

Diabetes Prevention Profile

Reaching goals through healthy choices

Several studies have indicated pre-diabetes and diabetes are a huge epidemic here in the United States—so huge it is estimated that 79 million Americans have pre-diabetes.

Unfortunately, it is a medical diagnosis that is extremely high and all too common among the Native American community.

There are several ways to help reduce or prevent the onset of diabetes.

The Diabetes Prevention Program works with Native Americans who are considered to have a higher risk of becoming diabetic. The program starts with teaching a 16 week curriculum, providing education on nutrition, exercise, weight loss, healthy lifestyle balancing and personal one-on-one coaching.

Keys to success

Warm Springs community member Jennifer Smith was diagnosed by her primary care provider with pre-diabetes in December 2011.

Concerned about becoming diabetic, she immediately enrolled in the Warm Springs Diabetes Prevention Pro-



Jennifer Smith lost 23 pounds since joining the Prevention program.

gram. She enrolled in January and completed the class sessions in April.

Nearly six months after completing the 16 week program Jennifer remains actively involved with the program, and continues to see her lifestyle coach.

Jennifer states that the Diabetes Prevention Program

has helped her reach her goals: The classes encouraged her to make healthier changes, stay on track and try new foods.

One of the healthy changes that she has made and implemented into her lifestyle is eating less more often, walking on a regular basis and making dietary

changes.

When asked, what were some of the things learned from the program, Jennifer responded, "I learned how bad pop is, and I learned about exercise, as well as watching how I eat."

Exercise and portion control should be equally balanced to maintain a healthy weight.

Her favorite part of the program is being rewarded for her achievements—earning points for making healthy lifestyle changes, she is able to cash in the points to purchase items in the Diabetes Prevention Program store. A couple items she earned were a George Foreman Grill and a food steamer.

Jennifer's biggest success since joining the program so far has been losing 23 pounds. She has done this by watching what she eats and being more physically active than before.

Jennifer's advice to the people in the community is "Take this class."

Thank you on behalf of the Diabetes Prevention Staff!

Births

Isabella Joy Hollis
Richard Xavier Hollis and Jessi Michelle Fuentes of Madras are pleased to announce the birth of their daughter Isabella Joy Hollis, born on November 5, 2012.

Isabella joins brother Damian, 6, and sister Mya, 7.

Grandparent on the father's side are Joy Rene Mayfield of Portland; and great grandparents are Joe and Leury Mayfield of Portland.

Grandparents on the mother's side are Willy and Laura Fuentes of Madras; great grandparent is Pat Ahern of Madras.

Saliyan Blackwolf-Culps
Aaron Eli Culps Sr. and Julia Marie Begay of Warm Springs are pleased to announce the birth of

their daughter Saliyan Blackwolf-Culps, born on October 25, 2012.

Saliyan joins brother Aaron Jr., 9; and sisters Vanessa, 11, and Kaisha, 7.

Grandparent on the father's side is Florence Culps of Warm Springs.

Grandparents on the mother's side are Nancy Scabbyrobe of Warm Springs, and Lester Begay of Madras.

Thurmon Jadin Allen Tufti

Jasmine Jade Tufti of Warm Springs is pleased to announce the birth of her son Thurmon Jadin Allen Tufti, born on October 29, 2012.

Grandparents are Thurman Allen Tufti of Warm Springs, and Tina L. Fuller of Madras.

Positive visit from Head Start review team

A review team for Head Start-Early Head Start visited Warm Springs last week. The team met with chief operations officer Urbana Ross, Early Childhood Education director Kirstin Hisatake, and staff at ECE.

This was a follow-up visit. The team made an unannounced visit, at the request of Tribal Council, several months ago. Any potential issues the review team noticed during the first visit were brought to the attention of tribal officials and ECE, which then addressed them.

The follow-up visit last week was to get an update on how the Warm Springs Head Start and Early Head Start are doing. "I think the visit went great," said Ross. Hisatake agreed.

ECE has great staff and board, he said, and great input from parents. In the past it was hard to get people interested in serving on the parent policy team. Now there are people who are enthusiastic and dedicated to serv-



Kirstin Hisatake meets with review team project director Keyona Hill at ECE.

ing on the team.

"And we're hearing positive comments from the community," Hisatake said. Ross commented that ECE used to see a fairly high turnover of staff, and attendance was down. These problems are in the past, she said. "There is more to do, but we have come a long way," Ross said.

During the review, the interviewer, Keyona Hill, asked Ross and Hisatake some questions about the operation

of ECE and Head Start-Early Head Start.

Hill asked, for instance, how ECE ensures for proper staff and safety for the classrooms. Hisatake said there are regular meetings and reports from the operations team at ECE.

Hill asked how Tribal Council is kept aware of matters at ECE. Ross said that there are two Council members who serve as liaisons to ECE. These members then

share the information with the rest of Tribal Council.

Hisatake commented that ECE has conducted surveys to get input about ECE policies from the community members. Police, Fire and Safety, Utilities, WIC, IHS and other entities on the reservation also give their input when needed, Hisatake said.

— Dave McMechan

Appeal of Indian land trust settlement rejected

HELENA, Mont. (AP) — The U.S. Supreme Court won't consider a Colorado woman's challenge of a \$3.4 billion settlement between the federal government and Native American land trust beneficiaries.

The settlement was reached in 2009 following years of litigation in which Montana resident Elouise Cobell, who is now deceased, argued government officials mismanaged billions of dollars in land royalties held in trust for Native Americans.

Court records show Kim-

berly Craven's petition asking the Supreme Court to review the settlement was denied Oct. 29. She had argued the settlement enriched the attorneys and the named plaintiffs led by Cobell.

The named plaintiffs' attorneys said that three other people have agreed to dismiss their appeals in exchange for having their attorneys' fees and expenses paid, so settlement funds are closer to getting distributed.

Next Spilyay deadline is Friday, Nov. 23. Thank you.

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