



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



PUBLIC HEALTH & OUTREACH DEPARTMENT



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Diabetes Services for Native Americans

Diabetes Wellness Classes

Community Health
Representative Program

LCTHC Family Garden Club

Eye Screening Clinic

Hinthil Diabetes
Action Council

Diabetes Prevention Program (DPP)



Lake County Tribal Health

Modern Medicine  Personalized Care

925 Bevins Ct., Lakeport • www.lcthc.com

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

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

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

