



Diabetes Awareness Program



2022 Program Application: Adult Physical Activity/Weight Loss

Dear Applicant:

The Diabetes Awareness Program is committed to supporting physical and weight loss activities that emphasize the importance of a healthy lifestyle for our American Indian community. The Diabetes Awareness Program pays the fees for physical activity or weight-loss program for eligible adults to encourage healthy lifestyle changes.

Eligibility

- American Indian clients, living in the UIHS service area, who are registered clients of UIHS.
- Have a current diagnosis of Diabetes or have completed the 14-week Lifestyle Balance Group series.
- In good standing with medical checkups and labs.

General Guidelines

- Fees will be paid as long as funds are available.
- Recipients may receive up to \$200.00 to be paid per calendar year.
- Applications must be received **before** client participates in the activity. The payment process takes two (2) to three (3) weeks. **Reimbursements will not be issued.**
- **Applicants must provide documentation of the cost for the activity/program they are requesting (ex. Flyer or pamphlet).**
- Applicants must engage in a one-on-one orientation with a staff person when picking up an application or later by phone.

Recipient Responsibilities

- Notify the Diabetes Awareness Program if you decide to stop participating in the activity.
- Purchase your own equipment and supplies.

Please call the Diabetes Awareness Program if you have questions at 707-825-4162.

Applicant's Information

Name: _____
(First and Last)

Address: _____

City, State, Zip _____

Phone: _____

(Optional) Email: _____

Date of Birth: _____

Activity/Program Information

Requested Activity/Program: _____

Cost: _____

Organization/Business Name: _____

Address: _____

City, State, Zip: _____

Make Check Payable To: _____

Required information to be submitted:

Completed application Activity/Program documentation (ex. Flyer)

You can submit your completed application and activity/program documentation to:

United Indian Health Services, Inc.
Diabetes Awareness Program
1600 Weeot Way
Arcata, CA. 95521

OR

Fax 707-825-5055
Attn: Diabetes Awareness
Program

You will be notified after your application has been approved. A check will be sent, in your name, to the organization or business you have listed in your application. The payment process takes two (2) to three (3) weeks.

Name of Applicant (Printed)

Signature of Applicant

Date

Please call the Diabetes Awareness Program if you have questions at 707-825-4162.

**Please read the information below and complete the questions on the next page.
Applications will not be approved without it.**

Dancing and Drumming: The Native American Quest for Healthy Weight.

Generations ago, Native Americans and Alaska Natives maintained a healthier weight and there wasn't much heart disease or diabetes. Why? The past century has brought big changes in diet and physical activity for all Americans, including Native Americans and Alaska Natives.

Traditionally, native peoples hunted and gathered their food. They collected wood and hauled water. They played traditional games, drummed and danced more often. Today, Native Americans are less physically active and are spending more time than ever in front of the computer or TV.

Traditional healthy foods like salmon, deer, turkey, beans, squash, and fruit have been replaced by fast food and with recipes that are higher in fat and calories. At the same time, portion sizes have tripled. These changes have resulted in less healthy weights and more sedentary lifestyles.

Currently 27.7% of adults in California are over a healthy weight. Exercise and healthier eating can reduce this statistic.

Extra weight causes stress on your system and increases your risk of serious illnesses such as type 2 diabetes. The Indian Health Service reports that Native Americans and Alaska Natives had the highest rates of type 2 diabetes in the United States. Native children are experiencing high rates of being overweight as well.

Luckily, families can make small, gradual changes that can lead to healthier weights for the whole family. Here's a list of some health tips from the National Institute of Health.

Healthy Lifestyle Tips

Eat better:

- Cut back on adding fats and/or oils in cooking; bake or barbeque instead of frying.
- Watch portion sizes and avoid soda, which is high in sugar.
- Buy and try new a new fruit or vegetable.

Be active:

- After dinner, play fun traditional games with your family.
- Work up a sweat by practicing traditional dance and drumming, or going for a long, brisk walk.
- Park farther away and walk to destination.

Limit screen time:

- Set a daily 2 hour recreational screen time limit.
- Don't put a TV or computer in the bedroom.
- Make screen time active time by stretching, doing yoga or lifting weights.
- Exercise during the commercials. On average there are 17 minutes of commercials in an hour long show. If you watch 2 hours of TV you will get at least 30 minutes of exercise during commercial breaks.

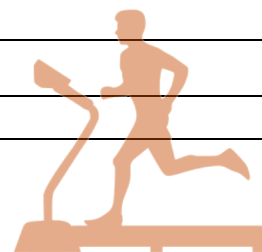


Other than the ideas listed on the previous page, brainstorm and come up with strategies **your family** will use to work towards a healthier lifestyle together. Please complete at least 2 ideas in each category.

Eat Better:

1. _____

2. _____



Be Active:

1. _____

2. _____

Limit Screen Time:

1. _____

2. _____

Others will know about the changes my family is making when:

Hurdles we may encounter when trying to make family changes:

How we will overcome these hurdles:

Please describe what has motivated you to participate in your selected activity?

