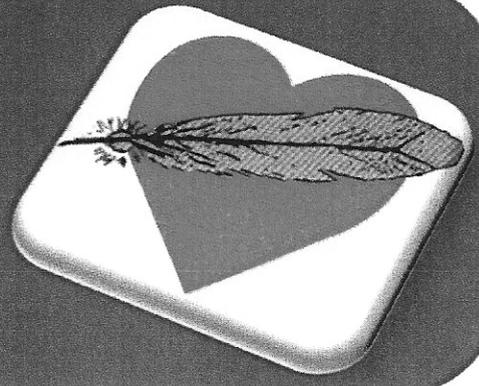


TEAM UP WITH HEALTHY HEART



- Heart Disease is a major complication of diabetes and the number one cause of death for Native Americans and Alaskan Natives.
- Research has shown that it is possible to reduce your risk of heart disease by:
 - Controlling blood pressure, cholesterol, and glucose levels
 - Stopping Tobacco use
 - Losing weight through a healthier eating habit and physical activity
 - Education: Education and Prevention is **KEY** to understanding, accepting, and living a healthier-more balanced life.



If you are Native American, 18 and older, diagnosed with diabetes, not pregnant, not on dialysis, and interested in reducing the risk of heart disease you meet the criteria for our program.

Office hours M-F 8:00 am- 5:00pm

STOP BY ↓



OR CALL 769-1630
FOR MORE INFO!

HEALTHYHEARTHUALAPAI@GMAIL.COM



This project is funded through a competitive grant, through the Indian Health Service's Special Diabetes Program for American Indians and Alaskan Natives.

Continued-meetings events held at the Hualapai Education and Wellness Facility in support of Tribal Program.

9. Public Works—Transportation Planning Meetings
10. Public Works –Waterline Meetings
12. Behavioral Health Study Group Meetings
13. Batteries Intervention Meeting
14. Food Handlers periodic Workshops
15. Personnel Committee Meeting
16. Holiday Committee Planning Meetings
17. Suicide Prevention Meeting
18. ITCA-Teen Testing
- 19.Planning Meetings for Nutrition Month
20. Hospitality Training

Trainings:

1. Affordable Care Act Conference, Phoenix, AZ LH
2. Diabetes Prevention Conference, Phoenix, AZ LH
3. Men's & women's Wellness Conference, San Diego, CA, LH
4. Yuman Language Summit LH
5. Collaborating to Strengthen, Protect Young Women Workshop LH
6. Fred Pryor Seminars 1/10/13
7. Pesi Health Care 1/29/13, 2/7/13,
8. U.S. Journal Training, INC 2/1/13, 4/11/13
9. UA Psychiatry, CME CC, DH, LT, PD
10. Safe Kids Worldwide
11. American Jail Association CC, JA
12. Cross Country Education 4/18/13
13. ACES Training at Peach Springs AZ AB
14. Diabetes Conference 1/3/11 RC

Alcohol Program

There was a total of 1,432 visits made to the counselors this quarter. The referrals came from the court, social service, Indian Health Services, family and self. In addition there were 654 that the counselors worked with for transport, case management and other supportive needs. There were 635 that came into the office, 146 visits were made by the counselors to the jail and 205 outreach clients visited at their homes. Some of the counselors were involved in the community activities previously listed.

Healthy Heart-See attachment

Diabetes/Fitness Center –See attachment

Injury Prevention, Underage Drinking, MVA-See attachment

Maternal-Child Health—See attachment

WIC– See attachment

Youth Services– See attachment

CHR—See attachment

MSPI—See attachment

In-Home Support Program—See attachment

The Great Spirit created Man and Woman in his own image. In doing so, both were created as equals. Both depending on each other in order to survive. Great respect was shown for each other, in doing, so, happiness and contentment was achieved then, as it should be now.

The connecting of the Hair makes them one person; for happiness or contentment cannot be achieved without each other.

The canyons are represented by the purples in the middle ground, where the people were created. These canyons are Sacred, and should be treated at all times.

The reservation is pictured to represent the land that is ours, treat it well.



The reservation is our heritage and the heritage of our children yet unborn. Be good to our land and it will continue to be good to us.

The sun is the symbol of life, without it nothing is possible - plants don't grow - there will be no life - nothing. The Sun also represents the dawn of the Hualapai people. Through hard work, determination and education, everything is possible and we are assured bigger and brighter days ahead.

The tracks in the middle represent the coyote and other animals which were here before us.

The Green around the symbol are pine trees, representing our name Hualapai - PEOPLE OF THE TALL PINES -

HUALAPAI HEALTHY HEART PROGRAM

Post Office Box 397 • Peach Springs, Arizona 86434 • Tel: (928) 769-1630 • Fax: (928) 769-1632

The Special Diabetes Program for American Indians and Alaskan Natives is in its 8th year.

THE GOAL:

Reduce the risk of Heart Disease in people with diabetes.

106 people with diabetes have completed Case Management to monitor and educate on

Medication

Blood pressure

Blood sugar

Cholesterol

Weight & physical activity

Held the yearly "Time to Feel Fine" Challenge

Lunch & Learn sessions

Healthy cooking classes

Plant garden vegetables

Health education & assessments at tribal departments, adult detention center, community events.

Exercise and stress reduction sessions

Will purchase 3-wheeled bikes to promote physical activity .

Success:

Participant lost 60 pounds over 6 years and kept it off, no more knee or back pain.

Participant lost 40 pounds over 2 years, active every day, blood pressure, blood sugar in healthy range, encouraged her mother to join Healthy Heart.

Participant exercises daily and able to walk at the fair instead of riding in scooter

Participant able to stop insulin after 20 years and diabetes is controlled

Sandra Irwin, MPH , Program Director

Nicky Teufel-Shone, PHD, Program Coordinator

Karen Hays, RN BSN, Case Manager

Athena Crozier, Recruiter/Data Coordinator/Health Educator

Community Self Help Meetings

Sunday	Time	Location
AA	6:00 - 7:00 p.m.	HEW
Monday		
Matrix	5:30 - 7:30 p.m.	HEW
Tuesday		
Matrix	3:00 - 5:00 p.m.	HEW
AA	6:00 - 7:00 p.m.	HEW
Batterer's Intervention	6:00 - 8:00 p.m.	HEW
Parenting	6:00 - 8:00 p.m.	HEW
Wednesday		
AA	7:00 - 8:00 p.m.	HEW
Cultural Night	6:00 - 8:00 p.m.	Soc. Serv.
Thursday		
Matrix	10:00 - 12:00 p.m.	HEW
Domestic Violence (Womens)	6:00 - 8:00 p.m.	Soc. Serv.
Youth Council	7:00 - 9:00 p.m.	HEW
Friday		
Wellbriety (teens)	9:30 - ????	HEW

Updated 22-March-13

Hualapai Diabetes/Fitness Center

The goal of the Hualapai Diabetes/Fitness is to initiate consistent opportunities for the general Hualapai Community to take part in healthy eating, exercising, and maintaining a good health by providing daily exercise sessions, state of the art equipment, and sharing information pertaining to one's health.

The Diabetes/Fitness Center is open

Monday thru Thursday 5:30am – 7:00pm and Fridays 5:30am – 1:00pm

Anyone in the community is more than welcome to become a member of the Diabetes/Fitness Center. Applications to become a member of the Center are readily available at the center Monday thru Friday.

- The average daily exercise client count is approximately 250 clients a month.
- The average daily Fitness center client use is approximately 300 clients a month.

So far for the year 2013 the Diabetes/Fitness Center has initiated and facilitated several classes and activities available to the Hualapai community for those pursuing and maintaining a healthy lifestyle. Some of the classes and activities include:

- Daily Physical Activity Class for the homeschooled children (Church) Monday - Wednesday
- Physical Activity Class for the Hualapai Head Start Children Tuesday-Thursday
- Elderly blood glucose checks every Tuesday (7:30am)
- Elderly walking every Friday
- Circuit Training for everyone Monday- Thursday (6:00am & 12:00pm)
- 2013 Diabetes Fitness/Center Youth camp
- Pops Health Challenges for Tribe and G.C.R.C.

Upcoming event for the year 2013 will include:

- Summer Horseshoe Tournament
- Team Building workshop w/ Tribal Court
- Jackpot Weight Loss Challenge
- Indian Day Horseshoe Tournament/Walk/Run
- Red Ribbon Week Elderly Walk
- Annual Diabetes Awareness Conference

- Continued Daily Circuit Trainings
- Cont. Elderly Glucose Checks & Walks
- Community outreach regarding healthy lifestyles.
- Pops Health Challenges
- Sponsorships for Upcoming Runs

We are pleased to see the community taking advantage of the various opportunities we offer to continue a healthy lifestyle whether it is coming into the Fitness Center for an independent work out, attending one of the exercise sessions or trainings, or simply grasping the information we offer about Diabetes prevention. We encourage each and every community member to take part in taking control of yourself to maintain a healthy lifestyle by coming to the Diabetes/Fitness Center or participating in any of the future events/sessions we will offer and continue to offer, remember it begins with you, one step at a time.

Hualapai Diabetes/Fitness Center

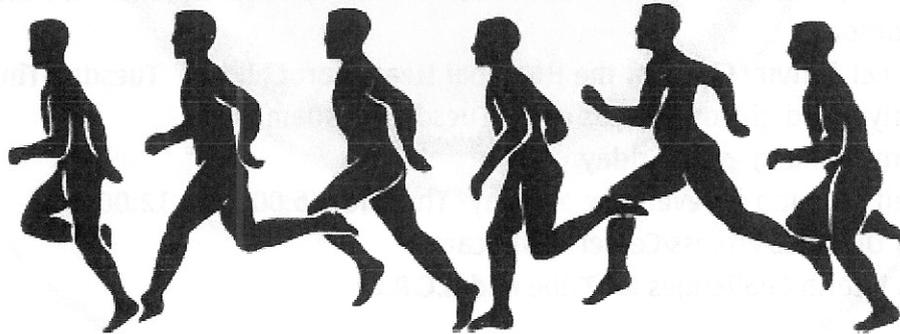
Emma Tapija, Program Manager

Chira Walema, Fitness Specialist I

Juwan Walker, Fitness Specialist II

Matthew Lomayestewa, Fitness Specialist III

*Emma Tapija
Program Manager*



Hualapai Tribal Injury Prevention Cooperative Agreements Program

Year III (September 1, 2012-Feb 28, 2013) Report

Semi Annual	
Submitted by:	Lyndee Hornell, IP coordinator

The tables on this and the following pages highlight all activities relating to Year I project Goals/Objectives/Activities.

GOAL : Improve injury prevention capacity for the Hualapai and Havasupai Tribes

Objective 1: Hire a full-time Injury Prevention Coordinator

Date	Progress & Accomplishments	Challenges/Delays
September 17, 2012- New TIPCAP replacement was hired		

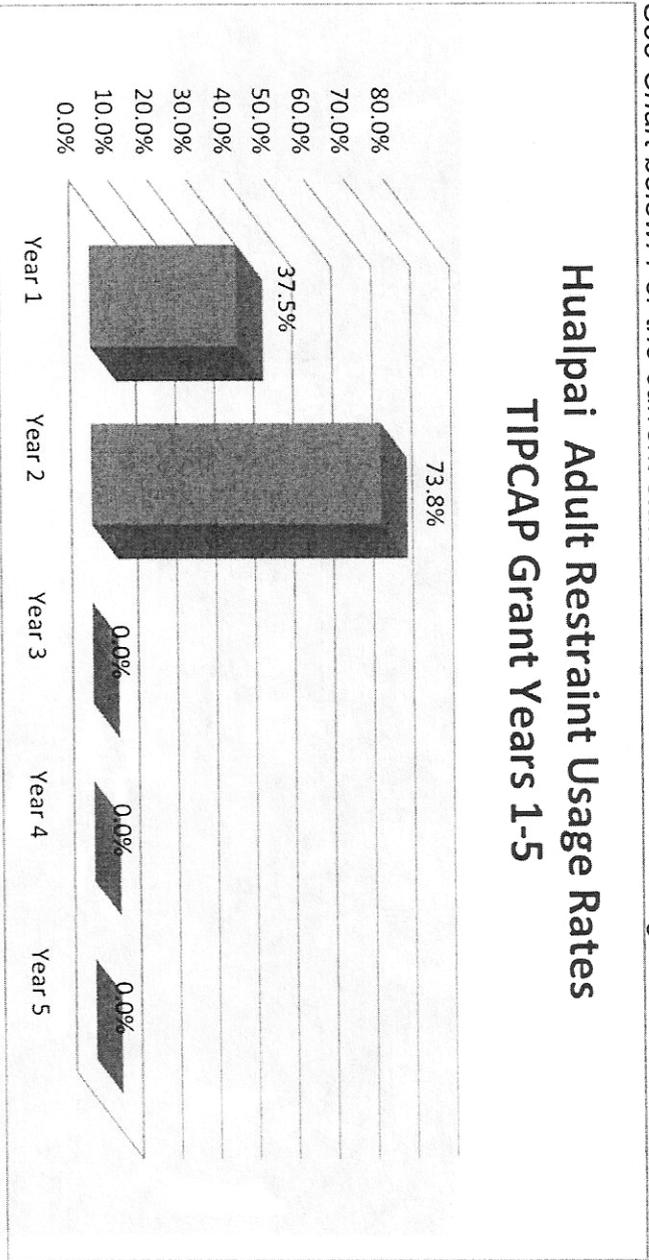
Objective 2. Train the Injury Prevention Coordinator.

Progress & Accomplishments	Challenges/Delays
<ul style="list-style-type: none"> September 26, 2012- Met with District Injury Prevention Coordinator, Robert Morones to review grant goals and objectives. December 4-6, 2012- Attended Indian Health Service Injury Prevention Level 2 Workshop in Chandler, Arizona. January 7, 2013- Registered and submitted travel to attend Life Savers and TIPCAP workshop in Denver, CO which will be held on April 12-16, 2013. January 23, 2013- Participated in the TIPCAP group conference call and also met new EHO Isaac Ampadu in the afternoon. February 5, 2013- Participated in the TIPCAP site visit call with econometrica. Attended re-certification child passenger safety training class on March 25, 2013. Researched and located a Microsoft Excel course that will be held in Las Vegas, NV on May 22-23, 2013 (plan to register and attend). May 6-10, 2013 held the Annual Elder Fall Prevention Week in Supai, AZ with 42 elder participants. 2 elderly homes were finished with bathroom modification by June 21, 2013 and three ramps in the Hualapai Community. On June 20, 2013 6 elderly in the community had home assessments with minor hazards fix on sight in Peach Springs. Annual site visit conducted in Phoenix, AZ on Jun25-27 with econometrica. 	

Hualapai Tribal Injury Prevention Cooperative Agreements Program
 Year III (September 1, 2012-Feb 28, 2013) Report

Hopefully with these improvements, many night accidents will be avoided.

See Chart below. For the current status of the adult restraint usage.



Objective 2. Increase child passenger safety usage rates for the Hualapai community August 31, 2012.

Progress & Accomplishments

Baseline for CPS usage in our community was calculated at 11% During this year the following activities have been completed.

- Coordinated for October 4, 2012 a car seat check-up/distribution event at the Head Start, which affected 12 children. Five seat corrections were made and, 7 seats provided
- New Child Passenger Safety seat law went into effect Oct 10, 2012 for the reservation.

Challenges/Delays