

2019 Conference • Oklahoma City  
**Diabetes in Indian Country**

.....

# PROGRAM GUIDE

.....

August 6-9, 2019  
Cox Convention Center



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a QR reader to easily  
download the app.**

## Dear Conference Participants,

On behalf of the planning committee, I would like to welcome you to the 2019 Diabetes in Indian Country Conference. It is an honor to have you join us here in Oklahoma City. We look forward to learning from each other over these four days.

This exciting conference builds on the expertise of Indian health professionals and partners from around the country. We appreciate their participation and also thank our Tribal partners for their generous sponsorship support. Members of the planning committee, including Area Diabetes Consultants, Special Diabetes Program for Indians (SDPI) grantees, and IHS Division of Diabetes staff, have all given substantial time and energy to develop what we hope you will find to be a meaningful conference. We encourage you to take advantage of this opportunity to network with your fellow SDPI grantees, clinicians, and community health colleagues from around the country.

As we celebrate the 22<sup>nd</sup> year of SDPI, our hearts are filled with gratitude for your dedication to this important work. Thank you for giving us much to celebrate - you are truly changing the course of diabetes in American Indian/Alaska Native (AI/AN) communities.

Once again, welcome to the 2019 Diabetes in Indian Country Conference!

**Ann Bullock, MD**

Director

IHS Division of Diabetes Treatment and Prevention

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**PHOTO DISCLAIMER:** By participating in the 2019 Diabetes in Indian Country Conference and related events, you are consenting to having video and/or photographic images taken of you which may be used by the Indian Health Service for educational and promotional materials.

# 2019 Diabetes in Indian Country Conference

## Continuing Education Information Sheet

The IHS Clinical Support Center and The IHS Nutrition and Dietetics Training Program  
(Accredited Providers)

The purposes of the 2019 Diabetes in Indian Country Conference are to provide continuing education opportunities across a broad spectrum of current diabetes related issues in Indian Country, identify and share practical sustainable strategies and best practices to address these issues, and collaborate on issues related to improving outcomes for people with diabetes or those at risk for developing diabetes

### Conference Outcomes Measures:

1. Implement the latest clinical, grants management, patient and community education, and data management information to enhance clinical and community diabetes care and education.
2. Apply quality improvement techniques to promote and advance best practices for diabetes care and education.
3. Increase and support collaborative opportunities to facilitate improved care and education.

**Target Audience:** IHS, Tribal, and Urban SDPI grantees, community health providers, diabetes educators, and clinicians (physicians, nurse practitioners, physician assistants, nurses, dietitians and other healthcare professionals) working in clinical and community health settings.

**Location:** Onsite and Virtually via Adobe Connect. See agenda for Adobe connectivity details and links to the selected live streaming sessions. Live and virtual concurrent sessions are available only once and not repeated. Please plan accordingly.

**Time:** Onsite – ALL TIMES are CENTRAL TIME ZONE. Tuesday Pre-Conference Sessions 8:00 am – 5:40 pm; Tuesday Evening 7:00 pm – 8:30 pm; Wednesday and Thursday Conference Sessions 8:00 am – 5:40 pm; Wednesday Evening 6:30 pm – 8:30 pm; Friday Conference Sessions 8:00 am – 12:30 pm.

### Guidelines for Continuing Education Credit:

- There are no fees to participate.
- Continuing Education (CE) is available for Physicians, Nurses, Pharmacists, and Dietitians who participate in this live/virtual activity.
  - **Please note the type of CE designated for each presentation may vary.**
- Sessions providing continuing education are indicated on the agenda and on the Session Tracking Form provided in the conference program. Please track the presentations you attended on the Session Tracking Form. You will need this form to complete the on-line conference evaluation and CE request. If you are claiming AAFP credit, you will need to obtain a separate tracking form at the Conference Registration Desk.
- To obtain continuing education credit, you must:
  - Sign in to document your attendance. Onsite attendees must sign-in at the registration desk to document attendance. Virtual attendees must sign-in electronically for the sessions attended.
  - Be present no later than 5 minutes from the start of each CE approved presentation and attend the entire presentation. No partial credit will be awarded.
  - Complete the on-line 2019 Diabetes in Indian Country Conference Evaluation and CE Request. The link to the evaluation will be emailed to registered participants at the close of the Conference. The link will be available for two weeks only, closing on **Friday, August 23, 2019**.
  - CE Certificates will be issued by the end of August. (Pharmacy on-line at CPE Monitor. Dietitians on-line via Survey Monkey.)
  - For assistance, please contact Jan Frederick at jan.frederick@ihs.gov.

## Accreditation



JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, IHS Clinical Support Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

### Physicians

The IHS Clinical Support Center designates this live activity for a maximum of 32 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### American Academy of Family Physicians (AAFP)

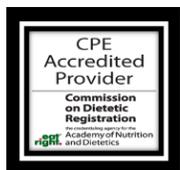
This Live activity, 2019 Diabetes in Indian Country Conference, with a beginning date of 08/06/2019, has been reviewed and is acceptable for up to 22.25 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Nurses

This activity is designated up to 32.0 contact hours for nurses.

### Pharmacists

These activities provide up to 26.0 hours of Knowledge-type continuing pharmacy education credit.



The Indian Health Service (IHS) Nutrition and Dietetics Training Program (NDTP) is accredited by the Commission on Dietetic Registration to sponsor continuing professional education for Registered Dietitians. This activity has been awarded a maximum of 32 CPEUs. Each attendee should only count the number of hours for each activity attended. The IHS NDTP number is NU006

**Disclosure Statement:** As a jointly accredited provider of continuing education, the IHS Clinical Support Center must ensure balance, independence, objectivity, and scientific rigor in its educational activities. Course directors/coordinators, planning committee members, faculty, reviewers and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. All those who are in a position to control the content of this educational activity have completed the disclosure process and have indicated that they do not have any relevant financial relationships or affiliations with any manufacturers or commercial products to disclose, with the exception of:

- Michael Bryer-Ash, MD – is a minor stockholder for Dexcom Inc. and Pfizer Inc.
- Jorge Mera – is a consultant for Eli Lilly and Company and has research funded by Abbot Nutrition.

There is no commercial interest support for this educational activity.

### Hardware and Software Requirements for Live Streaming:

Adobe Connect requires that you have an internet connection, a web browser, and Adobe Flash Player version 10.1 or greater to attend a web event. Adobe Connect supports nearly any operating system including Windows, Macintosh, Linux, and Solaris, as well as the most widely used browsers including Internet Explorer, Firefox, Safari, and Chrome.

### Test Your Computer Connection

The IHS uses Adobe Connect for online meetings. If you have never attended an Adobe Connect meeting before, please test your connection at least 30 minutes prior to the presentation.

Test your connection at: [https://ihs.adobeconnect.com/common/help/en/support/meeting\\_test.htm](https://ihs.adobeconnect.com/common/help/en/support/meeting_test.htm)

### For Adobe Questions and Technical Assistance

Contact Jonah Begay [Jonah.Begay2@ihs.gov](mailto:Jonah.Begay2@ihs.gov) or Alaina George at [Alaina.george@ihs.gov](mailto:Alaina.george@ihs.gov)

**Note:** You may review the IHS Privacy Policy ([http://www.ihs.gov/privacy\\_policy.asp](http://www.ihs.gov/privacy_policy.asp)) and the Survey Monkey Privacy Policy for details on how user information submitted in the evaluation is protected. <http://www.surveymonkey.com/mp/policy/privacy-policy/>  
Your information will be kept confidential when you participate in a CE internet based program.

# RECEPTION & POSTER SESSION

WEDNESDAY, AUGUST 7<sup>TH</sup> | 7:00 PM – 8:30 PM

## LIGHT HORS D'OEUVRES & REFRESHMENTS

Sponsored by **Chickasaw Nation**

### Chickasaw Nation Dance Troupe

The Chickasaw Nation Dance Troupe will perform a Social and Traditional Stomp Dance. The Stomp Dance is the most well-known dance of the Southeastern Tribes. Formed in 1992 to educate, preserve and restore Chickasaw dance traditions, the Chickasaw Dance Troupe has shared the ancient arts of shell shaking, stomp dancing and songs with people from around the world.

### Visit the Digital Photo Kiosk

This freestanding photo kiosk is a great opportunity to join with colleagues, teams and friends (old and new) for a memorable photo. All photos will be sent digitally via email, Facebook or text – your choice!

### MVSKOKE (Creek) Indian Stickball Social Demo

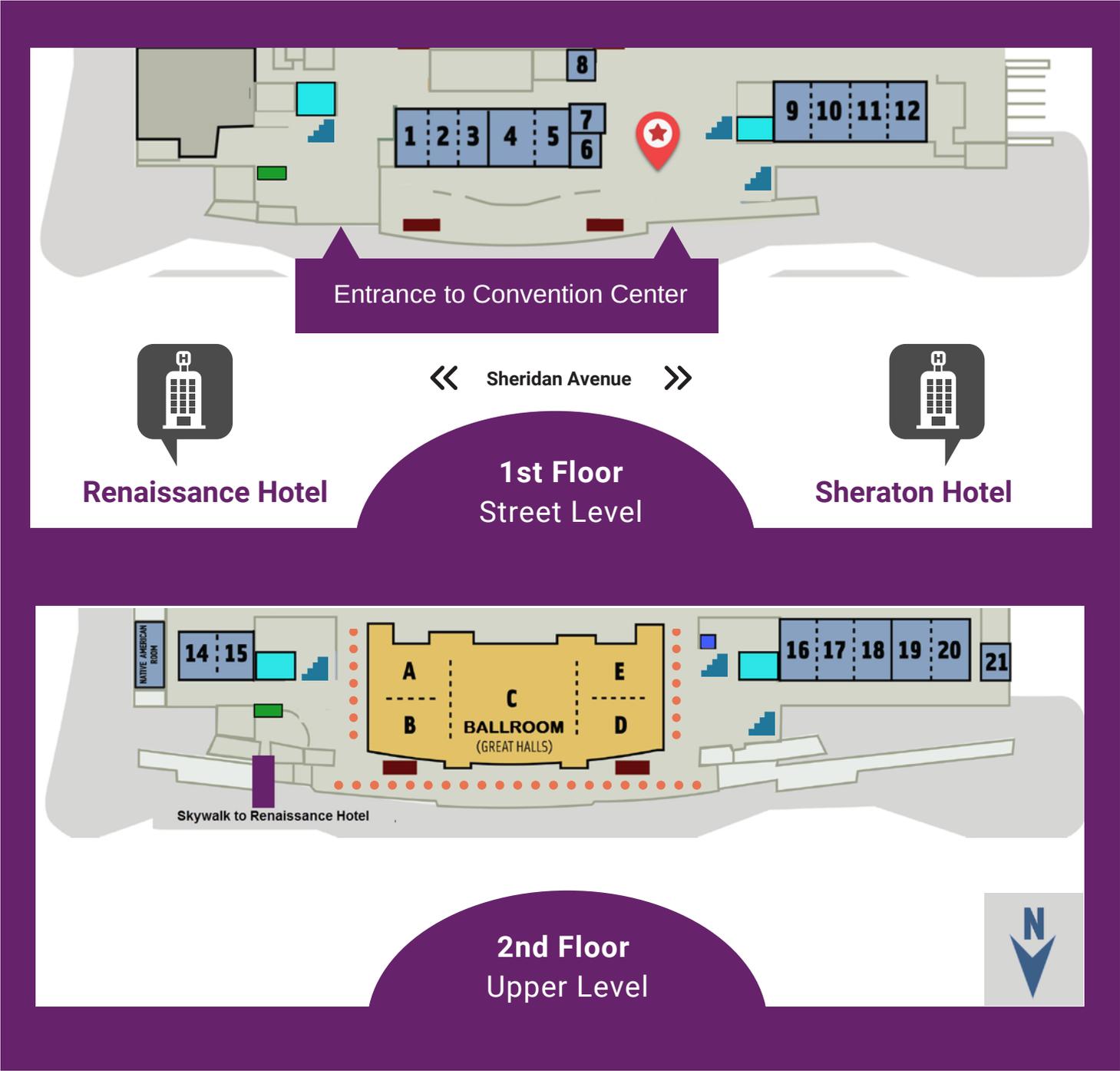
Commonly played on or adjacent to the Stomp Dance Grounds, this interactive demonstration offers opportunities to learn and practice basic Stickball skills. The Indian Stickball Game is played during the last stomp dance of the season or during the Ceremonial Ground's Winter Dance.

### Poster Session

Ready to network? Join SDPI grantees as they share their program's successes, community accomplishments and innovative approaches to diabetes prevention and treatment.

Cox Convention Center, OKC 2nd Floor Ballroom

# Cox Convention Center - Oklahoma City



-  **CONFERENCE REGISTRATION**
-  **GREAT HALLS/BALLROOM**
-  **ELEVATORS (GARAGE - SECOND FLOOR MEETING ROOM COMPLEX)**
-  **MEETING ROOMS**
-  **ELEVATORS (STREET LEVEL - SECOND FLOOR MEETING ROOM COMPLEX)**
-  **SKYWALK TO HOTEL**
-  **ESCALATORS**
-  **RESTROOMS**
-  **STAIRS**
-  **VENDORS / EXHIBITORS / POSTERS**

**AGENDA AT-A-GLANCE: Pre-Conference: Tuesday, August 6<sup>th</sup>**

	Ballroom A & B (2nd Floor)	Ballroom D & E (2nd Floor)	Room 4 (1st Floor)	Room 9 (1st Floor)	Room 16 (2nd Floor)	Room 17 (1st Floor)	Room 18 (1st Floor)	Room 19 (1st Floor)
7:45 - 8:00 AM		<b>Welcome Introduction</b>						
8:00 - 9:00 AM		<b>PC1 - Advances in Primary Care: Plenary - Infectious Disease Update 2019</b>		<b>PC27 - Engaging Your Community in Type 2 Diabetes Prevention: The National Diabetes Prevention Program</b>	<b>PC5 - Advances in Primary Care Intensive: Geriatrics and Palliative Care</b>			
9:00 - 10:00 AM		<b>PC2 - Advances in Primary Care: Plenary - Cardiovascular Disease Update: Keeping Up With the Swinging Pendulum</b>						
10:00 - 10:15 AM		<b>Break</b>	<b>PC24 - SDPI/SOS Bootcamp</b>					
10:15 - 11:15 AM		<b>PC3 - Advances in Primary Care: Plenary - Pain: Moving Beyond a Biomedical Diagnosis-Insights and Tools for Providers and Patients</b>						
11:15 - 12:15 PM		<b>PC4 - Advances in Primary Care: Plenary - Medication Assisted Treatment for Alcohol Use Disorders</b>						
12:15 - 1:15 PM	<b>PC25 - Native PLAY 8:30 AM - 4 PM</b>				<b>Lunch (on your own)</b>			
1:15 - 2:15 PM		<b>PC7 - Advances in Primary Care Workshop - Updates in Breast Cancer Diagnosis and Treatment</b>		<b>PC27 - Engaging Your Community in Type 2 Diabetes Prevention: The National Diabetes Prevention Program</b>		<b>PC11 - Advances in Primary Care Workshop - Primary Care Management of Common Eye Problems</b>	<b>PC14 - Advances in Primary Care Workshop - Contraception: What's New in 2019</b>	<b>PC20 - Advances in Primary Care Workshop - Update on Obstructive Sleep Apnea (OSA)</b>
2:20 - 3:20 PM		<b>PC15 - Advances in Primary Care Workshop - Who and How to PREP</b>				<b>PC9 - Advances in Primary Care Workshop - The Evaluation of the Acute Abdomen in the Diabetic Patient</b>	<b>PC16 - Advances in Primary Care Workshop - Front-line PT-OT Pain Management Programs and Interventions</b>	<b>PC18 - Advances in Primary Care Workshop - Common Neurological Issues for Primary Providers - An Overview of Epilepsy and Migraine</b>
3:20 - 3:35 PM		<b>Break</b>	<b>PC23 - IHS Diabetes Care and Outcomes Audit</b>				<b>Break</b>	
3:35 - 4:35 PM		<b>PC8 - Advances in Primary Care Workshop - Depression and Diabetes</b>				<b>PC21 - Advances in Primary Care Workshop - Childhood Obesity in Primary Care: What Works?</b>	<b>PC13 - Advances in Primary Care Workshop - Cervical Cancer Screening: Current Approaches</b>	<b>PC19 - Advances in Primary Care Workshop - Challenges and Pitfalls in the Management of Dermatological Conditions in Diabetic Patients</b>
4:40 - 5:40 PM		<b>PC22 - Advances in Primary Care Workshop - Clinical Management of Patients with Thyroid Disorders</b>				<b>PC10 - Advances in Primary Care Workshop - Colon Cancer Screening Guidelines for Native Americans</b>	<b>PC17 - Advances in Primary Care Workshop - Healthcare for Transgender Individuals</b>	
5:40 - 7:00 PM					<b>Dinner (on your own)</b>			
7:00 - 8:30 PM		<b>PC28 - Moving Forward on a Trauma-Informed Path: Films, Discussion, and More</b>						

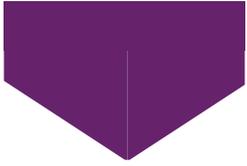
**AGENDA AT-A-GLANCE: Wednesday, August 7<sup>th</sup>**

	Ballroom B (2nd Floor)	Ballroom C (2nd Floor)	Ballroom D & E (2nd Floor)	Room 1 (1st Floor)	Room 2 (1st Floor)	Room 3 (1st Floor)	Room 4 (1st Floor)	Room 5 (1st Floor)	Room 9 (1st Floor)	Room 11 (1st Floor)	Room 16 (1st Floor)	Room 18 (2nd Floor)
7:45 - 8:00 AM Opening		Welcome and Blessing										
8:00 - 9:00 AM Plenary Session		M1 - Diabetes in Indian Country										
9:00 - 10:00 AM Plenary Session		M2 - How Life Course Models of Health Development Inform New Approaches to Diabetes Prevention, Treatment and Management										
10:00 - 10:15 AM Break												
10:15 - 11:15 AM Plenary Session		M3 - Adverse Childhood Experiences: Cultural Approaches to Prevention										
11:15 - 12:15 PM Plenary Session		M4 - Alaska's Most Important Infrastructure: Improving the Health and Wellness of Families with Young Children										
12:15 - 1:15 PM Lunch (on your own)												
1:15 - 2:15 PM Concurrent Workshops	E38 - Working With Communities to Implement CDC Recognized Diabetes Prevention Programs in Indian Country	C4 - 2019 Diabetes Clinical Practice Guidelines: What's New	P4 - Improving Coverage and Delivery of Diabetes Prevention Services to Medicare and Medicaid Beneficiaries	D15 - Data 101 - The Importance of Data and Data Quality	E35 - Physical Activity Kit (PAK) for Older Adults: Revisions, Implementations, and Modifications to Keep Our Elders on the Move	Wellness Room - AM/PM Fitness	G5 - Roles and Terminology of Your SDPI Grant	P3 - We R Native: Can Social Media Get You Moving?	E41 - Interpreting Nutrition Therapy for Adults With Diabetes or Prediabetes: A Consensus Report	C10 - Neurologic Complications of Diabetes - Polyneuropathy & More		
2:20 - 3:20 PM Concurrent Workshops	E8 - Healthcare in Motion: How a Mobile Clinic Improves Primary Care Engagement for High Risk Populations	C19 - Annual Eye, Dental and Foot Exams: Saving People with Diabetes from Preventable Complications	G11 - Preparing and Submitting Successful Diabetes Grant Applications	D4 - Clinical Diabetes Data (RPMs, GPRA, Audit) Overview	C20 - Depression and Diabetes	Wellness Room - AM/PM Fitness	G1 - Expanded Authorities and What it Means to your SDPI Grant	P1 - Good Health and Wellness in Indian Country: Considering Indigenous Approaches to DM2	E39 - Prepare to Care: Caregiving for your Loved Ones	E16 - Teamwork Makes the Dream Work: Expanding Physical Activity Through Non-Traditional Programming!		
3:20 - 3:35 PM Break												
3:35 - 4:35 PM Concurrent Workshops	C2 - Cardiovascular Disease Evaluation: To stress or not to stress?	C9 - Answers to the Most Common Questions About Kidney Disease	E2 - Using Data and an Informatics Specialist to Inform, Foster Collaboration, and Improve Diabetes Care	D1 - IHS Diabetes Audit Overview	E15 - Diabetes, Red Carpets, Fondue, Feet, and the Beach	Wellness Room - AM/PM Fitness	G6 - Staying Organized with Your SDPI Grant or "What I wished someone told me when I started this job!"	E32 - Community Approach to Type 2 Diabetes Prevention	E40 - Overview of National DSMIES Standards for Recognition/ Accreditation 3:35-5:05 PM			
4:40 - 5:40 PM Concurrent Workshops	E33 - Chickasaw Nation's Pathway to Prevention	C15 - "CPR" for the Foot - Check, Protect, Refer	E13 - Engaging Partners to Address Food Access on the Navajo Reservation	D2 - IHS Diabetes Audit: Understanding and Using Results to Improve Patient Care	E43 - Culturally Tailoring a Diabetes Nutrition Education Program for Tribal and Urban AI/AN Communities	Wellness Room - AM/PM Fitness	G4 - Application Overview for the SDPI Grant	E34 - The Pre-Reservation Nnee/Ndee (Western Apache) Diet and Healthcare Model				
5:40 - 7:00 PM Dinner (on your own)												
7:00 - 8:30 PM Reception/ Poster Session	Conference Reception and Poster Session Activities											



**AGENDA AT-A-GLANCE: Friday, August 9<sup>th</sup>**

	Ballroom B (Level II)	Ballroom C (2nd Floor)	Ballroom D & E (2nd Floor)	Room 1 (1st Floor)	Room 2 (1st Floor)	Room 3 (1st Floor)	Room 4 (1st Floor)	Room 5 (1st Floor)	Room 9 (1st Floor)	Room 11 (1st Floor)	Room 16 (1st Floor)	Room 18 (1st Floor)
8:00 - 9:00 AM Concurrent Workshops	E10 - Customizing T2 Diabetes Education with Professional CGM		C14 - Screening & Management of Childhood Obesity	D13 - GPRA/ CRS Tools: On Demand Clinical Measures Reports for Daily Improvement Work	D7 - Tying Up Your Diabetes Data: The Importance of Documentation	E22 - Standing Rock Hospital Community Garden Project	C12 - Do You Hope to Become Pregnant in the Next Year? Next Steps When She Answers Yes, No, or Maybe...	Wellness Room - AM/PM Exercise	G12 - Implementing the SDPI Grant Best Practice	C16 - Taking Time to Breathe: An Hour of Stress Reduction	C7 - NAFLD Update	P5 - T.R.A.I.L. (Together Raising Awareness for Indian Life)
9:05 - 10:05 AM Concurrent Workshops	E28 - Strong Men, Strong Communities: Cultural Tradition to Improve Native Men's Health		P6 - Menominee is Fostering Futures	D14 - Telling Your Story with Data	D8 - Data for CHRs	E19 - Health Literacy	E18 - Using Continuous Glucose Monitoring to Improve Patient Engagement and Outcomes	Wellness Room - AM/PM Exercise	G10 - Real World 2: Experience in Managing the SDPI Grant	E21 - Our Journey to Full CDC Diabetes Prevention Recognition	C8 - The Intersection of Diabetes and Hepatitis C: How PCPs Can Change the Course	E14 - Native Centered Nutrition Education - See, Touch and Taste Your Way to Learning Nutrition
<b>10:05 - 10:20 AM Break</b>												
10:20 - 11:20 AM Plenary Session		M10 - Culture as a Diabetes Intervention										
11:20 - 12:20 PM Plenary Session		M11 - The Seven Circles of Wellness										
12:20 - 12:30 PM		Closing Remarks										
<b>12:40 PM Adjourn</b>												



## ADVANCES IN PRIMARY CARE INTENSIVE WORKSHOPS ROOM 16 - SECOND FLOOR

Note: To receive credit, participant must attend the entire 4 hour session.

### 8:00 AM - 12:15 PM

#### PC5 GERIATRICS AND PALLIATIVE CARE

Blythe Winchester, MD, MPH, CMD / Michael Stitzer, MD

[4 CME credits/4.0 CNE contact hours/4 CPE credit hours/4 CPEUs]

Room 16 - Second Floor

This session will provide a focused look at some of the issues providers are faced with in providing geriatric and palliative care. The issue of Advance Care Planning will be addressed, including discussion of different advance directives, practical ways to implement those plans, and potential barriers to advance care planning. Providing palliative care to patients and their families as they deal with diabetes and chronic kidney disease will also be presented. And finally, the effects of diabetes on brain function whether it relates to risk of dementia, hypoglycemia, or stroke, among others. A Geriatrician and a Neurologist will provide information on all of the ways diabetes affects the brain throughout the disease process and what approaches can be taken to prevent and/or treat these effects.

### 1:15 PM - 5:30 PM

#### PC6 FOOT CARE - ASSESSMENT AND INTERVENTIONS FOR LIMB PRESERVATION

Joel Rainwater, MD / Brian Lepow, DPM / Rick Robinson, DPM

[4 CME credits/4.0 CNE contact hours, 4 CPEUs]

Room 16 - Second Floor

Contemporary techniques in community settings now provide hope for amputation prevention in all of Native America. An examination of the challenge presented by PAD and a review of novel concepts for treatment will demonstrate that world-class care can be achieved for all. A discussion of basic components of a diabetic foot exam, protecting feet, and appropriate referral of complications will be included. Diabetes outcome data related to the use of the techniques and approaches presented will be shared throughout the session.



## ADVANCES IN PRIMARY CARE PLENARY SESSIONS BALLROOM D/E - SECOND FLOOR

**8:00 AM - 9:00 AM**

### **PC1 INFECTIOUS DISEASE UPDATE 2019**

**Jonathan Iralu, MD, FACP**

[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Ballroom D/E - Second Floor**

The talk will update attendees on current management of Clostridium difficile infection, soft tissue infections, Latent Tuberculosis and HIV infection in the primary care setting. All four diseases are intimately linked to the care of the diabetic patient.

**9:00 AM - 10:00 AM**

### **PC2 CARDIOVASCULAR DISEASE UPDATE: KEEPING UP WITH THE SWINGING PENDULUM**

**Dena Wilson, MD, FACC**

[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Ballroom D/E - Second Floor**

This session is a case-based presentation covering the latest in evaluation, management, and prevention of Coronary Artery Disease. A discussion of assessing risk factors and tools and tests available for diagnosis, and the latest information/guidelines for evaluating and managing care will be included.

10:00 AM **BREAK**

**10:15 AM - 11:15 AM**

### **PC3 PAIN - MOVING BEYOND A BIOMEDICAL DIAGNOSIS: INSIGHTS AND TOOLS FOR PROVIDERS AND PATIENTS**

**Steven Spoonemore, Jr., DPT, OCS, FAAOMPT**

[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Ballroom D/E - Second Floor**

An estimated 60% of patients with diabetes have chronic pain conditions. Chronic pain raises the complexity and difficulty in managing patients with type 2 diabetes. Understanding pain from a holistic biopsychosocial framework empowers healthcare providers to assist patients in managing their pain and subsequently caring for diabetes. Advances in the neurophysiology of pain will be discussed. Exploration of classification systems for peripheral and central sensitization along with patient centered individualized frameworks for pain neuroscience education will be presented. Practical applications and real world tools will be demonstrated with opportunity to practice in an integrated session.

**11:15 AM - 12:15 PM**

### **PC4 MEDICATION ASSISTED TREATMENT FOR ALCOHOL USE DISORDERS**

**Jennie Wei, MD, MPH**

[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Ballroom D/E - Second Floor**

Alcohol Use Disorders (AUDs) are extremely prevalent and those who suffer from alcohol use disorders have more trouble controlling their chronic medical problems. This session will discuss the medications and tools that can be used to treat those with AUDs, which will help them engage more in all aspects of their health and wellness.



## ADVANCES IN PRIMARY CARE CONCURRENT WORKSHOPS

**1:15 PM - 2:15 PM**

### **PC7 UPDATES IN BREAST CANCER DIAGNOSIS AND TREATMENT**

**Laura Tillman, MD, FACS**

[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Ballroom D/E - Second Floor**

An overview of breast cancer diagnosis and treatment will be provided. Minimally invasive diagnostic procedures are the standard of care, and even more critical for the diabetic patient who may have an increased risk of surgical complications. Breast cancer therapy has also changed dramatically over the past decade; changes in strategies for management will be discussed.

### **PC11 PRIMARY CARE MANAGEMENT OF COMMON EYE PROBLEMS**

**Dara Shahon, MD**

[1 CME credit/1.0 CNE contact hour/1 CPEU]

**Room 17 - Second Floor**

Patients commonly present to primary care clinics with eye complaints. Eye-related problems have been reported in 1-3% of primary care visits. This discussion will cover the diagnosis and management of common conditions including “red eye”, infections, dry or itchy eyes, acute and chronic vision complaints, cataracts and more complex ocular conditions. Issues related to diabetic eye disease and treatment will be presented as well as vision-threatening problems that require immediate recognition and referral.

### **PC14 CONTRACEPTION: WHAT’S NEW IN 2019**

**Tony Ogburn, MD**

[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Room 18 - Second Floor**

This session will review current data on youth weight status, discuss childhood obesity screening, prevention, and management, and review current population health interventions. The relationship between weight status and type 2 diabetes in AI/AN youth will also be discussed.

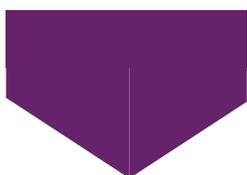
### **PC20 UPDATE ON OBSTRUCTIVE SLEEP APNEA (OSA)**

**Anna Miller, MD**

[1 CME credit/1.0 CNE contact hour/1 CPEU]

**Room 19 - Second Floor**

This session will provide an update on appropriate screening for OSA, along with discussion of the diagnosis, treatment, and morbidity and mortality. A review of pathophysiology, prevalence, and clinical implications of OSA, including links between OSA and diabetes will be included.



## ADVANCES IN PRIMARY CARE CONCURRENT WORKSHOPS

2:20 PM - 3:20 PM

### PC15 WHO AND HOW TO PrEP

Paul Bloomquist, MD

[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Ballroom D/E - Second Floor**

This session will provide information on how to identify people at high risk for HIV acquisition and indications for PrEP. Components of an initial evaluation and details for follow up care for a person with PrEP will be discussed. Information on how to provide emtricitabine + tenofovir disoproxil fumarate for Pre-Exposure Prophylaxis for HIV will be shared.

### PC9 THE EVALUATION OF THE ACUTE ABDOMEN IN THE DIABETIC PATIENT

Greg Jarrin, MD, FACS

[1 CME credit/1.0 CNE contact hour/1 CPEU]

**Room 17 - Second Floor**

Diabetic patients often mask their symptoms when presenting with abdominal pathology. Their pain and physical findings can be more subtle than non-Diabetic patients. The assessment of the diabetic patient with abdominal pain will be reviewed including the importance of the history and the pertinent physical findings. The appropriate laboratory and radiological tests that should be ordered will be discussed. A differential diagnosis should be developed during the evaluation in order to steer the provider during their evaluation.

### PC16 FRONT-LINE PT-OT PAIN MANAGEMENT PROGRAMS AND INTERVENTIONS

Tarri Randall, PT, DPT, OCS, CWS

[1 CME credit/1.0 CNE contact hour/1 CPEU]

**Room 18 - Second Floor**

This program will summarize evidence based non-pharmacologic PT and OT treatment interventions that are currently being provided among the IHS clinics. The presenter will encourage early referral and access to the IHS rehabilitation professional team for assistance in the management of persistent pain conditions. Available services will be identified for each IHS region.

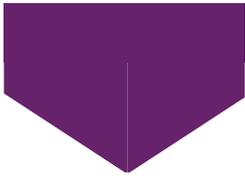
### PC18 COMMON NEUROLOGICAL ISSUES FOR PRIMARY PROVIDERS - AN OVERVIEW OF EPILEPSY AND MIGRAINE

Michael Stitzer, MD

[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Room 19 - Second Floor**

This pre-conference course will go over the pathophysiology, clinical presentation, and treatment options for two of the most common neurological diagnoses seen across the spectrum of primary provider practice: epilepsy and migraines. The bulk of the talk will focus on the management aspects of these issues for a primary provider. Discussion of the effects diabetes has on brain function and these neurological diagnoses will also be included.



## ADVANCES IN PRIMARY CARE CONCURRENT WORKSHOPS

**3:35 - 4:35 PM**

### **PC8 DEPRESSION AND DIABETES**

**Paul Pierce, MD**

[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Ballroom D/E - Second Floor**

Depression is common, and is more common in patients with diabetes than in the general population. People with depression frequently receive that diagnosis and treatment in a primary care setting. This talk will focus on the use of medications in the management of depression. There's no special magic to treating depression in diabetes relative to generic cases, but some medications used in treating depression can have very powerful effects on the management of diabetes, usually for the worse. We will discuss medication options, adjunctive therapy, combining antidepressants, notable risks of these medications, and, hopefully, increase your confidence in treating depression while not sabotaging diabetic management.

*This session will be repeated on Wednesday, August 7 at 2:20 PM. Individuals are eligible for continuing education credit for one session only.*

### **PC21 CHILDHOOD OBESITY IN PRIMARY CARE: WHAT WORKS?**

**Jason Kurland, MD**

[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Room 17 - Second Floor**

Childhood obesity is widely recognized as an issue with potentially profound health implications. Less clear is what can be done in primary care to effectively limit unhealthy weight gain and prevent complications including high blood pressure and diabetes. This talk focuses on several primary care interventions and the evidence, or lack thereof, for these interventions.

### **PC13 CERVICAL CANCER SCREENING CURRENT APPROACHES**

**Christine Conageski, MD**

[1 CME credit/1.0 CNE contact hour/1 CPEU]

**Room 18 - Second Floor**

This session will review current data on youth weight status, discuss childhood obesity screening, prevention, and management, and review current population health interventions. The relationship between weight status and type 2 diabetes in AI/AN youth will also be discussed.

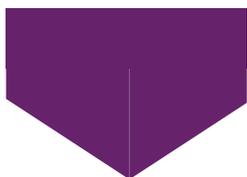
### **PC19 CHALLENGES AND PITFALLS IN THE MANAGEMENT OF DERMATOLOGICAL CONDITIONS IN DIABETIC PATIENTS**

**Christopher Bengson, MD**

[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Room 19 - Second Floor**

This session will highlight the diagnostic dilemmas in primary care that involve the practice and management of various skin conditions as they pertain to patients with diabetes. The most common pitfalls and concerns that primary care providers face as they manage the dermatological issues common in and unique to diabetic patients will be discussed, including the full spectrum of pediatric to adult dermatology, dermatologic surgery, teledermatology and dermatopathology issues.



## ADVANCES IN PRIMARY CARE CONCURRENT WORKSHOPS

4:40 PM - 5:40 PM

### PC22 CLINICAL MANAGEMENT OF PATIENTS WITH THYROID DISORDERS

**Richard Arakaki, MD**

[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Ballroom D/E - Second Floor**

This lecture will discuss the evaluation and treatment of hyperthyroidism and hypothyroidism. The connection between thyroid disease and diabetes will be included and specific clinical challenges of subclinical disease and pregnancy management will be highlighted. In addition, evaluation and management of thyroid nodules and thyroid cancer will be covered during this lecture.

### PC10 COLON CANCER SCREENING GUIDELINES FOR NATIVE AMERICANS

**Greg Jarrin, MD, FACS**

[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Room 17 - Second Floor**

Indications for colon cancer screening in the Native American population can differ depending on each patient's heritage and family history. Certain tribes have a higher incidence of colon cancer than others. Lynch Syndrome has been identified in some Native families as well. Obesity has been identified as a risk factor not only for diabetes but for colon cancer as well. The most up to date guidelines for screening colonoscopy and the present day controversies will be discussed.

### PC17 HEALTHCARE FOR TRANSGENDER INDIVIDUALS

**Jennie Wei, MD, MPH**

[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Room 18 - Second Floor**

Transgender people face significant health disparities and often do not feel comfortable accessing the healthcare system. This session will help us define what it means to be transgender and explore the range of sex, gender, gender expression and sexuality. We will also discuss ways we can help transgender individuals and make our clinics more trans-friendly.



**CENTERS FOR DISEASE CONTROL AND PREVENTION  
DIABETES PREVENTION RECOGNITION PROGRAM  
INTENSIVE WORKSHOP  
ROOM 9 - FIRST FLOOR  
8:30 AM - 4:00 PM**

Note: To receive credit, participant must attend the entire 6 hour session.

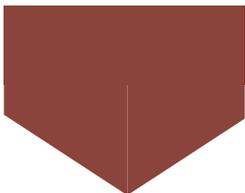
**PC27 ENGAGING YOUR COMMUNITY IN TYPE 2 DIABETES PREVENTION:  
THE NATIONAL DIABETES PREVENTION PROGRAM**

**Elizabeth Ely, MS / Larry Alonso, RN, MSN, FNP-BC / Miriam Bell, MPH**  
[6 CME credits/6.0 CNE contact hours/6 CPEUs]

**Room 9 - First Floor**

The SDPI Diabetes Prevention Demonstration Project showed that type 2 diabetes can be prevented or delayed among AI/ANs with prediabetes in tribal communities. The National Diabetes Prevention Program (National DPP), a partnership of public and private organizations, including tribes, is building a nationwide system to deliver an evidence-based lifestyle change program to prevent type 2 diabetes. Tribes experienced with diabetes prevention programs are well positioned to participate in the National DPP and obtain CDC recognition to reimburse and help sustain their programs.

This full day workshop will use peer-learning and tribal program highlights, to allow participants to discuss ways to incorporate community wisdom and tailor the National DPP in their communities.



**IHS DIVISION OF DIABETES  
INTENSIVE WORKSHOPS  
ROOM 4 - FIRST FLOOR**

**PC24 8:30 AM - 12:15 PM**

**SDPI/SOS Bootcamp**  
**Melanie Knight, PMP**  
[No Credit]

**Room 4 - First Floor**

Whether you are new or not-so-new to SDPI, attend this pre-conference session to receive MAXIMUM GAINS in SDPI. Learn about the history and requirements of this grant. This pre-conference session will also include an SDPI Outcome Systems (SOS) overview and demonstration so you can achieve TOTAL SOS memory FITNESS!

**PC23 1:15 PM - 5:30 PM**

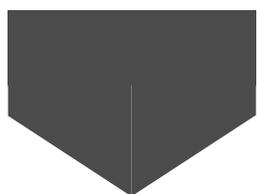
**Diabetes Care and Outcomes Audit**  
**Karen Sheff, MS**

[4 CME credits/4.0 CNE contact hours/4 CPEUs]

Note: To receive credit, participant must attend the entire 4 hour session.

**Room 4 - First Floor**

The IHS Diabetes Care and Outcomes Audit (Audit) is a process for assessing care and health outcomes for American Indian and Alaska Native people with diabetes. Audit data and results provide valuable information for improvement, programming planning, evaluation, and decision making. This workshop will provide an introduction to the Audit, including: resources, methods, and WebAudit tools; process for gathering Audit data, reviewing data quality, and submitting data into the WebAudit; overview of Audit reports and graphs including guidance for reading and reviewing.



PC25

## NATIVE PLAY INTENSIVE WORKSHOP

### BALLROOM A/B - SECOND FLOOR

Note: To receive credit, participant must attend the entire 6 hour session.

**8:30 AM - 4:00 PM**

**Scott Robison, MEd**

[6 CME credits/6.0 CNE contact hours/6 CPEUs]

**Ballroom A/B - Second Floor**

This one day workshop is fun, highly interactive, and informative. Participants will gain knowledge and skills that will prepare them to work more effectively with people in promoting and leading health and physical activity groups. The sessions all include a combination of lecture and demonstration of group education and activities. Participation in group activities such as pedometer games, cooperative and partner activities, and camouflage fitness is expected. A comprehensive manual of resources and tools will be provided.

## Join Us for a Special Evening Event

**TUESDAY .. 7 PM - 8:30 PM**

**BALLROOM D/E - SECOND FLOOR**

### Moving Forward on a Trauma-Informed Path: Films, Discussion, and More

#### Presenters and Special Guests

*KPJR Films*

Lynn Waymer

*Menominee Tribal Clinic*

Faye Dodge, RN, BSN, CDE

Patricia Burr, RN, BSN, CDE

*IHS Division of Diabetes*

Ann Bullock, MD

Gale Marshall

[1.5 CME credits/1.5 CNE contact hours/1.5 CPEUs]

**PC28**

This session will focus on how to apply the science regarding stress and trauma to develop effective community-based interventions. Featuring selected clips from trauma-informed films, an expert panel discussion, and real world examples of a Tribal community's journey related to trauma and healing, this session will provide potential interventions to consider for customization and implementation in AI/AN communities.



Wednesday, August 7, 2019

7:45 AM - 8:00 AM	<b>Welcome &amp; Blessing</b>	Ballroom C, D & E - Second Floor
8:00 AM - 9:00 AM	<b>Diabetes in Indian Country</b>	Ballroom C, D & E - Second Floor
M1	Ann Bullock, MD [1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]	
Plenary	This presentation will provide an update on diabetes-related issues in Indian Country today. The session will include discussion of DDTP's newest look at diabetes prevalence rates for AI/AN people, the state of affairs with SDPI grants and grant funds, new clinician and community resources, and other challenges and successes in our collective work to prevent and treat diabetes across Indian Country. In addition, an overview of future directions will be provided.	
9:00 AM - 10:00 AM	<b>How Life Course Models of Health Development Inform New Approaches to Diabetes Prevention, Treatment and Management</b>	Ballroom C, D & E - Second Floor
M2	Neal Halfon, MD, MPH [1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]	
Plenary	Life Course Development is a model that seeks to understand, explain, and improve health and disease patterns across population groups. It suggests that a complex interplay of biological, behavioral, psychological, and social protective and risk factors contribute to health outcomes across the span of a person's life. A life course approach recognizes the role of time in shaping health outcomes and incorporates time into models explaining health out-comes. This session will provide an overview of the science underlying life course development model and invites participants to create and implement health care delivery systems that are more responsive to the needs of communities.	
10:00 AM	<b>Break</b>	
10:15 AM - 11:15 AM	<b>Adverse Childhood Experiences: Cultural Approaches to Prevention</b>	Ballroom C, D & E - Second Floor
M3	Valerie Nurr'araaluk Davidson, JD [1 CME credit/1.0 CNE contact hour/1 CPEU]	
Plenary	This session will provide a brief description of Adverse Childhood Experiences (ACEs) with an emphasis on long-term health effects of trauma on diabetes and other chronic conditions and a focus on culturally based prevention efforts. The impact of innovative programs in Tribal communities designed to reverse some of the adverse effects and trends will be presented along with discussion of what might be done beneficially in AI/AN communities to address this significant health issue.	
11:15 AM - 12:15 PM	<b>Alaska's Most Important Infrastructure: Improving the Health and Wellness of Families with Young Children</b>	Ballroom C, D & E - Second Floor
M4	Matthew Hirschfeld, MD, PhD [1 CME credit/1.0 CNE contact hour/1 CPEU]	
Plenary	This talk will focus on the current state of the science of brain development in young children and how epigenetic effects can positively and negative affect that development. A review of how the concepts of Adverse Childhood Experiences were used to implement and promote systems and programs that help prevent obesity, diabetes, and other chronic conditions and support families with young children in a way that allows children to develop to their maximal potential will be included, with an emphasis on those affecting children within the Tribal Health System in Alaska.	
12:15 PM	<b>Lunch (on your own)</b>	

Wednesday, August 7, 2019

1:15 PM -  
2:15 PM

Concurrent Workshops

1:15 PM **2019 Diabetes Clinical Practice Guidelines: What's New** Ballroom D/E - Second Floor

**C4** Richard Arakaki, MD  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

Concurrent  
Workshop

The 2019 Clinical Practice Guidelines released by the American Diabetes Association offers changes in the diagnosis and management of patients with diabetes mellitus. Broader discussion of the patient-centered approach with a “decision cycle” model to prevent complications and improve quality of life is promoted. Greater emphasis on the recognition of co-morbid cardiovascular and kidney diseases and heart failure for prioritization of treatment options offers specific guidance to providers. Moreover, there is greater promotion of diabetes prevention efforts across the country.

1:15 PM **Neurologic Complications of Diabetes – Polyneuropathy & More** Room 18 - Second Floor

**C10** Michael Stitzer, MD  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

Concurrent  
Workshop

Neurologic complications of diabetes are frequent. In addition to the most common issue of painful and painless polyneuropathy, this talk will also cover autonomic neuropathy, mononeuritis multiplex, polyradiculopathy, and cranial neuropathies. This session will provide an overview of diagnosis and treatment of these issues and will help encourage health care providers to connect patients with the resources available to maximize their health.

1:15 PM **Data 101 – The Importance of Data and Data Quality** Room 3 - First Floor

**D15** PJ Beaudry, MPH  
[1 CME credit/1.0 CNE contact hour/1 CPEU]

Concurrent  
Workshop

This workshop will provide an overview and facilitate a discussion of the importance and utility of data for Tribal diabetes programs, the process of translating data to information and knowledge, and the elements of data quality and why quality matters.

1:15 PM **Physical Activity Kit (PAK) for Older Adults: Revisions, Implementations, and Modifications to Keep Our Elders on the Move** Room 4 - First Floor

**E35** Kevin Tushka, CPT / Pam Gray  
[1 CME credit/1.0 CNE contact hour/1 CPEU]

Concurrent  
Workshop

Regular exercise has been proven to help older adults stay or become more independent, prevent and/or manage health complications, and provide a myriad of other benefits that can help with combating hazards that may come with age. This presentation will provide the curriculum revisions to the current Physical Activity Kit (PAK) that offer facilitator guidance in methods that can help increase cognizance, physical awareness, mobility, range of motion, strength, and flexibility.

1:15 PM **Working With Communities to Implement CDC Recognized Diabetes Prevention Programs in Indian Country** Ballroom B - Second Floor

**E38** Miriam Bell, MPH / Tonya Wapskineh, MPH  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

Concurrent  
Workshop

The National Diabetes Prevention Recognition Program (National DPRP), a partnership of public and private organizations, including Tribes, is building a nationwide system to offer CDC recognition and deliver an evidence-based lifestyle change program to prevent type 2 diabetes. Tribes experienced with diabetes prevention programs are well-positioned to participate in the National DPP and obtain CDC recognition to reimburse and help sustain their programs. This session will provide an overview of Tribal program highlights related to implementing the National DPRP in their communities.

Wednesday, August 7, 2019

**1:15 PM** **Interpreting and Implementing Nutrition Therapy for Adults With Diabetes or Prediabetes: A Consensus Report** Room 16 - Second Floor

**E41** Sacha Uelmen, RDN, CDE / Michelle Dennison, PhD, RD/LD, BC-ADM  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**

This presentation will review the recommendations in the consensus report and discuss realistic approaches to implementation. The session will highlight key findings, including updated evidence and practice guidelines incorporated into the ADA Living Standards of Care. This session will attempt to address new content as well as reinforce existing findings that continue to be points of confusion in the nutrition community while discussing ways to address common challenges faced in medical nutrition therapy.

**1:15 PM** **Roles and Terminology of Your SDPI Grant** Room 9 - First Floor

**G5** Robert Tarwater / Debra Smith, RN, PHN, MSN  
[No Credit]

**Concurrent Workshop**

ADC, DGM, DDTP, SOS - what do they all mean?! Join this workshop and learn a new language with SDPI!

**1:15 PM** **We R Native: Can Social Media Get You Moving?** Room 11 - First Floor

**P3** Tommy Ghost Dog Jr., BS  
[1 CME credit/1.0 CNE contact hour/1 CPEU]

**Concurrent Workshop**

We R Native is a national multimedia health resource for Native youth, run by the Northwest Portland Area Indian Health Board. It includes a website ([www.weRnative.org](http://www.weRnative.org)), text messaging service, Facebook page, YouTube channel, Twitter feed, Instagram account, and other educational resources. The workshop will share strategies to promote physical activity using social media, including a new text message fitness challenge. Participants will leave with information about available AI/AN adolescent health promotion media campaigns, tools, resources, and ideas for incorporating their use back home.

**1:15 PM** **Improving Coverage and Delivery of Diabetes Prevention Services to Medicare and Medicaid Beneficiaries** Room 1 - First Floor

**P4** Deirdra Stockman, PhD, MUP / Susan Karol, MD / Sharon Stanphill, DrPH  
[1 CME credit/1.0 CNE contact hour/1 CPEU]

**Concurrent Workshop**

The goals of this workshop are to clarify Medicare and Medicaid coverage of diabetes prevention services and to identify opportunities for IHS providers and facilities and Tribes to work with state Medicaid agencies and Medicare providers to improve access to diabetes prevention services such as the National Diabetes Prevention Program. Additional information on the MDPP Supplier Program enrollment requirements will be included.

**2:20 PM - 3:20 PM** **Concurrent Workshops**

**2:20 PM** **Annual Eye, Dental and Foot Exams: Saving People with Diabetes from Preventable Complications** Ballroom D/E - Second Floor

**C19** Christopher Foster, DDS / Dawn Clary, OD / Rick Robinson, DPM  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**

This session will provide an overview of the importance of annual eye, dental, and foot exams for people with diabetes. The basic components of the exams, the rate of exams being performed, and the complications avoided as a result of the exams will all be highlighted.

Wednesday, August 7, 2019

2:20 PM	<b>Depression and Diabetes (Repeat from 8/6)</b>	Room 4 - First Floor
<b>C20</b>	<p><b>Paul Pierce, MD</b> [1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]</p>	
<b>Concurrent Workshop</b>	<p>Depression is common, and is more common in patients with diabetes than in the general population. People with depression frequently receive that diagnosis and treatment in a primary care setting. This talk will focus on the use of medications in the management of depression. There's no special magic to treating depression in diabetes relative to generic cases, but some medications used in treating depression can have very powerful effects on the management of diabetes, usually for the worse. We will discuss medication options, adjunctive therapy, combining antidepressants, notable risks of these medications, and, hopefully, increase your confidence in treating depression while not sabotaging diabetic management.</p>	
	<p><i>This is a repeat session from the pre-conference. Individuals participating are eligible for continuing education credit for one session only.</i></p>	
2:20 PM	<b>Clinical Diabetes Data (RPMS, GPRA, Audit) Overview</b>	Room 3 - First Floor
<b>D4</b>	<p><b>Meera Narayanan, MSc, MS, RDN, CDE / Carol Strasheim, BSN, RN</b> [1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]</p>	
<b>Concurrent Workshop</b>	<p>There are many sources of diabetes data in the Indian health system. This workshop will provide an overview of three of these sources, including what are they, how are they used and how are they similar/different. It will provide guidance about how to use these data for diabetes care and improvement activities.</p>	
2:20 PM	<b>Healthcare in Motion: How a Mobile Clinic Improves Primary Care Engagement for High Risk Populations</b>	Ballroom B - Second Floor
<b>E8</b>	<p><b>Miranda Williams, BS / Adrian Jumbo, AAS</b> [1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]</p>	
<b>Concurrent Workshop</b>	<p>Mobile Health Clinics are an innovative and versatile option for expanding community-based health care services. A Mobile Health Clinic may reduce access barriers, help people who have had lapses in care to re-engage in chronic disease management, and serve to build community trust and clinical relationships for people living in an isolated rural setting. This session will provide a discussion of the Chinle Service Unit Diabetes Program's Mobile Health Clinic to expand health care services for a high-risk Navajo population. Details regarding community input, creative and functional design of the clinic, staffing, planning and logistics for deployment, communications plan, software for informed decision making regarding community needs, and work with partners will be included. Programmatic measures that focus on the key aims of reach and patient engagement will be shared. Early data shows that an at risk population, median age is 60 years, over half have diabetes or pre-diabetes, and 40% were not seen in primary care in the past 6 months are being reached.</p>	
2:20 PM	<b>Teamwork Makes the Dream Work! Expanding Physical Activity Through Non-Traditional Programming</b>	Room 18 - Second Floor
<b>E16</b>	<p><b>Shawna Douma, BS / Byron Tso</b> [1 CME credit/1.0 CNE contact hour/1 CPEU]</p>	
<b>Concurrent Workshop</b>	<p>In many Tribal communities, team sports such as: basketball, football, baseball, cross country, and volleyball are funded and provided in order to keep kids active. But what about the kids who don't thrive in a team sport environment due to a disability and/or at-risk behavior? This workshop will highlight how the Pueblo of Laguna has been able to answer this question so they can be inclusive to all youth. The program, traditional values governing program development, and program outcomes will all be discussed, along with partnerships, collaborative efforts, and use of resources to provide the community with non-traditional youth sports programming to fight diabetes and obesity.</p>	

Wednesday, August 7, 2019

2:20 PM	<b>Using the 7 Circles of Health and Wellness in Diabetes Education</b>	Room 2 - First Floor
<b>E25</b>	<b>Erin Davis, MS, RDN, CDE</b> [1 CME credit/1.0 CNE contact hour/1 CPEU]	
<b>Concurrent Workshop</b>	Diabetes is a complex disease and self-management education covers many facets of lifestyle change. The Bemidji Area Health Promotion and Disease Prevention program developed and uses 7 Circles of Health and Wellness for patient education. The 7 Circles of Health and Wellness include a focus on Awareness (readiness to change), Food (food insecurity, mindful eating, focus on nourishing foods), Being in Motion (finding activity that you enjoy), Sleep (sleep hygiene, importance of adequate sleep for overall health), Relationships (positive relationships, community involvement), Culture and Traditions (how they can have a positive impact on health), and Balance (maintaining balance in life, stress management). This session will provide information on how the 7 Circles of Health and Wellness were integrated into the curriculum for the accredited diabetes education program at the Hannahville Indian Community. Use of the 7 Circles and a health coaching approach to provide culturally appropriate group and individual diabetes education in the program will be discussed.	
2:20 PM	<b>Prepare to Care: Caregiving for Your Loved Ones</b>	Room 16 - Second Floor
<b>E39</b>	<b>Mashell Sourjohn, MJIL</b> [1 CME credit/1.0 CNE contact hour/1 CPEU]	
<b>Concurrent Workshop</b>	Caregiving for a family member or close friend is one of the most important roles you'll play. No matter where you are in the journey of family caregiving, having a good framework to help guide both you and your loved one will make the process easier. During this session, you will find information, resources, and support that you might need as a family caregiver.	
2:20 PM	<b>Expanded Authorities and What it Means to Your SDPI Grant</b>	Room 9 - First Floor
<b>G1</b>	<b>Robert Tarwater</b> [No Credit]	
<b>Concurrent Workshop</b>	Beginning in FY 2017, Expanded Authorities have been authorized to SDPI Grantees. Learn more about this feature and what it entails.	
2:20 PM	<b>Preparing and Submitting Successful Diabetes Grant Applications</b>	Room 1 - First Floor
<b>G11</b>	<b>Cecilia Butler, MS, RDN, CDE / Brenda Broussard, MPH, MBA, RDN, CDE</b> [No Credit]	
<b>Concurrent Workshop</b>	Grant funding is an essential tool for providing communities and programs with the opportunity to enhance existing programs or develop new program plans with the intent of improving the health and well-being of community members. This session will provide an overview of tools and resources for locating funding opportunities for your community, tips for preparing successful grant applications, and a forum for participants to ask questions and share experiences.	
2:20 PM	<b>Good Health and Wellness in Indian Country: Considering Indigenous Approaches to DM2 Prevention</b>	Room 11 - First Floor
<b>P1</b>	<b>David Espey, MD</b> [1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]	
<b>Concurrent Workshop</b>	This session provides an overview of Good Health and Wellness in Indian Country (GHWIC) - CDC's largest investment to improve the health of American Indians and Alaska Natives. This 5-year, \$78 million initiative supports Tribes, Tribal organizations, and Tribal epidemiology centers to create culturally driven, science-based interventions to prevent and control diabetes and other chronic diseases and their associated risk factors through a holistic approach to population health and wellness. GHWIC work has resulted in a more coordinated, comprehensive Tribally driven approach to strengthen the ability of Tribes to improve the health of their communities.	
3:20 PM	<b>Break</b>	

Wednesday, August 7, 2019

3:35 PM -  
4:35 PM

**Concurrent Workshops**

**3:35 PM** **Cardiovascular Disease Evaluation: To Stress or Not to Stress?** Ballroom B - Second Floor

**C2** **Dena Wilson, MD, FACC**  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**

There are many risk factors that increase the likelihood of developing CVD, diabetes among them. There are also many diagnostic tests which help identify patients at risk and those with CVD requiring intervention. This workshop is a case based presentation covering assessment of risk factors for CVD and an overview of diagnostic tools and guidelines available to augment clinical acumen. The latest information/guidelines for evaluating and managing care will be included.

**3:35 PM** **Answers to the Most Common Questions About Kidney Disease** Ballroom D/E - Second Floor

**C9** **Andrew Narva, MD / Gayle Romancito, BSN, RN**  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**

The burden of chronic kidney disease (CKD) is growing, especially among people with diabetes. Although evidence-based guidelines for managing CKD are available, implementation of recommended care is poor and most clinicians feel inadequately educated on basic concepts of CKD including laboratory assessment, identification of patients at greatest risk of progression, management of complications, and the transition to endstage kidney disease. This presentation is designed to help clinicians working in the primary care setting to improve the management of patients with progressive kidney disease by answering the most common questions on diagnosis, monitoring, and management. Discussion of tools to use in initiating communication with patients about their disease process will also be included.

**3:35 PM** **IHS Diabetes Audit Overview** Room 3 - First Floor

**D1** **Karen Sheff, MS**  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**

The IHS Diabetes Care and Outcomes Audit (Audit) is a process for assessing care and health outcomes for American Indians and Alaska Natives with diabetes. This workshop will cover the basics of gathering Audit data, submitting it into the WebAudit, and reviewing data and reports. It will include discussion of using Audit results for improving patient care, public health programmatic planning, and decision making at local, regional and national levels.

**3:35 PM** **Skill Builders: An Innovative Fitness Program for Youth** Room 2 - First Floor

**E1** **Andy Deal, MPH, NETA-CGEI / Toqua Ticeahkie, ACE Certified**  
[1 CME credit/1.0 CNE contact hour/1 CPEU]

**Concurrent Workshop**

Physical activity is an important life skill for maintaining a healthy weight and preventing type 2 diabetes. Skill Builders is an innovative physical education program and curriculum designed to empower youth to be more physically active. The program uses teaching and positive coaching with basic physical activity skills such as throwing, catching, kicking, jumping, agilitys, and basic body coordination movements. The program is designed to make it possible for people of all backgrounds to get involved and have a lifelong positive impact on the health and well being of the youth in their communities. Participants will get hands on training on how to implement the Skill Builders program and curriculum and will also hear about very encouraging outcome data from this program.

Wednesday, August 7, 2019

3:35 PM	<b>Using Data and an Informatics Specialist to Inform, Foster Collaboration, and Improve Diabetes Care</b>	Room 1 - First Floor
E2	<b>Krista Haven, MSN, CDE / Adrian Jumbo, AAS</b> [1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]	
Concurrent Workshop	We are likely familiar with and good at reporting data (e.g., Audit, GPRA), but it is more challenging to actually use data to support innovation to improve care. This session will provide an overview of four data initiatives and how they have helped with improving care. These include: (1) patient satisfaction surveys shared with health coaches, (2) reporting of monthly care measures shared at the monthly 3-site diabetes improvement team meetings, (3) tracking the combined measure of A1c<8, blood pressure <140/90, and statin use as a gauge of cardiovascular prevention, and (4) use of iCare panels to support clinical activities. How data is obtained, how and where it is reported, the need to explain the data within written and verbal reports, and observations of how data has affected care will be described. Discussion of the significant impact of adding an informatics specialist to the staff of the Chinle Service Unit Diabetes Program will be included.	
3:35 PM	<b>Diabetes, Red Carpets, Fondue, Feet, and the Beach</b>	Room 4 - First Floor
E15	<b>Anne Harper, MS, RDN, CDE / Christy Pierce, APRN, MSN, ACNP-BC, FNP-C, BC-ADM</b> [1 CME credit/1.0 CNE contact hour/1 CPEU]	
Concurrent Workshop	The direct medical cost of diabetes and its morbidities accounts for approximately \$176 million annually. Despite all of the advances in diabetes care, 30-50% of people with diabetes do not meet glycemic, blood pressure, and lipid targets. It takes an innovative, organized, and systemic approach with a coordinated team to provide quality diabetes care, particularly for those with complex medical and social needs. The diabetes team at Alaska Native Tribal Health Consortium (ANTHC) started Group Medical Visits (GMV) in 2016 to help in addressing barriers and provide optimal, patient centered care. This session will provide a detailed discussion of their program, lessons learned, and outcomes. ANTHC now holds three GMVs a year and each GMV has a theme and/or a specific focus. We look forward to discussing and presenting how ANTHC succeeds with GMVs.	
3:35 PM	<b>Community Approach to Type 2 Diabetes Prevention</b>	Room 11 - First Floor
E32	<b>Tammie Cannady, MHA</b> [1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]	
Concurrent Workshop	This session will cover Choctaw Nation's journey in implementing a healthy lifestyle change program for diabetes prevention. Discussion of successes and challenges, internal and external partners, and community engagement will be included. Tips for recruitment and retention of participants, facilitating groups, and community engagement will also be shared.	
3:35 PM	<b>Staying Organized with Your SDPI Grant or "What I wished someone told me when I started this job!"</b>	Room 9 - First Floor
G6	<b>Melanie Knight, PMP / Jamie Sweet, RN, MSN, PHN / Gemalli Austin, DrPH, RD, CDE, DrPH</b> [No Credit]	
Concurrent Workshop	Discover how to stay organized with your SDPI grant as we discuss national, Area, and local methods and guidance on keeping track of your SDPI data and grant responsibilities.	
3:35 PM - 5:05 PM	<b>Overview of National DSMES Standards for Recognition/Accreditation (1.5 hours)</b>	Room 16 - Second Floor
E40	<b>Sacha Uelmen, RDN, CDE</b> [1.5 CME credits/1.5 CNE contact hours/1.5 CPEUs]	
Concurrent Workshop	This session will provide an overview of the processes to apply for and maintain American Association of Diabetes Educators (AADE) accreditation and American Diabetes Association (ADA) recognition of diabetes self-management education and support (DSMES) services and a detailed look at the 2017 National Standards for DSMES. The discussion of the Standards will include a review of each standard and the interpretive guidance, AADE Essential Elements, ADA Indicators, and tools for effective application of the standards. ADA and AADE resources for assisting current and potential DSMES services in meeting and maintaining adherence to the revised standards will also be highlighted.	

Wednesday, August 7, 2019

4:40 PM -  
5:40 PM

**Concurrent Workshops**

**4:40 PM**     **“CPR” for the Foot - Check, Protect, Refer**     Ballroom D/E - Second Floor

**C15**     Rick Robinson, DPM  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**     This session will provide a review of recent research regrading diabetes-related foot complications. A discussion of basic components of a diabetic foot exam, protecting feet, and appropriate referral of complications will be included.

**4:40 PM**     **IHS Diabetes Audit: Understanding and Using Results to Improve Patient Care**     Room 3 - First Floor

**D2**     Monica Giotta, MS, RDN, CDE  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**     This workshop will provide guidance on using Diabetes Audit results to identify areas for improvement in clinical care, as well as areas of strength. It will include tips for communication and collaboration with diabetes team members.

**4:40 PM**     **Engaging Partners to Address Food Access on the Navajo Reservation**     Room 2 - First Floor

**E13**     Jenna Cope, MPH, RD, LD, CHES  
[1 CME credit/1.0 CNE contact hour/1 CPEU]

**Concurrent Workshop**     In the U.S. Surgeon General’s interview with the Robert Wood Johnson Foundation, he stated, “Local conversations and finding common ground is key to building a Culture of Health.” This concept can be applied to communities in an effort to improve access to food and water that are essential components to life. The Navajo Nation has only about ten grocery stores over a geographic area about the size of West Virginia, with reported rates of obesity and type 2 diabetes higher than the national average, and reported high rates of food insecurity. This session will discuss efforts by the community to improve access to healthy foods. The presentation will detail efforts done to increase access to fruits and vegetables in a local grocery store and how community members and partners from public, private, and non-profit organizations came together to start the first Shiprock Area Food Access Coalition in an effort to build a sustainable healthy food environment and food systems change. From this presentation, you will learn how other communities can use similar practices to build local partnerships to improve health.

**4:40 PM**     **Chickasaw Nation’s Pathway to Prevention**     Ballroom B - Second Floor

**E33**     Emily J. Jones, PhD, RNC-OB, FAHA, FPCNA / Shondra McCage MPH, MCHES  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**     This presentation will provide a brief overview of the diagnosis and treatment recommendations for gestational diabetes. An SDPI grantee with a comprehensive gestational diabetes program will describe components of their program and how a community-based participatory research study is helping to enhance their existing gestational diabetes program and clinical practice.

**4:40 PM**     **The Pre-Reservation Nnee/Ndee (Western Apache) Diet and Healthcare Model**     Room 11 - First Floor

**E34**     Twila Cassadore / Seth Pilsk, BS  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**     The purpose of the Traditional Western Apache Diet Project is to study the ancestral diet of Arizona Apaches, and to reintroduce this diet, and the lifestyle that supported that diet, to Ndee/Nnee communities in culturally-resonant ways. Based on 28 years of interviews with elders, research, and a detailed, nutritional analysis, the Project has found that the ancestral Nnee/Ndee diet was extremely healthy nutritionally; and helped individuals live in a state of Shíł Gozhó: the happiness and health that is derived from balance between oneself, one’s family and community, and all elements of the natural world. The project is using these findings to directly address epidemics of physical and emotional health and environmental challenges. Discussion of considerations for disease prevention and treatment and the importance of whole life balance will be included.

Wednesday, August 7, 2019

4:40 PM **Sacred Circle of Tobacco: Engaging Youth in Wellness Efforts** Room 1 - First Floor

**E36** Alberta Becenti, MPH / Joshua Hudson, BS, TTS  
[1 CME credit/1.0 CNE contact hour/1 CPEU]

**Concurrent Workshop**

Evidence indicates that smokers are 30-40% more likely to develop type 2 diabetes than non-smokers. Given the high rate of commercial tobacco use among American Indian/Alaska Native population, we must reach out to our youth to take lead roles to support wellness. This session will provide an overview of the Sacred Circle of Tobacco, a resource on how to engage youth, use interactive activities to increase awareness about traditional and commercial tobacco and to promote this resource with others.

4:40 PM **Culturally Tailoring a Diabetes Nutrition Education Program for Tribal and Urban AI/AN Communities** Room 4 - First Floor

**E43** Sarah Stotz, PhD, MS, RD, CDE, LD / Kelly Moore, MD, FAAP  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**

This presentation will provide a detailed account of our process for adapting an existing diabetes nutrition education program for use with AI/AN adults with type 2 diabetes (T2D). The existing program was developed by the American Diabetes Association (ADA) and is a 5-session, classroom-based curriculum. The ADA and the Shakopee Mdewakanton Sioux Community provided funding to adapt the program to meet the unique needs of AI/AN people. Adaptations identified by focus groups include addressing issues such as cultural responsiveness, food insecurity, rates of T2D and associated complications, diversity among AI/AN communities, lack of RDs trained to work with AI/AN populations, and challenges with attending a multi-session classroom-based education program. During this presentation we will also share our adaptation recommendations for ADA that are based on our robust qualitative findings.

4:40 PM **Application Overview for the SDPI Grant** Room 9 - First Floor

**G4** Melanie Knight, PMP  
[No Credit]

**Concurrent Workshop**

Ensure that your FY 2020 Continuation Application process is a “breeze” by attending this workshop.

5:40 PM **Dinner (on your own)**

7:00 PM - 8:30 PM **Reception/Poster Session** Ballroom C - Second Floor

**YOU'RE INVITED!**

# Reception & Poster Session

**WEDNESDAY**  
**7 PM - 8:30 PM**  
**BALLROOM C - SECOND FLOOR**

**SERVING LIGHT HORS D'OEUVRES & REFRESHMENTS**

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MORE DETAILS ON PAGE 6

Thursday, August 8, 2019

8:00 AM - 9:00 AM **Indigenous Food Systems: Seeds of our Ancestors, Seeds of Life** Ballroom C, D & E - Second Floor

**M5** Winona LaDuke, BA, MA  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Plenary** The industrialized production, distribution and consumption of food is affecting environmental conditions, food sovereignty, health and well-ness, and culture. This session will provide insights into the important work of restoring cultural-based food systems and practices to create durable food economies and address the poverty and health and well being in Native American communities. Promoting and supporting communities in restoring Indigenous knowledge and foods, preventing diabetes, and restoring ways of living for the next generations will also be discussed.

9:00 AM - 10:00 AM **Promoting Food Security and Food Sovereignty in Indigenous Communities: Lessons from Tribally-Driven Research** Ballroom C, D & E - Second Floor

**M6** Valarie BlueBird Jernigan, DrPH  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Plenary** Indigenous communities experience significant rates of food insecurity, defined as limited access to safe and healthy foods. Food insecurity is associated with obesity, diabetes, and hypertension, making it an important health determinant upon which to intervene. Food sovereignty is a concept that can be described as a community's access to and control over their own food system. This presentation provides an overview of food insecurity, including its causes and consequences, and the ways in which food insecurity impacts Indigenous communities. We then describe efforts by Indigenous communities to use research to address the root causes of food insecurity and promote food sovereignty to improve health.

10:00 AM **Break**

10:15 AM - 11:15 AM **Descartes Was Wrong: How Does Psychological Stress Get Under the Skin?** Ballroom C, D & E - Second Floor

**M7** Jeffrey Proulx, PhD  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Plenary** Native Americans have higher rates of contracting, experiencing complications from, and death due to diabetes. Psychological stress has been shown to exacerbate the effects of diabetes and how people respond to stressors in Native communities reflects underlying historical traumas as well as the effect of the immediate stressor. We will explore the development of stress and coping theories and how these theories help to explain health data, and will discuss the relationship between stress and physical health across the lifespan. Importantly, this talk is conceptualized from a holistic framework in which body and mind and environment are not separate variables, but intimately related to each other. We will look at the effects of psychological stress on brain, endocrine, immune, and cardiac health and will explore how the mind/body relationship can lead to uncontrolled physiologic and psychologic strain and how all of this affects diseases such as diabetes.

Approaches to healing in AI/AN communities need to take into account these considerations and this talk will provide discussion of efforts to develop interventions in Native communities. Information on how reliance on Native traditions and ceremony has provided an avenue to address long-term stress will be included. Outcomes from Dr. Proulx's current research in this area will be shared.

11:15 AM - 12:15 PM **Diabetes as a Social Disease: What is the Evidence?** Ballroom C, D & E - Second Floor

**M9** Dean Schillinger, MD  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Plenary** For too long, the national discourse on type 2 diabetes has revolved around the genetic and behavioral origins of the disease. This talk will attempt to reframe the diabetes epidemic in the US as a social phenomenon with direct relevance to Indian Country. Specific examples of how a range of adverse social conditions conspire to generate diabetes in individuals and communities will also be provided. Finally, implications of this reframing for healthcare, social and public policy will be discussed.

Thursday, August 8, 2019

**11:15 AM - 12:15 PM** **SDPI Forum** Ballroom B - Second Floor

**M8** Ann Bullock, MD / Carmen Hardin, MSN, APRN / Robert Tarwater / Melanie Knight, PMP / Karen Sheff, MS  
[No Credit]

**Plenary** The SDPI Forum is an opportunity for SDPI grantees to engage in dialogue with the IHS Division of Diabetes and Division of Grants Management leadership and staff. The open microphone format will allow grantees to share comments and questions related to SDPI grant process, such as the SOS, the continuation application, carryover requests and progress report requirements, and other relevant topics. Participants will also have the opportunity to provide recommendations for future webinars, website resources, trainings, and education materials.

**12:15 PM** **Lunch** (on your own)

**1:15 PM - 2:15 PM** **Concurrent Workshops**

**1:15 PM** **Patient-Centered Approach to Cardiovascular Disease Risk Reduction: Managing HTN and Lipids** Ballroom D/E - Second Floor

**C1** Lani DeSaulniers, MD  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop** Cardiovascular disease affects the health of many people with diabetes. This session will review current guidelines for hypertension and lipid management in people with diabetes- including an update from the recently released 2018 AHA/ACC/ADA (et al.) Guideline on the Management of Blood Cholesterol. Strategies for working with patients to develop individual treatment goals and regimens will be presented.

**1:15 PM** **Diabetes in Pregnancy** Room 18 - Second Floor

**C11** Jean Howe, MD, MPH / Shelley Thorkelson, CNM, MSN, CDE  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop** This seminar will provide a review of evidence based guidelines for screening, diagnosis and treatment of diabetes in pregnancy, with a focus on implementing strategies to help pregnant women achieve blood sugar targets and deliver healthy babies. Drug therapies, including insulin, and additional treatments, such as nutrition therapy, will be addressed. Case studies and a discussion of new issues in addressing diabetes in pregnancy will be included.

**1:15 PM** **Treatment of Type 2 Diabetes (T2D) in Youth** Ballroom B - Second Floor

**C13** Jeffrey Powell, MD  
[1 CME credit/1 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop** This session will review current data on T2D in children and young adults, discuss evidence based prevention and management, and highlight relevant population health approaches.

**1:15 PM** **Strategies for Implementing a Continuous Quality Improvement (CQI) Project in Diabetes Self-Management Education and Support (DSMES) from an Audit Measure** Room 2 - First Floor

**D3** Shannon Little Wolf, RN  
[1 CME credit/1.0 CNE contact hour/1 CPEU]

**Concurrent Workshop** This workshop will cover key concepts of Plan, Do, Study, Act (PDSA) cycles and the model for improvement including how they can be used for CQI in DSMES. Information will be provided on how to develop, implement and evaluate a CQI project to improve outcomes for an Audit measure.

Thursday, August 8, 2019

1:15 PM	<b>Tai Chi for Diabetes</b>	Room 11 - First Floor
E4	<b>Jonathan Brown / James Hooper</b> [1 CME credit/1.0 CNE contact hour/1 CPEU]	
Concurrent Workshop	Tai Chi is an ancient Chinese form of meditation that embraces integration of mind, body, and spirit. It combines breathing and relaxation techniques with slow, deliberate movements. Its repetitive movement, combined with deep breathing, appears to not only be relaxing but reduces inflammation and improves flexibility and balance. The American Diabetes Association's 2018 Standards of Medical Care in Diabetes recommends flexibility and balance training, such as Tai Chi, two to three times a week for older adults with diabetes. This session will include an overview and demonstration of Tai Chi and a video of Tai Chi on the Yakama Reservation. Basic skills will be shared.	
1:15 PM	<b>Introducing the Eat Healthy, Be Active Community Workshops to Indian Country</b>	Room 16 - Second Floor
E9	<b>Holly McPeak, MS</b> [1 CME credit/1.0 CNE contact hour/1 CPEU]	
Concurrent Workshop	The Eat Healthy, Be Active Community Workshops are based on the Dietary Guidelines for Americans and the Physical Activity Guidelines for Americans. Each of these six 1-hour workshops includes a lesson plan, learning objectives, talking points, hands-on activities, videos, and handouts. The workshops are used by community educators, health promoters, dietitians/nutritionists, cooperative extension agents, and others to promote healthy eating and physical activity to adults. Lessons can easily be adapted to local and cultural population preferences. They are designed to help community leaders promote positive behavior changes and improve health outcomes in their communities. This session will provide an in-depth look at this no cost program and provide details for obtaining the program, implementing the program, and evaluating your success.	
1:15 PM	<b>Case Management: Practicing Population Health to Engage Patients as Partners in Care</b>	Room 4 - First Floor
E24	<b>Miranda Williams, BS / Krista Haven, MSN, CDE</b> [1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]	
Concurrent Workshop	Case management is a population approach to care, in which patients with high risk needs are identified and their care is adapted to serve the identified needs. In this presentation, we will describe how the Chinle Service Unit Diabetes Program integrated and grew case management processes. Having established a diabetes self-management education program by integrating health coaches into primary care teams, we realized that there were some patients with diabetes that we should target for health coaching. We altered our process from a passive system of provider referrals to the health coach to an active system targeting those with A1c > 9 or insulin use. We recognized that these were individuals who were likely to benefit from the relationships with health coaches to strengthen both engagement in care and diabetes-related education. Based upon this experience, we extended case management to young and middle age people with new onset diabetes and A1c >8 at diagnosis. This became the target population for the Selected Best Practice of glycemic control for the SDPI grant cycle beginning in 2012. Along with assigning health coaches to see these patients during clinic appointments, we extended efforts to integrate a Medical Nutritional Therapy contact into routine care and outreach patients with lapses in care. More recently, the Diabetes Program and Primary Care have developed an intensive case management program for patients with complex medical and psychosocial needs.	
1:15 PM	<b>Grant Lifecycle and Your SDPI Grant</b>	Room 3 - First Floor
G3	<b>John Hoffman</b> [No Credit]	
Concurrent Workshop	Learn more about the IHS Grant Management Process which reflects established policies and regulations and is designed to ensure that grants serve the American public's interest in well-managed grant programs.	

Thursday, August 8, 2019

**1:15 PM** **The Flow of Data: From EHR to WebAudit to SOS** Room 9 - First Floor

**G9** Karen Sheff, MS / Melanie Knight, PMP / Cecilia Butler, MS, RDN, CDE  
[No Credit]

**Concurrent Workshop**

As part of their grant requirements, SDPI programs have to submit data for the IHS Diabetes Care and Outcomes Audit (Audit) and their Best Practice Required Key Measure (RKM) data through the SDPI Outcomes System (SOS). Some grantees may be able to use their clinic's Electronic Health Record (EHR) system to facilitate gathering of data to meet these requirements. Join this workshop to understand how data can be extracted from your EHR, uploaded into the WebAudit, and pulled into the SOS.

**1:15 PM** **Beyond PubMed: Finding Clinical Literature on Diabetes** Room 1 - First Floor

**P2** Diane Cooper, MSLS  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**

Scientific papers are often a source of invaluable data, statistics, and conclusions, yet are often difficult to locate. This workshop is for those who want to become knowledgeable in finding credible diabetes research information in published and unpublished literature often found in PubMed and other databases. This session will provide clinicians with basic information for finding, understanding, and applying clinical literature findings to daily practice.

**2:20 PM - 3:20 PM** **Concurrent Workshops**

**2:20 PM** **Pharmacologic Update for Hyperglycemia Treatment** Ballroom D/E - Second Floor

**C5** Richard Arakaki, MD  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**

In the past 20 years, there are 6 new classes of agents for the treatment of hyperglycemia in patients with type 2 diabetes and there are new insulins that offer all patients additional coverage with less side effects. How these new agents fit into the management of hyperglycemia in our patients with diabetes will require considerations of the mechanism of action, effectiveness of treatment, and side effects of therapy to address the goals of therapy.

**2:20 PM** **Management of Complex Diabetes Cases** Room 11 - First Floor

**C17** Carmen Hardin, MSN, APRN  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**

This session is designed to demonstrate the art of applying evidence-based interventions to adult individuals with type 2 diabetes. Various complex patient case studies will be presented and evaluated during this didactic, interactive session. Individualized assessment strategies and treatment modalities will be explored, based on audience feedback, and standards of care. Participants will be guided through the process of developing an individualized plan of care focusing on the patients physical, psychosocial, spiritual, emotional, and cultural characteristics/beliefs.

**2:20 PM** **Diabetes Data and non-RPMS Electronic Health Record (EHR) Systems** Room 3 - First Floor

**D5** Nick Fox, RN / Meera Narayanan, MSC, MS, RDN, CDE  
[No Credit]

**Concurrent Workshop**

Many diabetes programs use EHRs other than RPMS. This workshop will provide an overview of non-RPMS systems and how they can be useful for diabetes program work, including preparation of files for the IHS Diabetes Audit. Challenges and solutions for documenting and retrieving data from non-RPMS off the shelf EHR systems will be discussed. The focus will be on maximizing use of these systems to meet program planning and evaluation needs, including interfacing with IHS systems.

Thursday, August 8, 2019

2:20 PM	<b>iCARE for Dummies (or if You Prefer....."Everyday Uses of iCARE")</b>	Room 2 - First Floor
<b>D11</b>	<b>Kristy Klinger, PharmD</b> [1 CME credit/1.0 CNE contact hour/1 CPEU]	
<b>Concurrent Workshop</b>	iCARE pulls data from the IHS EHR in RPMS and displays it in ways that can be very useful in the clinical management of patients. By exploring some of the sorting options within iCARE, you too can use it in practical and meaningful ways. This workshop will provide an introduction to the basics of using iCARE.	
2:20 PM	<b>Optimizing the Care Team to Improve Diabetes Care</b>	Room 16 - Second Floor
<b>E6</b>	<b>Douglas Nolan, DO / Tara Ritter, DNP, RN, CDE</b> [1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]	
<b>Concurrent Workshop</b>	This presentation will highlight the roles and responsibilities of care team members in providing diabetes care and education and also provide strategies for encouraging team members to work at their maximum capability and licensure. Optimization of the roles and strengths of individuals on the team in order to provide comprehensive patient care across the healthcare spectrum will be discussed. The presentation will also include discussion of the team maximizing use of the electronic medical record to assess and evaluate the effectiveness of the care they provide.	
2:20 PM	<b>The Role of Diabetes Educators, Dietitians, and Other Diabetes Care Team Members in Quality Improvement</b>	Ballroom B - Second Floor
<b>E11</b>	<b>Anathea Edleman, MPH, RDN, LD, CDE</b> [1 CME credit/1.0 CNE contact hour/1 CPEU]	
<b>Concurrent Workshop</b>	Performance measurement and quality improvement will be critical parts of the payment structure and of showing value in healthcare services. Members of the Diabetes Care Team can and should participate in these efforts, whatever their practice setting. This session will provide an overview of quality improvement in diabetes care, its benefits, and how Diabetes Educators, Dietitians, and other Diabetes Care Team members can contribute to their organization's quality efforts.	
2:20 PM	<b>Coalition Building: Working Together to Improve Health and Wellness in Tribal Youth</b>	Room 4 - First Floor
<b>E20</b>	<b>Lancer Stephens, PhD</b> [1 CME credit/1.0 CNE contact hour/1 CPEU]	
<b>Concurrent Workshop</b>	Developing and maintaining successful community based coalitions will be explored. Details of a grass roots effort to start, implement and sustain the Native Youth Preventing Diabetes coalition. Tools and strategies for success, along with challenges and opportunities in coalition building will be shared. Discussion of the expansion and sustainability of their programs, and impact on their communities will also be included.	
2:20 PM	<b>Childhood Obesity Intervention Program: Take C.H.A.R.G.E.</b>	Room 18 - Second Floor
<b>E30</b>	<b>Gwendelyn Riggs-Tallman, MPH / Elena Curley</b> [1 CME credit/1.0 CNE contact hour/1 CPEU]	
<b>Concurrent Workshop</b>	This session will provide an overview of the Take C.H.A.R.G.E. Childhood Obesity Intervention program designed and implemented at the TCRHCC. The program focuses on 9-12 year olds with a Body Mass Index greater than 85%. The program includes 16 lessons that are family focused and culturally appropriate including nutrition education, physical activity sessions, and life skills development for youth and their families to prevent diabetes.	

Thursday, August 8, 2019

2:20 PM **Using Health Coaching and Fun to Enhance Physical Activity Participation** Room 1 - First Floor

**E31** Kathleen Clemons, MS, CEP, CDE, CHWC  
[1 CME credit/1.0 CNE contact hour/1 CPEU]

**Concurrent Workshop**

We all know that physical activity is important in preventing and managing diabetes. It is important for overall good health and stamina no matter what your age or health status is. However, the 2018 Physical Activity Guidelines for Americans reports that only 19% of women and 26% of men are meeting the guidelines for aerobic and strength training. More alarming is that only 20% of adolescents are meeting the guidelines. Are we potentially using the wrong approach? Health Coaching is becoming very popular and using these skills may help your Tribal members to take ownership of their health and become more active. In addition, many people have had bad experiences with physical activity. Adding socialization and fun to the mix may entice your clients to join in. Nothing in the Guidelines is intended to mean that health benefits are the only reason to do physical activity. People should be physically active for any and all reasons that are meaningful to them. Join this interactive session and add basic coaching tips and fun activities to your diabetes education toolbox.

2:20 PM **SDPI Outcomes System (SOS) Overview** Room 9 - First Floor

**G8** Melanie Knight, PMP  
[No Credit]

**Concurrent Workshop**

The SOS is a web-based data system for SDPI programs to report on their Required Key Measure (RKM) data. RKM health outcome data show the results of SDPI activities, demonstrating the important work that programs are doing. This workshop will provide an overview of SOS resources, methods for submitting data, and SOS reports.

3:20 PM **Break**

3:35 PM - 4:35 PM **Concurrent Workshops**

3:35 PM **Cardiovascular Disease Management: Beta-Blockers, ACE-I's, Statins-OH MY!** Ballroom D/E - Second Floor

**C3** Dena Wilson, MD, FACC  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**

Cardiovascular disease affects the health of many people with pre-diabetes and diabetes. This session will provide a case-based presentation of the latest information/guidelines for managing care of patients with Coronary Artery Disease. Individualized treatment targets and plans will be discussed.

3:35 PM **Obesity and Type 2 Diabetes: When Will We Start Doing What Works?** Room 4 - First Floor

**C6** Michael Bryer-Ash, MD, FRCP (Lond.), FRCP(C)  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**

There is strong and consistent evidence that obesity management is beneficial in the prevention and treatment of type 2 diabetes. The management of obesity has primarily focused on interventions aimed at lifestyle adjustment. However, in spite of this, obesity rates in adults have continued to rise. This presentation focuses on medical and surgical options that have shown success in achieving and maintaining weight loss, thereby preventing diabetes or improving diabetes control and in some cases leading to remission. In spite of this, these alternatives are comparatively little used. It is proposed that these therapies are generally safe and effective and should be increasingly used to combat obesity in support of lifestyle intervention approaches.

3:35 PM **Using Diabetes Data for Quality Improvement** Room 3 - First Floor

**D6** Merrell Simpson, RN / Elizabeth Tressler, PharmD  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**

Diabetes data is an important tool for SDPI programs; it can be used for decision making, program planning, evaluation, and much more. This workshop will provide an overview of how data are collected and examples of health issues that can be addressed. SDPI program staff with data expertise will provide guidance for successfully using and sharing diabetes data to improve patient care and education.

Thursday, August 8, 2019

3:35 PM **RPMS Diabetes Management System (DMS) Overview and Patch 12 Update** Room 2 - First Floor

**D9** Cecilia Butler, MS, RDN, CDE / Don Head, BA / Erik Kakuska, BA  
[1 CME credit/1.0 CNE contact hour/1 CPEU]

**Concurrent Workshop** The DMS is the RPMS system used most for tracking and submitting diabetes data by IHS, Tribal, and Urban (I/T/U) facilities. In 2019, the DMS interface was streamlined to improve usability and workflow. This workshop will provide an overview of the DMS changes in Patch 12 and demonstrate how to maintain a registry of patients with diabetes that is up-to-date and accurate.

3:35 PM **Use of the Navajo Wellness Model with the AADE 7 Self-Care Behaviors** Room 18 - Second Floor

**E3** Virginia Marshall Dayish, CNA  
[1 CME credit/1.0 CNE contact hour/1 CPEU]

**Concurrent Workshop** The session will present a journey through the Diné, Navajo Wellness Model and its application using the Healthy Lifestyle AADE 7 Health Care Behaviors. The session describes the core values of the Navajo Wellness Model and the ways in which they are integrated with seven self-care behaviors essential for successful diabetes self management (healthy eating, being active, monitoring, taking medication, problem solving, healthy coping, and reducing risks). The session encourages participants to consider ways to offer culturally appropriate and valued diabetes education and care.

3:35 PM **Mindful Eating Basics** Room 11 - First Floor

**E5** Erica Dean, MS, RDN, LD, CDE  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop** Mindful eating is an approach that focuses on teaching individuals physical cues of hunger and fullness, as well as enhancing meal satisfaction. This session will provide an overview of the success and use of mindful meditation and mindful approach to eating in diabetes self-management education. Participants will learn about going beyond traditional nutrition therapy and using mindful eating and cognitive behavior therapies to help patients achieve long term success.

3:35 PM **How Eagle Adventure Got Its Wings and Continues to Soar** Room 1 - First Floor

**E12** Teresa Jackson, MS, RDN, LD / Dawn Satterfield, PhD, MSN, RN  
[1 CME credit/1.0 CNE contact hour/1 CPEU]

**Concurrent Workshop** The Eagle Book series for grade school children inspires and encourages young readers to find joy in physical activity, eating healthy foods, and learning about health and diabetes prevention. In this session, participants will learn how the Eagle Book series and Eagle Adventure (EA) program for children were first envisioned by tribal representatives, in response to growing concerns about type 2 diabetes among adults and youth. The development of this evidence based program will also be discussed, with a focus on the need to build the program in a way that is reflective of history, context and values, grounded in evidence-based strategies, and done with partnerships sustained by trust and respect. A discussion of the guidance to respect tribal sovereignty and traditional knowledge, specifically to "look to our cultures for health," and its importance in compelling federal partners (CDC Division of Diabetes Translation, IHS Division of Diabetes, in collaboration with the Tribal Leaders Diabetes Committee) to develop the series and program will also be included.

3:35 PM **LIFE - Long Intensity For Exercise** Room 5 - First Floor

**E23** Kimberlee Little, MEd, CI-CPT / Duane Meadows, MEd, CI-CPT  
[1 CME credit/1.0 CNE contact hour/1 CPEU]

**Concurrent Workshop** This session will provide an overview of current research supporting physical activity recommendations and will also provide practical recommendations for increasing physical activity in everyday life. Participants will enjoy fun games and activities that teach Disease Prevention, provide Nutrition Education, and are targeted at increasing the heart rate. Fun physical activities that increase the heart rate will be demonstrated and participants will learn how to identify and get to their target heart rate (making the activity beneficial and fun). Join this session and be ready to learn how to have and promote a healthy and more active lifestyle.

Thursday, August 8, 2019

**3:35 PM** **Get SET and Fight Diabetes Program: A Successful Nutrition and Physical Activity Program at the Oklahoma City Indian Clinic** **Room 16 - Second Floor**

**E26** **Cathy Waller, RD, LD, CDE**  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**  
Get SET (Screening. Education. Treatment) and Fight Diabetes is an Oklahoma City Indian Clinic (OKCIC) wellness program that began in 2007. This session will tell the story of the development of the Get SET program along with what was learned in order to help the program endure and be successful for over 12 years. Armed with the knowledge that American Indians had participated in the Diabetes Prevention Program and had positive results, the program was developed with weight loss and increased physical activity as key components. Beginning as a small program with less than 20 patients diagnosed with prediabetes, Get SET has grown into a program for all patients whether they have prediabetes, diabetes or just for patients who want to decrease their risk of diabetes. Get SET has come to mean more than just a diabetes prevention program, it has helped OKCIC Wellness Center to become a gathering place of American Indians in an urban area.

**3:35 PM** **The Microbiome and Your Health: More than a Gut Feeling** **Ballroom B - Second Floor**

**E42** **Julien Naylor, MD, MPH / Teresa Hicks, RD, CDE**  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**  
As a result of this workshop, participants will be able to appreciate how a better understanding of the gut microbiome has increased our understanding of its role in general health. The importance of gut microbiome in the health of the individual, and the complexity of the gut microbiome and how it may impact the development and management of diabetes will be discussed. Nutritional aspects and strategies for improving gut microbiome health and commercial and home-made products that have probiotic properties and possible benefits will be examined.

**3:35 PM** **Writing the Budget for Your SDPI Grant** **Room 9 - First Floor**

**G2** **John Hoffman**  
[No Credit]

**Concurrent Workshop**  
Make your SDPI grant budget SHINE with this overview of Budget and Cost Principles.

**4:40 PM - 5:40 PM** **Concurrent Workshops**

**4:40 PM** **Take Control by Eliminating the #1 Self-Limiting Health Risk Factor: Commercial Tobacco** **Ballroom B - Second Floor**

**C18** **Velliyah Craig, RPh, NCPS**  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**  
Commercial tobacco abuse is the most prevalent self-limiting health risk factor adversely affecting American Indian/Alaska Native patients today. There is a difference between traditional and commercial tobacco. See how commercial tobacco affects the development of diabetes and prevents adequate control, contributing to other co-morbidities and mortality. Find out how to successfully help patients stop using commercial tobacco for good.

**4:40 PM** **Using RPMS for Diabetes Care and Improvement** **Room 2 - First Floor**

**D10** **Don Head, BA / Erik Kakuska, BA**  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**  
RPMS was developed and designed specifically for Indian healthcare and is used daily in hundreds of locations. This workshop will provide instruction on using RPMS applications to assess and improve patient care and health outcomes, with a focus on diabetes. Integrating information from multiple applications to provide more comprehensive health information will be highlighted.

Thursday, August 8, 2019

4:40 PM	<b>Tribal Epidemiology Centers – An Overview</b>	Room 3 - First Floor
<b>D12</b>	<p><b>PJ Beaudry, MPH</b> [1 CME credit/1.0 CNE contact hour/1 CPEU]</p>	
<b>Concurrent Workshop</b>	<p>Tribal Epidemiology Centers (TECs) work in partnership with tribes, tribal organizations, urban Indian organizations, and other public health partners to improve the health and well-being of tribal members. This workshop will provide an overview of the services and resources available through the TECs, highlighting how these services and resources have been applied to support diabetes programs.</p>	
4:40 PM	<b>Overwhelmed by Data? Exploring Your Data Implementation and Outcomes Data for DSMES CQI</b>	Room 1 - First Floor
<b>E7</b>	<p><b>Gemalli Austin, DrPH, RD, CDE</b> [1 CME credit/1.0 CNE contact hour/1 CPEU]</p>	
<b>Concurrent Workshop</b>	<p>This session will provide an overview of Continuous Quality Improvement (CQI) requirements for ADA Recognized Diabetes Self-Management and Support (DSMES) Programs along with a discussion of how CQI can benefit your patients and your program. Details of Lake County Tribal Health's use of behavioural and clinic health data for CQI for their DSMES Programs, their efforts to pursue data collection, and their use of data elements to measure the value of their DSMES program will be provided.</p>	
4:40 PM	<b>Breaking the Intergenerational Cycle by Preventing and Controlling Diabetes During Pregnancy</b>	Ballroom D/E - Second Floor
<b>E17</b>	<p><b>Matthew Daab, MD, MPT / Anatheia Edleman, MPH, RDN, LD, CDE</b> [1 CME credit/1.0 CNE contact hour/1 CPEU]</p>	
<b>Concurrent Workshop</b>	<p>Maternal diabetes during pregnancy is a strong risk factor for early-onset type 2 diabetes. This session will provide information on the magnitude of the problem in Indian Country, the health outcome implications and risks, and the multi-generational impact of diabetes in pregnancy. Measures to pursue aggressive control of diabetes during pregnancy, as well as, follow up of moms and babies to lower their risk of type 2 diabetes will be discussed. Comprehensive care for diabetes during pregnancy, as well as, new interventions to prevent it using the Diabetes Prevention Program model and other methods will be shared.</p>	
4:40 PM	<b>Nutritional Coaching for Diabetes Prevention and Management – A Blended Model of Health Education and Health Coaching</b>	Room 16 - Second Floor
<b>E27</b>	<p><b>Paula Szloboda, RN, CDE, MA/MBA</b> [1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]</p>	
<b>Concurrent Workshop</b>	<p>This presentation will provide information on a model that brings together coaching and nutrition and diabetes education to support clients in sustainable behavior change for health. The program which is being implemented at the Taos Pueblo, integrates the use of the American Association of Diabetes Educators 7 Self-Care Behaviors® as a framework for offering information and education along with coaching tools and education methods that highlight the three things that all people need for successful change (autonomy/choice, confidence, and support). The program focuses on simple nutrition education for healthier blood sugar and a healthy heart, and skill building for strengthening the self-care activity of healthy eating. Small consistent steps that build knowledge, skills, confidence and capacity, and partnering to facilitate sustainable change are also emphasized.</p>	
4:40 PM	<b>Diabetes Education: Thinking Outside of the Box</b>	Room 4 - First Floor
<b>E29</b>	<p><b>Ruth Anne McGovern, MS, FNP, CDE</b> [1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]</p>	
<b>Concurrent Workshop</b>	<p>Do you need some new ideas for engaging your patients? This session will provide information on how the NARA Diabetes Team has learned to think outside of the box and integrate diabetes education into daily practice. Innovative, hands-on teaching tools made from common household items will be shared and participants will have the opportunity to practice using the NARA "Diabetes Kit &amp; Kaboodle" in a group setting. Strategies for thinking outside of the box in your clinic or community setting will be shared.</p>	

Thursday, August 8, 2019

**4:40 PM** **Recruiting Key Staff for Your SDPI Grant** Room 9 - First Floor  
**G7** **Miranda Williams, BS / Shondra McCage, MPH, MCHES**  
 [No Credit]  
**Concurrent Workshop** Recruiting and retaining successful staff is an important responsibility. This workshop will help with recruiting and retaining Health Care Professionals and other key SDPI staff, including writing and advertising job descriptions/opportunities.

**5:40 PM** **Dinner (on your own)**

**6:30 PM - 8:30 PM** **Victory by Design** Ballroom B - Second Floor  
**M12** **DJ Eagle Bear Vanas, MS**  
 [2 CME credits/2.0 CNE contact hours/2 CPEUs]  
**Plenary** Victory is not born from waiting for a better economy, the perfect moment, or the exact mix of resources. Our clients, patients with diabetes and other chronic diseases, and coworkers deserve the best service we can provide them, regardless of circumstances. This program will empower and inspire you to do just that. We'll learn how to use traditional Native American warrior spirit principles to leverage our precious supplies of time and energy into results, create clarity in our work, adopt a resilient mindset that is fiercely focused on solutions, and to understand that the business of warriors can make us warriors in the business of healthcare. The program is created to be engaging, motivating and - entertaining but most importantly, it's created to show that victory in what we do does not depend on luck, chance or hope. Victory is by design!

**Special Evening Presentation by DJ Eagle Bear Vanas**

**Victory by Design**  
 Earn 2 CME credits / 2.0 CNE contact hours / 2.0 CPEUs

**Thursday**  
**630-830 pm**  
 Ballroom B - Second floor

Friday, August 9, 2019

8:00 AM - 9:00 AM **Concurrent Workshops**

8:00 AM - 9:00 AM **Non-Alcoholic Fatty Liver Disease (NAFLD) Update** Room 16 - Second Floor

**C7** Yousseff Barbour, MD  
[1 CME credit/1 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**

This presentation will provide an update on NAFLD based on the recently released AASLD guidance. ANTHC efforts to characterize NAFLD among Alaska Native and American Indian persons. Information on pathophysiology, manifestations of liver diseases, and diagnostic testing will be included. Collaboration between the Hepatitis and Liver Disease Program and the Diabetes program at ANTHC to evaluate NAFLD will be discussed, along with discussion of patient education, follow up, management and indications for referral to a Hepatologist.

8:00 AM **Screening and Management of Childhood Obesity** Ballroom D/E - Second Floor

**C14** Jeffrey Powell, MD, MPH  
[1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**

This session will review current youth weight status data, discuss childhood obesity screening, prevention, and management, and review current population health interventions.

8:00 AM **Taking Time to Breathe: An Hour of Stress Reduction** Room 11 - First Floor

**C16** Jeffrey Proulx, PhD  
[1 CME credit/1 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**

Jon Kabat Zinn described Mindfulness as paying attention to the present moment, non-judgmentally, and on purpose. Ellen Langer described mindfulness as having the attributes of openness to novelty, alertness to distinction, sensitivity to different contexts, awareness of multiple perspectives, and an orientation to the present. However, Langer pointed out that we are more likely to be mindless throughout our day. Mindlessness causes us to be fixed in our acceptance of pre-conceived notions of the nature of our world in which we reify our unexamined beliefs leading to reflexive or unconscious reactivity, often creating a sense of dread or unease. This session will introduce concepts of mindfulness and several different exercises that provide experiences with mindfulness.

8:00 AM **Tidying Up Your Diabetes Data: The Importance of Documentation** Room 2 - First Floor

**D7** Alyssa Fine, RN, MSN, CDE, CNL / Darlene Willis, BSW  
[1 CME credit/1 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**

Documentation of data for SDPI grant related activities is important for accountability and accurate reporting. Grantees from two IHS Areas will explain how they keep track of diabetes data and information for their grant related activities, including Target Groups, Required Key Measures, and more. They will provide good practices for preparing, maintaining, and sharing documentation, as well as guidance for overcoming challenges.

8:00 AM **GPRA/CRS Tools: On Demand Clinical Measures Reports for Daily Improvement Work** Room 1 - First Floor

**D13** Carol Strasheim, BSN, RN  
[1 CME credit/1 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**

The Clinical Reporting System (CRS) is an RPMS application utilized for reporting the Government Performance and Results Act (GPRA) clinical measures. This session will teach the participant how to use CRS to generate patient list reports, measure forecast reports, and how to create a template of patients that can be uploaded into the iCare Population Management application. These reports are intended to be used to help identify patients needing annual preventative health GPRA screenings/services and help care teams monitor their patients as part of their daily improving patient care activities.

Friday, August 9, 2019

8:00 AM	<b>Customizing T2 Diabetes Education with Professional CGM</b>	Ballroom B - Second Floor
<b>E10</b>	<p><b>Sarah Hormachea, RD, CDE</b> [1 CME credit/1.0 CNE contact hour/1 CPE credit hour/1 CPEU]</p>	
<b>Concurrent Workshop</b>	<p>There is no one-size-fits-all approach for people with diabetes, yet individualized care is often based on patient-reported information and unreliable clinical data, like A1c or intermittent blood glucose values. But what if there was a better way to evaluate reported information against the glucose profile to optimize therapy recommendations? This presentation will introduce professional continuous glucose monitoring (CGM) as a tool for diabetes educators as well as describe the process of incorporating CGM into the DSME visit. Through a series of case studies, participants will get the opportunity to review and interpret CGM results and provide individualized recommendations for a variety of patients with T2 diabetes. Professional CGM is more accessible and affordable than ever before - are you using it in your program?</p>	
8:00 AM	<b>Standing Rock Hospital Community Garden Project</b>	Room 3 - First Floor
<b>E22</b>	<p><b>Darian Schaubert, MS, LRD</b> [1 CME credit/1 CNE contact hour/1 CPEU]</p>	
<b>Concurrent Workshop</b>	<p>This session will describe the establishment of the Standing Rock Hospital Community Garden Project and provide detailed Information on: how healthy native foods can be grown to reduce the risk of disease; how energy efficient gardening methods are available to reduce the need for water, fertilizers and labor by up to 85%; how gardens can be used to establish low cost, healthy sustainable ways to feed families; how gardens improve mental health of families; and how gardens can be grown in unused areas of the community to beautify and promote mental and physical health while building pride and cooperation among agencies and staff involved in these projects.</p>	
8:00 AM	<b>Implementing the SDPI Grant Best Practice</b>	Room 9 - First Floor
<b>G12</b>	<p><b>Cherith Smith, PharmD / Scott Devous, MD</b> [No Credit]</p>	
<b>Concurrent Workshop</b>	<p>Discover how two Urban grantees implement their Best Practice. This session will provide an overview of the implementation of a clinic-based Best Practice and a community-based Best Practice. Insights for selecting, implementing, and tracking data for the Best Practices will be shared.</p>	
8:00 AM	<b>T.R.A.I.L. (Together Raising Awareness for Indian Life)</b>	Room 18 - Second Floor
<b>P5</b>	<p><b>Christian Weaver, MLS</b> [1 CME credit/1 CNE contact hour/1 CPEU]</p>	
<b>Concurrent Workshop</b>	<p>The purpose of this session is to provide a summary and success stories of On the T.R.A.I.L. to Diabetes Prevention Curriculum. The T.R.A.I.L. Curriculum was originally developed in a partnership between the IHS, the National Congress of American Indians (NCAI), and the Boys &amp; Girls Clubs of America to help reduce the onset of diabetes among Native American youth. The current Curriculum focuses on physical education and nutritional activities to promote healthy lifestyles. The IHS, through NCAI, funds local Native American Boys &amp; Girls Clubs sites to implement the curriculum. This session will review the Curriculum, and needs for the T.R.A.I.L. program.</p>	
8:00 AM	<b>Do You Hope to Become Pregnant in the Next Year? Next Steps When She Answers Yes, No, or Maybe...</b>	Room 4 - First Floor
<b>C12</b>	<p><b>Jean Howe, MD, MPH</b> [1 CME credit/1 CNE contact hour/1 CPE credit hour/1 CPEU]</p>	
<b>Concurrent Workshop</b>	<p>Reproductive health often gets overlooked for women with diabetes. In this session we will help fill that gap by discussing screening for pregnancy intentions and what to do next after screening. We will discuss pre-conception planning, contraception, and infertility considerations for women with diabetes.</p>	

Friday, August 9, 2019

9:05 AM - 10:05 AM **Concurrent Workshops**

9:05 AM - 10:05 AM **Menominee is Fostering Futures** Ballroom D/E - Second Floor

**P6** Patricia Burr, RN, BSN, CDE / Faye Dodge, RN, BSN, CDE  
[1 CME credit/1.0 CNE contact hour/1 CPEU]

**Concurrent Workshop**

Trauma Informed Care (TIC) is an approach to engaging people with histories of trauma that recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives. This seminar will offer an overview of TIC in providing services for AI/AN children and youth in general and will focus specifically on the Menominee Tribe's use of the TIC model and Adverse Childhood Experience (ACE) based practices in providing services. It invites health team members to think of ways to be more responsive to the culture, beliefs, and needs of their patients and take steps to improve services.

9:05 AM **The Intersection of Diabetes and Hepatitis C: How PCPs Can Change the Course** Room 16 - Second Floor

**C8** Jorge Mera, MD / Whitney Essex, MSN, FNP-BC  
[1 CME credit/1 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**

Hepatitis C virus (HCV) disproportionately affects Native Americans. This session will review the extra-hepatic manifestations of HCV and focus on its association with diabetes. A brief review of HCV epidemiology in Indian Country will be presented. Primary care providers will gain the knowledge required to evaluate and treat their diabetic patients with HCV, limiting specialist referral to those with advanced liver disease, thereby decreasing the burden of HCV on the health system.

9:05 AM **Documentation for CHRs Utilizing the IHS RPMS/EHR System** Room 2 - First Floor

**D8** Kathy Ray, CNM, CAC-Informaticist  
[No Credit]

**Concurrent Workshop**

Using the EHR for documentation of the Community Health Representatives (CHR) visit including but not limited to use of specific pick list, vital sign entry, and education components. Appropriate use and responses to consults including closure will be covered. Includes reasons why EHR implementation for CHRs should happen.

9:05 AM **Telling Your Story with Data** Room 1 - First Floor

**D14** Angela Snell, BA, LPN  
[1 CME credit/1 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**

This workshop will provide information about how to effectively share diabetes data with program staff, tribal leaders, and other stakeholders.

9:05 AM **Native Centered Nutrition Education - See, Touch and Taste Your Way to Learning Nutrition** Room 18 - Second Floor

**E14** Kibbe Conti, RD  
[1 CME credit/1 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**

Nutrition was traditionally learned experientially with stories and engaging with foods from planting to food preparation to tasting. LCDR Conti will share a variety of sensory learning methods that engage patients in learning how to identify carbohydrates from non-carbohydrates, distinguish whole grains from refined grains, distinguish starchy vegetables from non-starchy vegetables, and increase the variety of fruits and vegetables eaten. This workshop will share several tested and useful methods to instruct patients on achieving nutrition balance, including innovative use of My Native Plate, My Diabetes Plate, and other visual tools to engage in active learning.

Friday, August 9, 2019

9:05 AM **Using Continuous Glucose Monitoring to Improve Patient Engagement and Outcomes** Room 4 - First Floor

**E18** Nancy Jensch, RN, CDE  
[1 CME credit/1 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**

We initiated a Personal and Professional Continuous Glucose Monitoring (CGM) program for our population of patients with diabetes. Although this tool has typically been used more frequently in endocrinology settings, and with populations of patients with type 1 diabetes, we have found value in using it in a primary setting with a large number of individuals with type 2 diabetes. After an initial pilot program, we have now incorporated these tools into our practice more broadly. We have found increased patient satisfaction and improved patient engagement with their diabetes treatment plan. Our educators are able to incorporate the downloaded data into effective teaching tools for instruction on lifestyle choices. Use of the Time In Range (TIR) metric has uncovered previously undetected glycemic excursions, which has influenced the prescribing practices of our providers. Various evaluation metrics will be presented, along with criteria used for appropriate patient selection to ensure cost effective use of these tools. The importance of adequately training patients in using the device and timely follow up will be emphasized. Presentation and discussion of case studies to be included.

9:05 AM **Health Literacy** Room 3 - First Floor

**E19** Cecilia Butler, MS, RDN, CDE / Chris Lamer, PharmD, MHS, BCPS, CDE  
[1 CME credit/1 CNE contact hour/1 CPEU]

**Concurrent Workshop**

Almost half of the US population, have inadequate health literacy skills. This session will provide an overview of the scope of working with people with low health literacy and the significant impact it has on people being less able to care for their diabetes and other health issues, utilize the health care system effectively, or engage in preventative health services. Practical steps to apply principles and strategies for improving health literacy will be provided.

9:05 AM **Our Journey to Full CDC Diabetes Prevention Recognition** Room 11 - First Floor

**E21** Carla Neal, BS  
[1 CME credit/1 CNE contact hour/1 CPE credit hour/1 CPEU]

**Concurrent Workshop**

The Steps to Achieve Results (STAR) Diabetes Prevention Program began in 2010 when the Oklahoma City Indian Clinic (OKCIC) was awarded the Special Diabetes Program for Indians, Diabetes Prevention (SDPI DP) grant. The initial STAR team consisted of a Life Coach teaching one group of participants in a single small classroom; today the team consists of three AADE certified Lifestyle Coaches and a Registered Dietitian/Certified Diabetes Educator now facilitating six classes a year in a state of the art demonstration kitchen-classroom. There have been many challenges including: staffing, participant satisfaction, enrollment, and retention. Despite many challenges and setbacks the STAR team continues to produce positive results by preventing and/or delaying the risk of type 2 diabetes with its participants. In 2018 the OKCIC became one of the first Native facilities to become fully recognized by the CDC Diabetes Prevention Recognition Program. This workshop will outline challenges and barriers in implementing a diabetes prevention program, as well as, benefits to the program and the participants. Outcome data from the STAR program will be shared.

9:05 AM **Strong Men, Strong Communities: Cultural Tradition to Improve Native Men's Health** Ballroom B - Second Floor

**E28** Kaimi Sinclair, PhD, MPH / Kelly Gonzales, PhD, MPH  
[1 CME credit/1.0 CNE contact hour/1 CPEU]

**Concurrent Workshop**

American Indian (AI) men experience more profound health disparities than their counterparts in all other U.S. racial and ethnic groups. This workshop will provide information on 1) the results of focus groups with AI men that were conducted to explore the intersection of masculinity and health behaviors and to inform the development of a culturally tailored intervention to reduce risk factors for diabetes, 2) the adaptation of the Diabetes Prevention Program Lifestyle Change Program materials integrated into a trauma-informed approach, and 3) the ways in which colonial constructs and racism shape intervention design, participant engagement and outcomes. Healing from historical-intergenerational-contemporary trauma and anti-oppression frameworks will be discussed as an opportunity to create intervention designs that better meets the needs of Native people. This workshop will emphasize the health and healing of Native American men.

Friday, August 9, 2019

<b>9:05 AM</b>	<b>Real World 2: Experience in Managing the SDPI Grant</b>	Room 9 - First Floor
<b>G10</b>	Elissa Caston, MEd / Stacy Briscoe, MS, RD, LD, CDE [No Credit]	
<b>Concurrent Workshop</b>	Listen in on two successful SDPI grantees that have successfully utilized resources and established partnerships.	
<b>10:05 AM</b>	<b>Break</b>	
<b>10:20 AM</b>	<b>Culture as a Diabetes Intervention</b>	Ballroom C, D & E - Second Floor
<b>M10</b>	Melissa Walls, PhD [1 CME credit/1.0 CNE contact hour/1 CPEU]	
<b>Plenary</b>	This session will address culture as a protective factor with Adverse Childhood Experiences and diabetes. Combining research and cultural knowledge, the discussion will focus on social determinants, current stress/trauma interventions, and envisioning innovative next steps to translate what we know into effective interventions we can provide in our communities.	
<b>11:20 AM</b>	<b>The Seven Circles of Wellness</b>	Ballroom C, D & E - Second Floor
<b>M11</b>	Thosh Collins / Chelsey Luger, BS, MS [1 CME credit/1.0 CNE contact hour/1 CPEU]	
<b>Plenary</b>	The Seven Circles of Wellness is an original model for holistic health created by Well for Culture, an Indigenous wellness initiative. This session will address components of the Seven Circles of Wellness that include: sleep, real food, movement, kinship/clanship/community, connection to earth, sacred space and stress management. Wellness among Indigenous people is encouraged to sustain, rebuild and strengthen Tribal communities. Indigenous wellness strategies to implement in local diabetes prevention and wellness programs will be shared.	
<b>12:20 PM</b>	<b>Closing Remarks</b>	Ballroom C, D & E - Second Floor
<b>12:30 PM</b>	<b>Adjourn</b>	

# Live Stream Sessions

## Pre-Conference - Tuesday, August 6<sup>th</sup>

Meeting and AC Room	Time	Session #	Title	Speaker
Ballroom D & E Adobe Connect: <a href="https://lms.cosocioud.com/diabetesnc/">https://lms.cosocioud.com/diabetesnc/</a>	8:00 AM - 9:00 AM	PC1	Infectious Disease Update 2019	Jonathan Iralu, MD, FACP
	9:00 AM - 10:00 AM	PC2	Cardiovascular Disease Update: Keeping Up With the Swinging Pendulum	Dena Wilson, MD, FACC
	BREAK			
	10:15 AM - 11:15 AM	PC3	Pain: Moving Beyond a Biomedical Diagnosis-Insights and Tools for Providers and Patients	Steven Spoonemore, Jr., DPT, OCS, FAAOMPT
Room 16 Adobe Connect: <a href="https://lms.cosocioud.com/diabetesnc2/">https://lms.cosocioud.com/diabetesnc2/</a>	11:15 AM - 12:15 PM	PC4	Medication Assisted Treatment for Alcohol Use Disorders	Jenny Wei, MD, MPH
	LUNCH (on your own)			
	1:15 PM - 2:15 PM	PC7	Updates in Breast Cancer Diagnosis and Treatment	Laura Tillman, MD, FACS
	2:20 PM - 3:20 PM	PC15	Who and How to PREP	Paul Bloomquist, MD
	BREAK			
3:35 PM - 4:35 PM	PC8	Depression and Diabetes	Paul Pierce, MD	
4:40 PM - 5:40 PM	PC22	Clinical Management of Patients with Thyroid Disorders	Richard Arakaki, MD	
8:15 AM - 12:15 PM	PC5	Geriatrics and Palliative Care Intensive	Blythe Winchester, MD, MPH, CMD / Michael Stitzer, MD	
LUNCH (on your own)				
1:15 PM - 5:15 PM	PC6	Foot Care Intensive: Assessment and Interventions for Limb Preservation	Rick Robinson, DPM / Joel Rainwater, MD / Brian Lepow, DPM	

## Wednesday, August 7<sup>th</sup>

Meeting and AC Room	Time	Session #	Title	Speaker
Ballroom C, D & E Adobe Connect: <a href="https://lms.cosocioud.com/diabetesnc/">https://lms.cosocioud.com/diabetesnc/</a>	8:00 AM - 9:00 AM	M1	Diabetes in Indian Country	Ann Bullock, MD
	9:00 AM - 10:00 AM	M2	How Life Course Models of Health Development Inform New Approaches to Diabetes Prevention, Treatment and Management	Neal Halfon, MD, MPH
	BREAK			
	10:15 AM - 11:15 AM	M3	Adverse Childhood Experiences: Cultural Approaches to Prevention	Valerie Nurr'araluk Davidson, JD
Ballroom B Adobe Connect: <a href="https://lms.cosocioud.com/diabetesnc2/">https://lms.cosocioud.com/diabetesnc2/</a>	11:15 AM - 12:15 PM	M4	Alaska's Most Important Infrastructure: Improving the Health and Wellness of Families with Young Children	Matthew Hirschfeld, MD, PhD
	LUNCH (on your own)			
	1:15 PM - 2:15 PM	C4	2019 Diabetes Clinical Practice Guidelines: What's New	Richard Arakaki, MD
	2:20 PM - 3:20 PM	C19	Annual Eye, Dental and Foot Exams: Saving People with Diabetes from Preventable Complications	Dawn Clary, OD / Rick Robinson, DPM / Chris Foster, DDS
	BREAK			
3:35 PM - 4:35 PM	C9	Answers to the Most Common Questions About Kidney Disease	Andrew Narva, MD / Gayle Romancito, BSN, RN	
4:40 PM - 5:40 PM	C15	"CPR" for the Foot - Check, Protect, Refer	Rick Robinson, DPM	
1:15 PM - 2:15 PM	E38	Engaging Your Community in Type 2 Diabetes Prevention: The National Diabetes Prevention Program	Miriam Bell, MPH / Tonya Wapskineh, MPH	
2:20 PM - 3:20 PM	E8	Healthcare in Motion: How a Mobile Clinic Improves Primary Care Engagement for High Risk Populations	Miranda Williams, BS / Adrian Jumbo, AAS	
BREAK				
3:35 PM - 4:35 PM	C2	Cardiovascular Disease Evaluation: To stress or not to stress?	Dena Wilson, MD, FACC	
4:40 PM - 5:40 PM	E33	Chickasaw Nation's Pathway to Prevention	Emily Jones, PhD, RNC-OB / Shondra McCage, MPH, MCHES	

# Live Stream Sessions

## Thursday, August 8<sup>th</sup>

Meeting and AC Room	Time	Session #	Title	Speaker
Ballroom C, D & E Adobe Connect: <a href="https://lhs.cosocloud.com/diabetesnc/">https://lhs.cosocloud.com/diabetesnc/</a>	8:00 AM - 9:00 AM	M5	Indigenous Food Systems: Seeds of our Ancestors, Seeds of Life	Winona LaDuke, BA, MA
	9:00 AM - 10:00 AM	M6	Promoting Food Security and Food Sovereignty in Indigenous Communities: Lessons from Tribally-Driven Research	Valarie BlueBird Jernigan, DPH
BREAK				
	10:15 AM - 11:15 AM	M7	Descartes Was Wrong: How Does Psychological Stress Get Under the Skin?	Jeffrey Proulx, PhD
	11:15 AM - 12:15 PM	M9	Social Determinants of Health in Diabetes Care	Dean Schillinger, MD
LUNCH (on your own)				
	1:15 PM - 2:15 PM	C1	Patient-Centered Approach to Cardiovascular Disease Risk Reduction: Managing HTN and Lipids	Lani Desautniers, MD
	2:20 PM - 3:20 PM	C5	Pharmacologic Update for Hyperglycemia Treatment	Richard Arakaki, MD
BREAK				
	3:35 PM - 4:35 PM	C3	Cardiovascular Disease Management: Beta-blockers, ACE-Is, Statins-Oh MY!	Dena Wilson, MD, FACC
	4:40 PM - 5:40 PM	E17	Breaking the Intergenerational Cycle by Preventing & Controlling Diabetes During Pregnancy	Annie Edleman, MPH, RDN, LD, CDE / Matthew Daab, MD, MPT
Ballroom B Adobe Connect: <a href="https://lhs.cosocloud.com/diabetesnc/">https://lhs.cosocloud.com/diabetesnc/</a>	1:15 PM - 2:15 PM	C13	Treatment of Type 2 Diabetes (T2D) in Youth	Jeff Powell, MD, MPH
	2:20 PM - 3:20 PM	E42	The Microbiome & Your Health: More than a Gut Feeling.	Julien Naylor, MD, MPH / Teresa Hicks, RD, CDE
BREAK				
	3:35 PM - 4:35 PM	E11	The Role of Diabetes Educators, Dietitians, and Other Diabetes Care Team Members in Quality Improvement	Annie Edleman, MPH, RDN, LD, CDE
	4:40 PM - 5:40 PM	C18	Take Control by Eliminating the #1 Self-Limiting Health Risk Factor, Commercial Tobacco	Velliyah Craig, RPh, NCPS

## Friday, August 9<sup>th</sup>

Meeting and AC Room	Time	Session #	Title	Speaker
Ballroom C, D & E Adobe Connect: <a href="https://lhs.cosocloud.com/diabetesnc/">https://lhs.cosocloud.com/diabetesnc/</a>	8:00 AM - 9:00 AM	C14	Screening & Management of Childhood Obesity	Jeff Powell, MD, MPH
	9:05 AM - 10:05 AM	P6	Menominee is Fostering Futures	Faye Dodge, RN, BSN, CDE / Patricia Burr, RN, BSN, CDE
BREAK				
	10:20 AM - 11:20 AM	M10	Culture as a Diabetes Intervention	Melissa Walls, PhD
	11:20 AM - 12:30 PM	M11	The Seven Circles of Wellness	Chelsey Luger, BS, MS / Thosh Collins
Ballroom B Adobe Connect: <a href="https://lhs.cosocloud.com/diabetesnc2/">https://lhs.cosocloud.com/diabetesnc2/</a>	8:00 AM - 9:00 AM	E10	Customizing T2 Diabetes Education with Professional CGM	Sarah Hormachea, RD, CDE
	9:05 AM - 10:05 AM	E28	Strong Men, Strong Communities: Cultural Tradition to Improve Native Men's Health	Kaimi Sinclair, PhD, MPH / Kelly Gonzales, PhD, MPH

## FACULTY LIST

---

**Larry Alonso, RN, MSN, FNP-BC**

Project Officer  
Tribal, Regional, and Territorial Team  
Division of Diabetes Translation  
Centers for Disease Control and Prevention

**Richard Arakaki, MD**

Area Diabetes Consultant  
Phoenix Area Indian Health Service

**Gemalli Austin, DrPH, RD, CDE**

Program Manager, Diabetes Prevention and  
Diabetes Self-Management Programs  
Lake County Tribal Health Consortium

**Yousseff Barbour, MD**

Hepatologist  
Alaska Native Tribal  
Health Consortium

**PJ Beaudry, MPH**

Director  
Great Plains Tribal  
Epidemiology Center

**Alberta Becenti, MPH**

Public Health Advisor  
IHS Health Promotion/  
Disease Prevention Program

**Miriam Bell, MPH**

Team Lead  
National Diabetes Prevention Program  
Centers for Disease Control and Prevention

**Chris Bengson, MD, MHS, FAAD**

IHS Chief Clinical Consultant for Dermatology  
Physician  
Phoenix Indian Medical Center

**Paul Bloomquist, MD**

Chief, Centers of Excellence  
Phoenix Indian Medical Center

**Valarie BlueBird Jernigan, DrPH**

Director, Center for Indigenous Health  
Research and Policy  
Oklahoma State University Center  
for Health Sciences

**Stacy Briscoe, MS, RD, LD, CDE**

Diabetes Program Manager  
Reno-Sparks Tribal Health Center

**Brenda Broussard, MPH, MBA, RDN, CDE**

Health Care Consultant  
IHS Division of Diabetes Treatment &  
Prevention

**Jonathan Brown**

Certified Tai Chi Health Instructor  
Physical Health Educator  
Yakama Nation Diabetes Program

**Michael Bryer-Ash, MD, FRCP (Lond.),  
FRCP(C)**

Professor and Chief, Division of  
Endocrinology  
University of Arizona College  
of Medicine Phoenix

**Ann Bullock, MD**

IHS Chief Clinical Consultant  
for Family Medicine  
Director, IHS Division of Diabetes  
Treatment & Prevention

**Patricia Burr, RN, BSN, CDE**

Diabetes Nurse Educator  
Menominee Tribal Clinic

**Cecilia Butler, MS, RDN, CDE**

Nutrition Consultant  
IHS Division of Diabetes Treatment &  
Prevention

**Tammie Cannady, MHA**

Program Manager/Director of Preventative  
Health Director of Preventative Health  
Choctaw Nation Health Services  
Authority

**Twila Cassadore**

Cultural Projects Assistant  
San Carlos Apache Tribe

**Elissa Caston, MEd**

Diabetes Services Program Coordinator  
Salt River Pima-Maricopa Indian  
Community

**Dawn Clary, OD**

Director, IHS/JVN Teleophthalmology  
Program Phoenix Indian Medical Center

**Kathleen Clemons, MS, CEP, CDE, CHWC**

Exercise Physiologist/Diabetes Educator  
Ho-Chunk Nation

**Thosh Collins**

Co-Founder, Well for Culture

**Christine Conageski, MD**

Assistant Professor, Department of  
Obstetrics and Gynecology  
University of Colorado

**Kibbe Conti, RD**

Nutrition Specialist  
Rapid City Indian Health

**Diane Cooper, MSLS**

Clinical Informationist  
National Institutes of Health Library

**Jenna Cope, MPH, RD, LD, CHES**

Public Health Nutritionist  
Northern Navajo Medical Center

**Velliyah Craig, RPh, NCPS**

Director, Tobacco Cessation Clinic  
Phoenix Indian Medical Center

**Elena Curley**

Diabetes Prevention Coordinator  
Health Promotion Diabetes Prevention  
Tuba City Regional Health Care Corporation

**Matthew Daab, MD, MPT**

Family Physician  
Tuba City Regional Healthcare Corporation

**Valerie Nurr'araaluk Davidson, JD**

Commissioner  
Alaska Department of Health & Social  
Services  
Alaska Native Tribal Health Consortium

**Erin Davis, MS, RDN, CDE**

Diabetes Coordinator/Dietitian  
Hannahville Indian Community Department  
of Health and Human Services

**Andy Deal, MPH, NETA-CGEI**

School Health Education Coordinator  
Four Corners Regional Health Center

**Erica Dean, MS, RDN, LD, CDE**

Diabetes Program Dietitian  
Claremore Indian Hospital

**Michelle Dennison, PhD, RD/LD, BC-ADM**

Director, Health Promotion Disease  
Prevention Oklahoma City  
Indian Clinic

**Lani DeSaulniers, MD**

Clinical Consultant  
IHS Division of Diabetes Treatment &  
Prevention

**Scott Devous, MD**

Clinical Lead  
Indian Family Health Clinic of Great  
Falls

**Faye Dodge, RN, BSN, CDE**

Director of Community Health Nursing  
Service Menominee Tribal Clinic

**Shawna Douma, BS**

Health Educator Program Manager  
Pueblo of Laguna

**Anthea Edleman, MPH, RDN, LD, CDE**  
 Director, Diabetes Education &  
 Clinical Nutrition  
 Tuba City Regional Health Care Corporation

**Elizabeth Ely, MS**  
 Statistician  
 National Diabetes Prevention Program  
 Division of Diabetes Translation  
 Centers for Disease Control and Prevention

**David Espey, MD**  
 Director, Healthy Tribes  
 National Center for Chronic Disease  
 Prevention and Health Promotion  
 Division of Population Health  
 Centers for Disease Control and Prevention

**Whitney Essex, MSN, FNP-BC**  
 Nurse Practitioner-Infectious Diseases  
 Cherokee Nation Health Services

**Alyssa Fine, RN, MSN, CDE, CNL**  
 Wellness and Diabetes Program  
 Coordinator Cowlitz Indian  
 Tribe Health Clinic

**Christopher Foster, DDS**  
 Chief Dental Officer  
 Lawton Indian Hospital

**Nick Fox, RN**  
 Clinical Nursing Director/  
 SDPI Grant Coordinator  
 Utah Navajo Health System, Inc

**Tommy Ghost Dog Jr., BS**  
 Project Coordinator, We R Native  
 Northwest Portland Area  
 Indian Health Board

**Monica Giotta, MS, RDN, CDE**  
 Diabetes Consultant  
 California Area Indian Health Service

**Kelly Gonzales, PhD, MPH**  
 Assistant Professor  
 Portland State University

**Pam Gray**  
 Health Promotion Disease  
 Prevention Assistant  
 Wewoka Indian Health Center

**Neal Halfon, MD, MPH**  
 Professor of Pediatrics, David Geffen  
 School of Medicine at UCLA  
 Professor of Health Policy and Management,  
 Fielding School of Public Health  
 Director, UCLA Center for Healthier Children,  
 Families and Communities

**Carmen Hardin, MSN, APRN**  
 Deputy Director  
 IHS Division of Diabetes  
 Treatment & Prevention

**Eric Hardy, BS**  
 Health Promotion Specialist  
 Inter-Tribal Council of Arizona

**Anne Harper, MS, RDN, CDE**  
 Diabetes Nutrition Consultant  
 Alaska Native Tribal Health Consortium

**Krista Haven, MSN, CDE**  
 Nurse Specialist  
 Chinle Comprehensive Health Care Facility

**Don Head, BA**  
 Western Tribal Diabetes Project Specialist  
 Northwest Portland Area  
 Indian Health Board

**Teresa Hicks, RD, CDE**  
 Diabetes Trainer  
 Alaska Native Tribal Health Consortium

**Matthew Hirschfeld, MD, PhD**  
 Medical Director,  
 Maternal Child Health Services  
 Alaska Native Medical Center

**John Hoffman**  
 Senior Grants Management Specialist  
 IHS Division of Grants Management

**James Hooper**  
 Certified Tai Chi Health Instructor  
 Physical Health Educator  
 Yakama Nation Diabetes Program

**Sarah Hormachea, RD, CDE**  
 Diabetes Program Manager  
 Denver Indian Health and Family Services

**Jean Howe, MD, MPH**  
 IHS Chief Clinical Consultant for OB/GYN  
 OB/GYN Physician  
 Northern Navajo Medical Center

**Joshua Hudson, BS, TTS**  
 Program Manager, National Native  
 Network Inter-Tribal Council of Michigan

**Jonathan Iralu, MD, FACP**  
 IHS Chief Clinical Consultant  
 for Infectious Diseases  
 Physician  
 Gallup Indian Medical Center

**Teresa Jackson, MS, RDN, LD**  
 Tribal Partnership and Outcomes  
 Coordinator Oklahoma Tribal  
 Engagement Partners

**Greg Jarrin, MD, FACS**  
 IHS Chief Clinical Consultant for Surgery  
 Chief of Surgery  
 Winslow Indian Health Care Center

**Nancy Jensch, RN, CDE**  
 Diabetes Educator  
 Peter Christensen Health Center

**Emily J. Jones, PhD, RNC-OB, FAHA,  
 FPCNA**  
 Associate Professor  
 University of Oklahoma College of Nursing

**Adrian Jumbo, AAS**  
 Diabetes Informatics Technician  
 Chinle Comprehensive Health Care  
 Facility

**Erik Kakuska, BA**  
 Western Tribal Diabetes Project Specialist  
 Northwest Portland Area Indian Health Board

**Susan Karol, MD**  
 Senior Health Insurance Specialist  
 and Associate Director  
 Division of Tribal Affairs  
 Centers for Medicare and Medicaid Services

**Kristy Klinger, PharmD**  
 Coordinator, Pharmacist  
 Chronic Disease Management Clinic  
 Zuni Comprehensive Community  
 Health Center

**Melanie Knight, PMP**  
 SDPI Program Coordinator  
 IHS Division of Diabetes  
 Treatment & Prevention

**Jason Kurland, MD**  
 Diabetes Director  
 Zuni Comprehensive Community  
 Health Center

**Winona LaDuke, BA, MA**  
 Executive Director  
 Honor the Earth

**Chris Lamer, PharmD, MHS, BCPS, CDE**  
 IHS Pharmacovigilance/National Pharmacy  
 and Therapeutics Committee

**Brian Lepow, DPM**  
 Assistant Professor of Surgery  
 Baylor College of Medicine

**Kimberlee Little, MEd, CI-CPT**  
 Exercise Programs Manager  
 Muscogee Creek Nation

## FACULTY LIST

---

**Shannon Little Wolf, RN**  
Diabetes Educator/Coordinator  
Crow Service Unit

**Chelsey Luger, BS, MS**  
Co-Founder, Well for Culture

**Gale Marshall, BA**  
Consultant  
IHS Division of Diabetes  
Treatment & Prevention

**Virginia Marshall Dayish, CNA**  
CNA/Health Tech  
Diabetes Program  
Gallup Indian Medical Center

**Shondra McCage, MPH, MCHES**  
Diabetes Program Manager  
Chickasaw Nation

**Ruth Anne McGovern, MS, FNP, CDE**  
FNP/Certified Diabetes Educator  
Native American Rehabilitation Association  
of the NW

**Holly McPeak, MS**  
Nutrition Advisor,  
Office of Disease Prevention  
and Health Promotion  
US Department of Health  
and Human Services

**Duane Meadows, MEd, CI-CPT**  
Exercise Programs Coordinator  
Muscogee Creek Nation

**Jorge Mera, MD**  
Director, Infectious Diseases  
Cherokee Nation Health Services

**Anna Miller, MD**  
Clinical Staff  
Cherokee Nation Health Services

**Kelly Moore, MD, FAAP**  
Associate Professor  
University of Colorado Anschutz Medical  
Campus, Centers for American Indian and  
Alaska Native Health

**Meera Narayanan, MSc, MS, RDN, CDE**  
Diabetes Surveillance Director  
Alaska Tribal Health System

**Andrew Narva, MD**  
Director, National Kidney Disease  
Education Program  
National Institutes of Health

**Julien Naylor, MD, MPH**  
Primary Care and Diabetes Care Physician  
Arctic Slopes Native Association  
Diabetes Program

**Carla Neal, BS**  
Life Coach Supervisor  
Oklahoma City Indian Clinic

**Douglas Nolan, DO**  
Medical Director, Diabetes Program  
Cherokee Nation

**Tony Ogburn, MD**  
Professor and Chair, Department of OB/GYN  
University of Texas Rio Grande Valley

**Christy Pierce, APRN, MSN,  
ACNP-BC, FNP-C, BC-ADM**  
Nurse Practitioner/Diabetes Team  
Alaska Native Tribal Health Consortium

**Paul Pierce, MD**  
IHS Chief Clinical Consultant for Psychiatry  
Oklahoma City Area Office

**Seth Pilsk, BS**  
Botanist, Forest Resources Program  
San Carlos Apache Tribe

**Jeff Powell, MD, MPH**  
Pediatrics Medical Officer  
Northern Navajo Medical Center

**Jeffrey Proulx, PhD**  
Senior Research Associate  
Oregon Health & Science University

**Joel Rainwater, MD**  
Chief Medical Officer  
Comprehensive Integrated Care

**Tarri Randall, PT, DPT, OCS, CWS**  
IHS Chief Clinical Consultant for  
Physical Rehabilitation Services  
Acting Director of Physical Therapy  
Whiteriver Indian Hospital

**Kathy Ray, CNM, CAC-Informaticist**  
Clinical Applications Coordinator  
Navajo Area Indian Health Service

**Gwendelyn Riggs-Tallman, MPH**  
Health Promotion Coordinator  
Health Promotion Diabetes  
Prevention Program  
Tuba City Regional Healthcare Corporation

**Tara Ritter, DNP, RN, CDE**  
Director, Diabetes Program  
Cherokee Nation Health Services

**Rick Robinson, DPM**  
IHS Chief Clinical Consultant for Podiatry  
Director of Podiatry  
Whiteriver Indian Hospital

**Scott Robison, MEd**  
Community Health Director  
Wewoka Indian Health Center

**Gayle Romancito, BSN, RN**  
Renal Case Manager  
Zuni Comprehensive Community  
Health Center

**Dawn Satterfield, PhD, MSN, RN**  
Tribal, Regional, and Territorial Team Lead  
Division of Diabetes Translation  
Centers for Disease Control and Prevention

**Darian Schaubert, MS, LRD**  
Director, Dietary Services  
Fort Yates Standing Rock IHS Hospital

**Dean Schillinger, MD**  
Chief, UCSF Professor of  
Medicine in Residence  
Director, UCSF Division of  
General Internal Medicine  
Director, Health Communication Program  
UCSF Center for Vulnerable Populations  
San Francisco General Hospital  
and Trauma Center

**Dara Shahon, MD**  
Chief, Ophthalmology Department  
Phoenix Indian Medical Center

**Karen Sheff, MS**  
Biostatistician  
IHS Division of Diabetes Treatment &  
Prevention

**Merrell Simpson, RN**  
ER Nurse  
Nimiipuu Health

**Kaimi Sinclair, PhD, MPH**  
Assistant Professor  
Washington State University

**Cherith Smith, PharmD**  
Pharmacist/Diabetes Coordinator  
Missoula Urban Indian Health Center

**Debra Smith, RN, PHN, MSN**  
Diabetes Consultant  
Bemidji Area Indian Health Service

**Angela Snell, BA, LPN**  
Health Communication Specialist  
United South and Eastern Tribes, Inc

**Mashell Sourjohn, MJIL**

Associate State Director of  
Community Outreach  
AARP Oklahoma

**Steven Spoonemore, Jr., DPT, OCS, FAAOMPT**

Physical Therapist  
Southcentral Foundation

**Sharon Stanphill, DrPH**

Chief Health Officer  
Cow Creek Health & Wellness Center

**Lancer Stephens, PhD**

Assistant Professor  
Oklahoma Shared Clinical and Translational  
Resources  
University of Oklahoma Health Sciences

**Michael Stitzer, MD**

IHS Chief Clinical Consultant for Neurology  
Neurologist  
Winslow Indian Health Care Center

**Deirdra Stockmann, PhD, MUP**

Technical Director for Quality Improvement  
Division of Quality and Health Outcomes  
Center for Medicaid and CHIP Services  
Centers for Medicare and Medicaid Services

**Sarah Stotz, PhD, MS, RD, CDE, LD**

Senior Instructor  
University of Colorado Anschutz Medical  
Campus, Centers for American Indian  
and Alaska Native Health

**Carol Strasheim, BSN, RN**

Area Diabetes Consultant/Nurse Educator  
Billings Area Indian Health Service

**Jamie Sweet, RN, MSN, PHN**

Diabetes Grant Consultant  
California Area Indian Health Service

**Paula Szloboda, RN, CDE, MA/MBA**

Nutritionist and Diabetes Educator  
Taos Pueblo

**Robert Tarwater**

Director, Division of Grants Management  
IHS Office of Management Services

**Shelly Thorkelson, CNM, MSN, CDE**

Diabetes in Pregnancy Case Manager  
Northern Navajo Medical Center

**Toqua Ticeahkie, ACE Certified**

Fitness Specialist  
Four Corners Regional Health Center

**Laura Tillman, MD, FACS**

Chief of Surgery/Chief Medical Officer  
Phoenix Indian Medical Center

**Elizabeth Tressler, PharmD**

Coordinator, Diabetes Department  
Yukon-Kuskokwim Health Corporation

**Byron Tso**

Sports & Wellness Diabetes Program  
Manager  
Pueblo of Laguna

**Kevin Tushka, CPT**

HPDP Fitness Specialist  
Kickapoo Tribe of Oklahoma

**Sacha Uelmen, RDN, CDE**

Managing Director, Diabetes Education and  
Nutrition  
American Diabetes Association

**D.J. Eagle Bear Vanas, MS**

Speaker, Author, and President  
Native Discovery Inc.

**Cathy Waller, RD, LD, CDE**

Diabetes Education Coordinator  
Oklahoma City Indian Clinic

**Melissa Walls, PhD**

Associate Professor  
Johns Hopkins University, Center for  
American Indian Health

**Tonya Wapskineh, MPH**

Coordinator/DTTAC Master Trainer Select  
Diabetes Prevention Program  
Cherokee Nation

**Lynn Waymer**

Vice President, Community  
Engagement and Communications  
KPJR Films

**Christian Weaver, MLS**

Native Youth Project Manager  
National Congress of American Indians

**Jenny Wei, MD, MPH**

Internal Medicine Physician/Medical  
Director of Transgender Clinic  
Gallup Indian Medical Center

**Miranda Williams, BS**

Supervisory Public Health Advisor/Diabetes  
Coordinator  
Chinle Comprehensive Health Care Facility

## POSTER SESSION LIST

---

### The following SDPI Grantees will be presenting a poster:

Absentee Shawnee Tribe Diabetes and Wellness Program  
Ak-Chin Indian Community SDPI  
Chapa-De Indian Health  
Chehalis Tribe  
Cherokee Nation  
Cherokee Nation Diabetes Prevention Program  
Cheyenne Arapaho SDPI  
Cheyenne River Sioux Tribe Youth Diabetes Prevention Program  
Chinle IHS Prevent T2 Program  
Citizen Potawatomi Nation  
Colorado River Indian Tribes Special Diabetes Project  
Comanche Nation Diabetes Program  
Confederated Salish and Kootenai Tribes  
Crownpoint Diabetes Education Program  
Duckwater SDPI Program  
Eastern Shoshone Tribal Health Program  
Fond du Lac Band of Lake Superior Chippewa  
Fort Thompson IHS  
Healthy O'odham Promotion Program  
Helena Indian Alliance  
Hopi Tribe Special Diabetes Program for Indians  
Hualapai Tribe  
Jicarilla Apache Nation Health & Fitness Center  
Kewa Health Outreach Program  
Kickapoo Tribe of Oklahoma  
Klamath Diabetes Management Program  
Lac Courte Oreilles Health Center  
Lawton Indian Hospital  
Leech Lake Diabetes Program  
Little Traverse Bay Bands of Odawa Indians  
Mescalero Diabetes Wellness Program  
Mississippi Choctaw  
Mohegan Tribe  
Muscogee Creek Nation Diabetes  
Navajo Area IHS  
Native Americans for Community Action, Inc.  
Navajo Special Diabetes Program  
Nevada Urban Indians  
Nooksack Indian Tribe  
Oglala Sioux Tribe Oyate Bli Helya Diabetes Program  
Pascua Yaqui  
Pawnee Nation Diabetes Program  
Phoenix Indian Medical Center Diabetes Center of Excellence  
Pueblo de Cochiti  
Pueblo de San Ildefonso  
Pueblo of Laguna  
Redding Rancheria Tribal Health  
Rosebud Sioux Tribe  
Sac and Fox Nation of Oklahoma Black Hawk Health Center  
Saint Regis Mohawk Tribe Let's Get Healthy Program  
Sault Ste. Marie Tribe of Chippewa Indians Community Health Diabetes Program  
Sleeping Ute Diabetes Prevention Program  
Southern Indian Health Council  
Southern Ute Indian Tribe  
Suquamish Tribe  
Three Affiliated Tribes  
Tulalip Tribes Diabetes Care and Prevention Program  
United American Indian Involvement, Inc.  
Urban Indian Center of Salt Lake  
Urban Inter-Tribal Center Of Texas  
Ute Indian Tribe  
Washoe Tribal Health Center  
Wichita and Affiliated Tribes  
Winslow Indian Health Care Center Hozhoogo Iina Wellness Program  
Yakama Nation Diabetes Program  
Yerington Paiute Tribe  
Yukon-Kuskokwim Health Corporation  
Zuni Healthy Lifestyles

## Corporate Exhibitors

AARP OK  
 Abbott Diabetes Care  
 ABC Tribal Benefits  
 Academic Partnerships  
 (Northeastern State University)  
 Anodyne Shoes  
 ARKRAY USA, Inc.  
 BlueCross and BlueShield of Oklahoma  
 Boehringer Ingelheim  
 Diagnos  
 Dynavax  
 Grand Canyon University  
 InBody USA  
 Johnson and Johnson Healthcare Systems, Inc  
 MedTrainer  
 Mid Star Lab, Inc.  
 Modern Vascular  
 MyWoundDoctor, LLC  
 Novo Nordisk  
 Orthofeet  
 Premier Shockwave, Inc.  
 Roche Diabetes Care  
 Semler Scientific  
 Siemens Healthineers  
 Tribal Diagnostics, LLC  
 United Healthcare  
 Urban Poling, Inc.

## Vendors

Anna's Jewelry  
 Canyon Arts  
 Crafty EdgeWater  
 Dine Silver and Bead Work  
 Duke & Daisy Beadwork  
 J Koots Creations  
 Ks Handbags and More  
 LKW DESIGNZ 4 U  
 Martinez Indian Arts  
 Monroe Designs  
 Native Company  
 Native Hands  
 Nina Garcia - Santo Domingo  
 Oklahoma Forty-Nine  
 Santo Domingo Pueblo Indian Jewelry  
 Southwest Indian Jewelry  
 Talking Leaves  
 X-Specially-4-U

## Partner Exhibitors

American Diabetes Association  
 Good Health and Wellness in Indian  
 Country (GHWIC) / CDC Diabetes  
 Prevention Recognition Program (DPRP)  
 IHS Division of Diabetes Treatment &  
 Prevention  
 IHS Health Promotion and Disease  
 Prevention (HPDP) IHS-USPHS  
 (Job Postings)  
 Indian Health Service - Public Affairs  
 Joslin Vision Network Teleophthalmology  
 Program  
 Medicare Assistance Program/  
 Oklahoma Insurance Department  
 National Congress of American Indians  
 National Indian Health Board  
 Oklahoma City Indian Clinic (OKCIC)  
 Oklahoma Intertribal Diabetes Coalition  
 (OIDC) & Native Youth Preventing  
 Diabetes (NYPD)  
 Sac & Fox Nation  
 Southern Plains Tribal Health Board  
 University of Colorado Anschutz  
 Medical Campus

# MOVERS AND SHAKERS

## FITNESS CHALLENGE

**JOIN BY TEXTING 'SDPI2019' TO 97779**

### How the Challenge Works

- Text "SDPI2019" to 97779 to opt in to the fitness challenge
- During the conference (Tues-Thurs), if you do any type of fitness (workout, jog, yoga, etc.) text your minutes (for single workouts) so they can be logged
- Activity minutes logged will earn entries for a chance to **win awesome prizes**
  - Extra entries will be given to those who attend the "Movers and Shakers Fitness Activities" listed on the next page
  - Entry breakdown:
    - 30 minutes = 1 entry
      - Example:
        - 60 minutes of exercise on your own = 2 entries
        - 60 minutes of a "Movers and Shakers" activity = 4 entries

**Drawings held during the closing session on Friday. Must be present to win.**

**#SDPI2019 #NATIVEHEALTH**

**Special thanks to the *Movers and Shakers* Fitness Activities Sponsors**



JOIN THE CHALLENGE!

TEXT: SDPI2019 TO 97779

## 2019 DIABETES IN INDIAN COUNTRY CONFERENCE

# MOVERS AND SHAKERS

## FITNESS ACTIVITY OPTIONS

#SDPI2019

TUESDAY  
AUG 6

 **6 AM .:. GREET THE SUN .:. 3 OPTIONS**  
Group Walk } Meet on Level 1 of the Convention Center outside of Room 5  
Group Run }  
**Zendigenous Slow Flow** (stretch and work out to music by Native artists)  
Convention Center - Room 5

 **6 PM .:. WELCOME THE STARS .:. 2 OPTIONS**  
**Zumba** } Convention Center - Room 5  
**Self Defense** } Convention Center - Room 10

WEDNESDAY  
AUG 7

 **6 AM .:. GREET THE SUN .:. 4 OPTIONS**  
Group Walk } Meet on Level 1 of the Convention Center outside of Room 5  
Group Run }  
**Tai Chi** } Convention Center - Room 5  
**Water Aerobics** } Renaissance Hotel Pool

 **6:30 PM .:. WELCOME THE STARS .:. SDPI POSTER RECEPTION**  
**Stickball - Special Interactive Demonstration**  
Convention Center - Ballroom B

THURSDAY  
AUG 8

 **6 AM .:. GREET THE SUN .:. 4 OPTIONS**  
Group Walk } Meet on Level 1 of the Convention Center outside of Room 5  
Group Run }  
**Zendigenous Fast Flow** } (stretch and work out to music by Native artists)  
Convention Center - Room 5  
**Water Aerobics** } Renaissance Hotel Pool

 **6 PM .:. WELCOME THE STARS .:. 2 OPTIONS**  
**Intro to Boxing** } Convention Center - Room 5  
**with Native Boxer Wes Nofire** }  
**Tai Chi** } Convention Center - Room 10

**FRIDAY, AUG 9TH AT 6AM**



First come, first-served.  
Sizes not guaranteed.

# MOVERS AND SHAKERS

## 5K RUN AND 1 MILE WALK

Meet outside of the Renaissance Hotel

Presented by:

OKLAHOMA CITY  
**INDIAN CLINIC**



## Clinical Trainings and Resources

[www.ihs.gov/diabetes](http://www.ihs.gov/diabetes)

### Clinical Trainings

Topics include diabetes treatment, nutrition, diabetes education

### Free Live and On Demand CME/CE Trainings



**LIVE:** Advancements in Diabetes live CME/CE webinar series

**ON DEMAND:** More than 30 hours of CME/CE credit available online

### More trainings coming soon!

Some 2019 Diabetes in Indian Country conference sessions will be recorded and available on the IHS Division of Diabetes website for CME/CE credit.

### Online Clinical Resources

### Treatment Algorithms

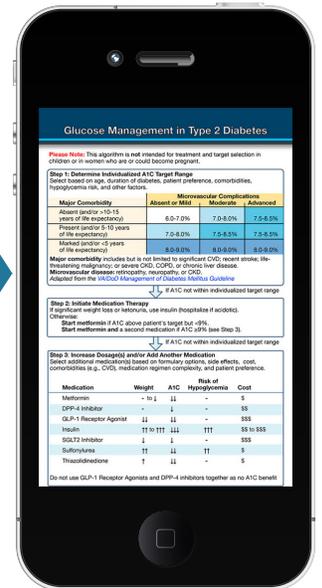
Provide clinicians information needed at the point of patient care and include:

- ✓ Step-by-step management of the associated condition
- ✓ Dosing and contraindications for commonly used diabetes medications
- ✓ Treatment targets and goals
- ✓ Recommended monitoring parameters

#### Algorithm topics include:

- Glucose Management
- Hypertension Management
- Lipid and Aspirin Therapy
- Foot Care
- Urine Albumin Screening and Monitoring
- Insulin Therapy

Mobile versions available



Stop by the IHS Division of Diabetes booth outside of the Main Ballroom and pick up a printed copy of these topics!

### Diabetes Standards of Care and Clinical Practice Resources

- Summarize current diabetes standards for the care of AI/AN patients
- Provide links to other useful clinical guidelines and resources

# IHS Division of Diabetes Treatment and Prevention

## Order FREE Materials from the Online Catalog

[www.ihs.gov/diabetes/education-materials-and-resources/](http://www.ihs.gov/diabetes/education-materials-and-resources/)

### About the Online Catalog

- Find culturally relevant and easy-to-use materials for educators, providers, patients, community members, and clients.
- Materials are free to order, or to download and print.
- Order or print education materials, such as tip sheets and handouts, posters, books, newsletter articles, media tools, and more!

## NEW Diabetes Education Materials

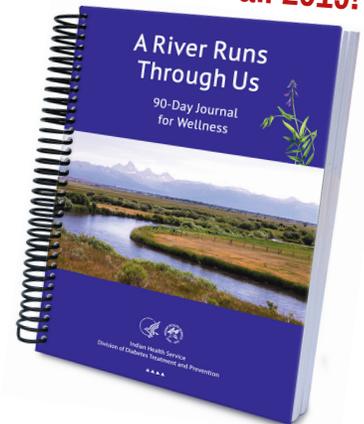
**PRE-  
ORDER  
NOW!**

All-New Revised Edition

### ***A River Runs Through Us*** 90-Day Journal for Wellness

- 260 Full-Color Pages
- Daily message about diabetes care
- Space to write your thoughts and feelings
- Personal stories by community members across Indian Country
- Pre-order from [www.ihs.gov/diabetes](http://www.ihs.gov/diabetes) today and receive it this Fall!

**Available Fall 2019!**



**::: Conference Exclusive :::**

## Advanced Release of New Diabetes Education Handouts

- Information About Type 2 Diabetes
- Tips for Managing Blood Sugar
- Working With the Diabetes Health Care Team
- Taking Diabetes Medicines

**Pick up a copy of these NEW handouts from the IHS Division of Diabetes booth outside of the Main Ballroom!**



[www.ihs.gov/diabetes](http://www.ihs.gov/diabetes)



Diabetes in Indian Country Conference – August 6-9, 2019 – Oklahoma City, OK  
**TRACKING FORM**

SESSION	Credit Type	Credit Hours Awarded	Record CE Hours Attended
<b>Tuesday, August 6, 2019</b>			
<b>Pre-Con: PC5</b> Advances in Primary Care - Intensive: Geriatric and Palliative Care (Virtual)	CME/CNE/CPE/CPEU	4	
<b>Pre-Con: PC6</b> Foot Care Intensive: Assessment and Interventions for Limb Preservation (Virtual)	CME/CNE/CPEU	4	
<b>Pre-Con: PC1</b> Infectious Disease Update 2019 (Virtual)	CME/CNE/CPE/CPEU	1	
<b>Pre-Con: PC2</b> Cardiovascular Disease Update: Keeping Up with the Swinging Pendulum (Virtual)	CME/CNE/CPE/CPEU	1	
<b>Pre-Con: PC3</b> Pain: Moving Beyond a Biomedical Diagnosis – Insights and Tools for Providers & Patients (Virtual)	CME/CNE/CPE/CPEU	1	
<b>Pre-Con: PC4</b> Medication Assisted Treatment for Alcohol Use Disorders (Virtual)	CME/CNE/CPE/CPEU	1	
<b>Pre-Con: PC7</b> Updates in Breast Cancer Diagnosis and Treatment (Virtual)	CME/CNE/CPE/CPEU	1	
<b>Pre-Con: PC11</b> Primary Care Management of Common Eye Problems	CME/CNE/CPEU	1	
<b>Pre-Con: PC14</b> Contraception: What's New in 2019	CME/CNE/CPE/CPEU	1	
<b>Pre-Con: PC20</b> Update on Obstructive Sleep Apnea (OSA)	CME/CNE/CPEU	1	
<b>Pre-Con: PC15</b> Who and How to PrEP (Virtual)	CME/CNE/CPE/CPEU	1	
<b>Pre-Con: PC9</b> The Evaluation of the Acute Abdomen in the Diabetic Patient	CME/CNE/CPEU	1	
<b>Pre-Con: PC16</b> Front-Line PT-OT Pain Management Programs and Interventions	CME/CNE/CPEU	1	
<b>Pre-Con: PC18</b> Common Neurological Issues for Primary Providers-An Overview of Epilepsy and Migraine	CME/CNE/CPE/CPEU	1	
<b>Pre-Con: PC8</b> Depression and Diabetes (Virtual)	CME/CNE/CPE/CPEU	1	
<b>Pre-Con: PC21</b> Childhood Obesity in Primary Care: What Works?	CME/CNE/CPE/CPEU	1	
<b>Pre-Con: PC13</b> Cervical Cancer Screening: Current Approaches	CME/CNE/CPEU	1	
<b>Pre-Con: PC19</b> Challenges & Pitfalls in the Management of Dermatological Conditions in Diabetic Patients	CME/CNE/CPE/CPEU	1	
<b>Pre-Con: PC22</b> Clinical Management of Patients with Thyroid Disorders (Virtual)	CME/CNE/CPE/CPEU	1	
<b>Pre-Con: PC10</b> Colon Cancer Screening Guidelines for Native America	CME/CNE/CPE/CPEU	1	
<b>Pre-Con: PC17</b> Healthcare for Transgender Individuals	CME/CNE/CPE/CPEU	1	
<b>Pre-Con: PC27</b> Engaging Your Community in Type 2 Diabetes Prevention: The National Diabetes Prevention Program	CME/CNE/CPEU	6	
<b>Pre-Con: PC24</b> SDPI/SOS Bootcamp	No Credit	0	
<b>Pre-Con: PC23:</b> IHS Diabetes Care and Outcomes Audit	CME/CNE/CPEU	4	
<b>Pre-Con: PC 25</b> Native PLAY Workshop	CME/CNE/CPEU	6	
<b>Evening Plenary: PC28</b> Moving Forward on a Trauma-Informed Path: Films, Discussion, and More	CME/CNE/CPEU	1.5	
<b>Wednesday, August 7, 2019</b>			
<b>Plenary M1:</b> Diabetes in Indian Country (Virtual)	CME/CNE/CPE/CPEU	1	
<b>Plenary M2:</b> How Life Course Models of Health Development Inform New Approaches to Diabetes Prevention, Treatment and Management (Virtual)	CME/CNE/CPE/CPEU	1	
<b>Plenary M3:</b> Adverse Childhood Experiences: Cultural Approaches to Prevention (Virtual)	CME/CNE/CPEU	1	
<b>Plenary M4:</b> Alaska's Most Important Infrastructure: Improving the Health and Wellness of Families and Young Children (Virtual)	CME/CNE/CPEU	1	
<b>CONCURRENT SESSIONS (1:15 pm – 2:15 pm) – choose one:</b>			
<b>C4</b> - 2019 Diabetes Clinical Practice Guidelines: What's New (Virtual)	CME/CNE/CPE/CPEU	1	
<b>C10</b> - Neurologic Complications of Diabetes – Polyneuropathy & More	CME/CNE/CPE/CPEU	1	
<b>D15</b> - Data 101 – The Importance of Data and Data Quality	CME/CNE/CPEU	1	
<b>E35</b> Physical Activity Kit (PAK) for Older Adults: Revisions, Implementations, & Modifications to Keep Our Elders on the Move	CME/CNE/CPEU	1	
<b>E38</b> - Engaging Your Community in Type 2 Diabetes Prevention: The National Diabetes Prevention Program (Virtual)	CME/CNE/CPE/CPEU	1	
<b>E41</b> - Interpreting and implementing Nutrition Therapy for Adults With Diabetes or Prediabetes: A Consensus	CME/CNE/CPE/CPEU	1	
<b>G5</b> - Roles and Terminology of Your SDPI Grant	No Credit	0	
<b>P3</b> - We R Native: Can Social Media Get You Moving?	CME/CNE/CPEU	1	
<b>P4</b> - Improving Coverage & Delivery of Diabetes Prevention Services to Medicare & Medicaid Beneficiaries	CME/CNE/CPEU	1	
<b>CONCURRENT SESSIONS (2:20 pm – 3:20 pm) – choose one:</b>			
<b>C19</b> - Annual Eye, Dental & Foot Exams: Saving People with Diabetes from Preventable Complications (Virtual)	CME/CNE/CPE/CPEU	1	
<b>C20</b> - Depression and Diabetes (Repeat)	CME/CNE/CPE/CPEU	1	
<b>D4</b> -Clinical Diabetes Data (RPMS, GPRA, Audit) Overview	CME/CNE/CPE/CPEU	1	

<b>E8</b> - Healthcare in Motion: How a Mobile Clinic Improves Primary Care Engagement for High Risk Populations (Virtual)	CME/CNE/CPE/CPEU	1	
<b>E16</b> - Teamwork Makes the Dream Work: Expanding Physical Activity Through Non-Traditional Programming!	CME/CNE/CPEU	1	
<b>E25</b> - Using the 7 Circles of Health and Wellness in Diabetes Education	CME/CNE/CPEU	1	
<b>E39</b> - Prepare to Care: Caregiving for your Loved Ones	CME/CNE/CPEU	1	
<b>G1</b> - Expanded Authorities and What it Means to your SDPI Grant	No Credit	0	
<b>G11</b> - Preparing and Submitting Successful Diabetes Grant Applications	No Credit	0	
<b>P1</b> - Good Health and Wellness in Indian Country: Considering Indigenous Approaches to DM2 Prevention	CME/CNE/CPE/CPEU	1	
<b>CONCURRENT SESSIONS (3:35 pm – 4:35 pm) – choose one:</b>			
<b>C2</b> - Cardiovascular Disease Evaluation: To Stress or Not to Stress? (Virtual)	CME/CNE/CPE/CPEU	1	
<b>C9</b> - Answers to the Most Common Questions About Kidney Disease (Virtual)	CME/CNE/CPE/CPEU	1	
<b>D1</b> - IHS Diabetes Audit Overview	CME/CNE/CPE/CPEU	1	
<b>E1</b> - Skill Builders: An Innovative Fitness Program for Youth	CME/CNE/CPEU	1	
<b>E2</b> - Using Data and an Informatics Specialist to Inform, Foster Collaboration, and Improve Diabetes Care	CME/CNE/CPE/CPEU	1	
<b>E15</b> - Diabetes, Red Carpets, Fondue, Feet, and the Beach	CME/CNE/CPEU	1	
<b>E32</b> - Community Approach to Type 2 Diabetes Prevention	CME/CNE/CPE/CPEU	1	
<b>G6</b> - Staying Organized with Your SDPI Grant or “What I Wished Someone Told Me When I Started This Job!”	No Credit	0	
<b>E40</b> - Overview of National DSMES Standards for Recognition/Accreditation	CME/CNE/CPEU	1.5	
<b>CONCURRENT SESSIONS (4:40 pm – 5:40 pm) – choose one:</b>			
<b>C15</b> - "CPR" for the Foot - Check, Protect, Refer (Virtual)	CME/CNE/CPE/CPEU	1	
<b>D2</b> - IHS Diabetes Audit: Understanding and Using Results to Improve Patient Care	CME/CNE/CPE/CPEU	1	
<b>E13</b> - Engaging Partners to Address Food Access on the Navajo Reservation	CME/CNE/CPEU	1	
<b>E33</b> - Chickasaw Nation's Pathway to Prevention (Virtual)	CME/CNE/CPE/CPEU	1	
<b>E34</b> - The Pre-Reservation Nnee/Ndee (Western Apache) Diet and Healthcare Model	CME/CNE/CPE/CPEU	1	
<b>E36</b> - Sacred Circle of Tobacco: Engaging Youth in Wellness Efforts	CME/CNE/CPEU	1	
<b>E43</b> - Culturally Tailoring a Diabetes Nutrition Education Program for Tribal and Urban AIAN Communities	CME/CNE/CPE/CPEU	1	
<b>G4</b> - Application Overview for the SDPI Grant	No Credit	0	
<b>Thursday, August 8, 2019</b>			
<b>Plenary: M5</b> - Indigenous Food Systems: Seeds of our Ancestors, Seeds of Life (Virtual)	CME/CNE/CPE/CPEU	1	
<b>Plenary M6</b> - Promoting Food Security & Food Sovereignty in Indigenous Communities: Lessons from Tribally-Driven Research (Virtual)	CME/CNE/CPE/CPEU	1	
<b>Plenary M7</b> - Descartes Was Wrong: How Does Psychological Stress Get Under the Skin? (Virtual)	CME/CNE/CPE/CPEU	1	
<b>Co-Plenary: M9</b> - Diabetes as a Social Disease: What is the Evidence? (Virtual)	CME/CNE/CPE/CPEU	1	
<b>Co-Plenary: M8</b> - SDPI Forum	No Credit	0	
<b>CONCURRENT SESSIONS (1:15 pm – 2:15 pm) – choose one:</b>			
<b>C1</b> - Patient-Centered Approach to Cardiovascular Disease Risk Reduction: Managing HTN and Lipids (Virtual)	CME/CNE/CPE/CPEU	1	
<b>C11</b> - Diabetes in Pregnancy	CME/CNE/CPE/CPEU	1	
<b>C13</b> - Treatment of Type 2 Diabetes (T2D) in Youth (Virtual)	CME/CNE/CPE/CPEU	1	
<b>D3</b> - Strategies for Implementing a Continuous Quality Improvement (CQI) Project in Diabetes Self-Management	CME/CNE/CPEU	1	
<b>E4</b> - Tai Chi for Diabetes	CME/CNE/CPEU	1	
<b>E9</b> - Introducing the Eat Healthy Be Active Community Workshops to Indian Country	CME/CNE/CPEU	1	
<b>E24</b> - Case Management: Practicing Population Health to Engage Patients as Partners in Care	CME/CNE/CPE/CPEU	1	
<b>G3</b> - Grant Lifecycle and Your SDPI Grant	No Credit	0	
<b>G9</b> - The Flow of Data: From EHR to WebAudit to SOS	No Credit	0	
<b>P2</b> - Beyond PubMed: Finding Clinical Literature on Diabetes	CME/CNE/CPE/CPEU	1	
<b>CONCURRENT SESSIONS (2:20 pm – 3:20 pm) – choose one:</b>			
<b>C5</b> - Pharmacologic Update for Hyperglycemia Treatment (Virtual)	CME/CNE/CPE/CPEU	1	
<b>C17</b> - Management of Complex Diabetes Cases	CME/CNE/CPE/CPEU	1	
<b>D5</b> - Diabetes Data and non-RPMS Electronic Health Record (EHR) Systems	No Credit	0	
<b>D11</b> - iCARE for Dummies (or if You Prefer....."Everyday Uses of iCARE")	CME/CNE/CPEU	1	
<b>E6</b> - Optimizing the Care Team to Improve Diabetes Care	CME/CNE/CPE/CPEU	1	
<b>E11</b> - The Role of Diabetes Educators, Dietitians, and Other Diabetes Care Team Members in Quality Improvement (Virtual)	CME/CNE/CPEU	1	
<b>E20</b> - Coalition Building: Working Together to Improve Health and Wellness in Tribal Youth	CME/CNE/CPEU	1	
<b>E30</b> - Childhood Obesity Intervention Program: Take C.H.A.R.G.E.	CME/CNE/CPEU	1	
<b>E31</b> - Using Health Coaching and Fun to Enhance Physical Activity Participation	CME/CNE/CPEU	1	

<b>G8 - SDPI Outcomes System (SOS) Overview</b>	No Credit	0	
<b>CONCURRENT SESSIONS (3:35 pm – 4:35 pm) – choose one:</b>			
<b>C3 - Cardiovascular Disease Management: Beta-blockers, ACE's, Statins-Oh MY! (Virtual)</b>	CME/CNE/CPE/CPEU	1	
<b>C6 - Obesity and Type 2 Diabetes: When Will We Start Doing What Works?</b>	CME/CNE/CPE/CPEU	1	
<b>D6 - Using Diabetes Data for Quality Improvement</b>	CME/CNE/CPE/CPEU	1	
<b>D9 - RPMS Diabetes Management System (DMS) Overview and Patch 12 Update</b>	CME/CNE/CPEU	1	
<b>E3 - Use of the Navajo Wellness Model with the AADE 7 Self-Care Behaviors</b>	CME/CNE/CPEU	1	
<b>E5 - Mindful Eating Basics</b>	CME/CNE/CPE/CPEU	1	
<b>E12 - How Eagle Adventure Got Its Wings &amp; Continues to Soar</b>	CME/CNE/CPEU	1	
<b>E23 - LIFE-long Intensity For Exercise</b>	CME/CNE/CPEU	1	
<b>E26 - Get SET and Fight Diabetes Program: A Successful Nutrition and Physical Activity Program at the Oklahoma City Indian Clinic</b>	CME/CNE/CPE/CPEU	1	
<b>E42 - The Microbiome &amp; Your Health: More than a Gut Feeling (Virtual)</b>	CME/CNE/CPE/CPEU	1	
<b>G2 - Writing the Budget for Your SDPI Grant</b>	No Credit	0	
<b>CONCURRENT SESSIONS (4:40 pm – 5:40 pm) – choose one:</b>			
<b>C18 -Take Control by Eliminating the #1 Self-Limiting Health Risk Factor: Commercial Tobacco (Virtual)</b>	CME/CNE/CPE/CPEU	1	
<b>D10 - Using RPMS for Diabetes Care &amp; Improvement</b>	CME/CNE/CPE/CPEU	1	
<b>D12 - Tribal Epidemiology Centers – An Overview</b>	CME/CNE/CPEU	1	
<b>E7 - Overwhelmed by Data? Exploring your data implementation and outcomes data for DSMES CQI.</b>	CME/CNE/CPEU	1	
<b>E17 - Breaking the Intergenerational Cycle by Preventing &amp; Controlling Diabetes During Pregnancy (Virtual)</b>	CME/CNE/CPEU	1	
<b>E27 - Nutritional Coaching for Diabetes Prevention and Management</b>	CME/CNE/CPE/CPEU	1	
<b>E29 - Diabetes Education: Thinking Outside of the Box</b>	CME/CNE/CPE/CPEU	1	
<b>G7 - Recruiting Key Staff for your SDPI Grant</b>	No Credit	0	
<b>Evening Plenary: M12: Victory by Design</b>	CME/CNE/CPEU	2	
<b>Friday, August 9, 2019</b>			
<b>CONCURRENT SESSIONS (8:00 am – 9:00 am) – choose one:</b>			
<b>C7 – Non Alcoholic Fatty Liver Disease (NAFLD) Update</b>	CME/CNE/CPE/CPEU	1	
<b>C14 - Screening &amp; Management of Childhood Obesity (Virtual)</b>	CME/CNE/CPE/CPEU	1	
<b>C16 - Taking Time to Breathe: An Hour of Stress Reduction</b>	CME/CNE/CPE/CPEU	1	
<b>D7 - Tidying Up Your Diabetes Data: The Importance of Documentation</b>	CME/CNE/CPE/CPEU	1	
<b>D13 - GPRA /CRS Tools: On Demand Clinical Measures Reports for Daily Improvement Work</b>	CME/CNE/CPE/CPEU	1	
<b>E10 - Customizing T2 Diabetes Education with Professional CGM (Virtual)</b>	CME/CNE/CPE/CPEU	1	
<b>E22 - Standing Rock Hospital Community Garden Project</b>	CME/CNE/CPEU	1	
<b>G12 - Implementing the SDPI Grant Best Practice</b>	No Credit	0	
<b>P5 - T.R.A.I.L. (Together Raising Awareness for Indian Life)</b>	CME/CNE/CPEU	1	
<b>C12 – Do You Hope to Become Pregnant in the Next Year? Next Steps</b>	CME/CNE/CPE/CPEU	1	
<b>CONCURRENT SESSIONS (9:05 am – 10:05 am) – choose one:</b>			
<b>P6 - Menominee is Fostering Futures (Virtual)</b>	CME/CNE/CPEU	1	
<b>C8 - The Intersection of Diabetes and Hepatitis C: How PCPs Can Change the Course</b>	CME/CNE/CPE/CPEU	1	
<b>D8 - Documentation for CHR's Utilizing the IHS RPMS/EHR System</b>	No Credit	0	
<b>D14 - Telling Your Story with Data</b>	CME/CNE/CPE/CPEU	1	
<b>E14 - Native Centered Nutrition Education - See, Touch and Taste Your Way to Learning Nutrition</b>	CME/CNE/CPE/CPEU	1	
<b>E18 - Using Continuous Glucose Monitoring to Improve Patient Engagement and Outcomes</b>	CME/CNE/CPE/CPEU	1	
<b>E19 - Health Literacy</b>	CME/CNE/CPEU	1	
<b>E21 - Our Journey to Full CDC Diabetes Prevention Recognition</b>	CME/CNE/CPE/CPEU	1	
<b>E28 - Strong Men, Strong Communities: Cultural Tradition to Improve Native Men's Health (Virtual)</b>	CME/CNE/CPEU	1	
<b>G10 - Real World 2: Experience in Managing the SDPI Grant</b>	No Credit	0	
<b>Plenary: M10 - Culture as a Diabetes Intervention (Virtual)</b>	CME/CNE/CPEU	1	
<b>Plenary: M11 - The Seven Circles of Wellness (Virtual)</b>	CME/CNE/CPEU	1	
<b>Total CE Hours - Virtual (max 28.0)/Onsite (max 32.0):</b>			

- Use this form to track the presentations you attend. Please note the type of credit awarded for each session.
- You will need this tracking form to help you complete the on-line Conference Evaluation and CE request. **Keep this handy.**
- Live presentations offered via Adobe Connect are designated as (Virtual).

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