care for Prediabetes and Metabolic Syndrome released!

In April, 2005, the Indian Health Service Division of Diabetes Treatment and Prevention (DDTP) and the Area Diabetes Consultants, issued the "IHS Guidelines for Care of Adults with Prediabetes and/or the Metabolic Syndrome in Clinical Settings." Prediabetes (PD) and Metabolic Syndrome (MS) are predictors for the development of diabetes. For instance, 29% of the group those who received placebos and did not engage in intensive lifestyle changes in the Diabetes Prevention Program (DPP) went on to develop diabetes. The American Diabetes Website (<http://diabetes.org>) states that most people with PD develop diabetes within 10 years.

The goals of the IHS PD guidelines are to prevent type-2 diabetes, and reduce the risk of cardiovascular disease. The guidelines include information about who should be tested for PD, and which test is the most effective in diagnosing PD and MS. Information is also included about treatment plans, exercise guidelines and suggested lifestyle changes for the prevention of diabetes.

The IHS guidelines also indicate that
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Spotlight on the Nez Perce Tribal Health Center Diabetes Program!

*A Special Diabetes Program for Indians
Primary Prevention Competitive Grantee*

by Jeanne Laws, R.N., CDE

There have been some changes in the diabetes program starting with the new program budget year, which began in June. While the program continues to support people who already have diabetes, we are trying to incorporate more programs and activities to help people prevent diabetes.

Regular physical activity is one of the most helpful aspects of preventing and managing diabetes. The diabetes grant recently paid for several pieces of state of the art exercise equipment now located in the Nimiipuu Health Wellness Center. The grant also covers a half



New exercise equipment moved into the Health and Wellness Center located in the Nimiipuu Clinic

time exercise specialist, who can assist a person in using the equipment safely and helping to set up an individualized exercise routine. Lilly James, a Lapwai High School graduate and recent graduate of Barry University, is available evenings Monday through Thursday to provide this service.

In addition, the grant is now supporting exercise classes twice weekly at Valley Fitness in Kamiah. These are evening classes, and at



The Diabetes Program offers fitness and exercise classes through Valley Fitness, in Kamiah, ID

last count, there were about 15 people signed up. This service was arranged in an effort to provide more exercise options in the Kamiah area.

As a result of moving new equipment into the Lapwai site, there was not enough room for all the pieces which had previously been in place. Therefore, some of that equipment was transferred to the TeeWeePuu Center in Orofino. This includes a total gym and recumbent bike.

Another diabetes management and prevention activity is a chair exercise video that some of the Community Health staff are working on, along with some of the seniors who participate in regular chair exercises. Valerie Albert, Nutrition Assistant, developed a chair



Lilly James, Rae Ann Crane, Deanna English and Dr. Paris Kharbat of the Nimiipuu Health and Wellness Center



The Health and Wellness Center personnel discuss services during a Diabetes Breakfast in July

aerobics routine with corresponding music. A group of volunteers has been practicing with plans to shoot a tribal chair aerobics video. Val was careful to incorporate Nez Perce/Lapwai cultural and historical concepts into the routine; examples include the shawl dance and butterfly movements. Once the video is completed, copies will be available to anyone who is interested.

Diabetes program dollars have also gone to help prevent eye problems, including the purchase of equipment for the eye clinic. Dr Leach, an ophthalmologist from Moscow, has been coming to the clinic one day a month. People with diabetes need to be more careful than non-diabetics about getting yearly eye exams. This service can help prevent future cases of diabetes-related blindness if patients take advantage of it. If you have diabetes you are encouraged to undergo a complete eye exam annually.

The diabetes grant now supports a shoe clinic in an effort to help people with diabetes prevent foot sores and ulcers. Atlas Medical sends a podiatrist to the clinic

once every two-three months to consult with patients at high risk for foot problems and measure and fit them for special shoes. At the present time, only patients with Medicare and/or Medicaid qualify for this program, because older and chronically ill people normally have much higher risk of foot problems. We hope that this program can be expanded in the future to include more patients with diabetes.

Another prevention program supported by the diabetes grant is the new pre-diabetes registry program. When a person has pre-diabetes, he or she still has the ability to delay or even prevent diabetes. In order to help people do this, we will be offering specific programs, including exercise and weight management programs and diabetes prevention classes.

The program now has monthly diabetes classes. These classes consist of a series of four programs on basic diabetes self management and are offered at both clinic sites. Classes are taught by Julie Keller, RD and Jeanne Laws, RN, both certified diabetes educators. By learning more about your diabetes, you can help prevent the complications that can happen.

Please call Jeanne Laws at 208-843-9375 if you have questions or want more information about diabetes or the diabetes prevention programs at Nez Perce.



The Nimiipuu Health Clinic in Lapwai, ID, houses the Health and Wellness Center