Public Health & Outreach Department

Diabetes Services for Native Americans

- Diabetes Wellness Classes
- Community Health Representative Program
- LCTHC Family Garden Club
- Eye Screening Clinic
- Hintihl Diabetes Action Council
- Diabetes Prevention Program (DPP)

OUR STAFF

- **DPP PROGRAM**
  Ext. 1613
- **CHR PROGRAM**
  Ext. 1610
- **LCTHC FAMILY GARDEN CLUB**
  Ext. 1616
- **DIABETES CLASSES/EYE SCREENING**
  Ext. 1614
- **PROGRAM MANAGER**
  Ext. 1601
- **NUTRITIONIST**
  Ext. 1617
- **TRANSPORTATION**
  Ext. 1100
- **GYM**
  Ext. 1607

PUBLIC HEALTH & OUTREACH DEPARTMENT

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Lake County Tribal Health
Modern Medicine • Personalized Care
925 Bevins Ct., Lakeport • www.lcthc.com
LAKE COUNTY TRIBAL HEALTH PROVIDES ACCESS TO QUALITY HEALTHCARE TO OUR LOCAL COMMUNITY.

**DIABETES WELLNESS CLASSES**
- A series of friendly, culturally-based classes for Native Americans clients with Diabetes
- Once a week for an eight-week stretch
- Diabetes education, a cooking demo, and a healthful, freshly prepared lunch
- Medical guidance and support a team of Public Health and Diabetes Professionals
- A graduation ceremony completes this series
- Incentives are offered for improvements in the ABCs (A1C blood sugar checks, Blood pressure, and Cholesterol) health measures upon completion of the Diabetes Wellness Program

**COMMUNITY HEALTH REPRESENTATIVE PROGRAM**
- Provide Quality Health Care Services
- Health Promotion/Disease Prevention Services to American Indians and Alaska Natives within Lake County
- Bridge the communication gap between Clinic and patients
- Assist with community health screening programs
- Services include: Basic Health Screens, Health Education, Case Management and Home Visitations
- CHRS DO NOT provide basic transportation

**HINTHIL DIABETES ACTION COUNCIL**
- Provides an opportunity for the native community and staff to come together and find solutions to improve access to education and medical care for diabetic patients
- Together we want to develop an action plan to help prevent and treat diabetes

**DIABETES PREVENTION PROGRAM (DPP)**
- Prevent Diabetes by promoting healthy lifestyles
- It helps participants achieve their health goals, including weight loss goals.
- Participants are provided with self-management tools such as how to increase physical activity, make healthier food choices, and manage stress over a 16 week period
- Trained Lifestyle Coaches and a Registered Dietician create individualized programs and provide support

**LCTHC FAMILY GARDEN CLUB**
- Organic garden project for our Native Community
- Increase access to fresh fruit & vegetable
- Meets from May to October every year

**EYE SCREENING CLINIC**
- Diabetics need a retinal eye screen once a year
- We offer Retinal Eye Scans to our Diabetic patients
- Native Diabetic patients receive a $10.00 gift card after completing their eye screen