

# CAPCoD

## Community Based Lifestyle Coaches for Chronic Disease Prevention

Alaska Native Tribal Health  
Consortium



# Obesity Among AK Natives

- In 2003 68% of AN Overweight or obese
- By age 45 over  $\frac{3}{4}$  of Alaska Natives meet definition for overweight or obese



# Diabetes Among Alaska Natives

- 92% increase in prevalence from 1990 to 2003
- Southeast Alaska- 164% increase



# Adult Tobacco Rates

- 44% of Alaska Natives smoke compared to 27% of Alaska non-Natives



**-SOUP-**

|                           |       |
|---------------------------|-------|
| Egg Flower Soup .....     | 4.95  |
| Won Ton Soup .....        | 5.75  |
| Ramen Soup .....          | 5.95  |
| Gyoza Soup .....          | 7.95  |
| Hot and Sour Soup .....   | 6.95  |
| Chicken Noodle Soup ..... | 7.95  |
| Shrimp Noodle Soup .....  | 7.95  |
| Beef Noodle Soup .....    | 7.95  |
| Miso Soup .....           | 5.95  |
| Seafood Noodle Soup ..... | 10.75 |
| Clam Chowder Soup .....   | 8.95  |

**-BEVERAGES-**

|                                  |  |
|----------------------------------|--|
| Soft Drink & Juice .....         |  |
| Bottled Water .....              |  |
| Milk .....                       |  |
| Coffee, Hot Cocoa .....          |  |
| PoPo Frozen Bar .....            |  |
| Cigarettes .....                 |  |
| Copenhagen .....                 |  |
| Milk Shakes .....                |  |
| (Vanilla, Strawberry, Chocolate) |  |

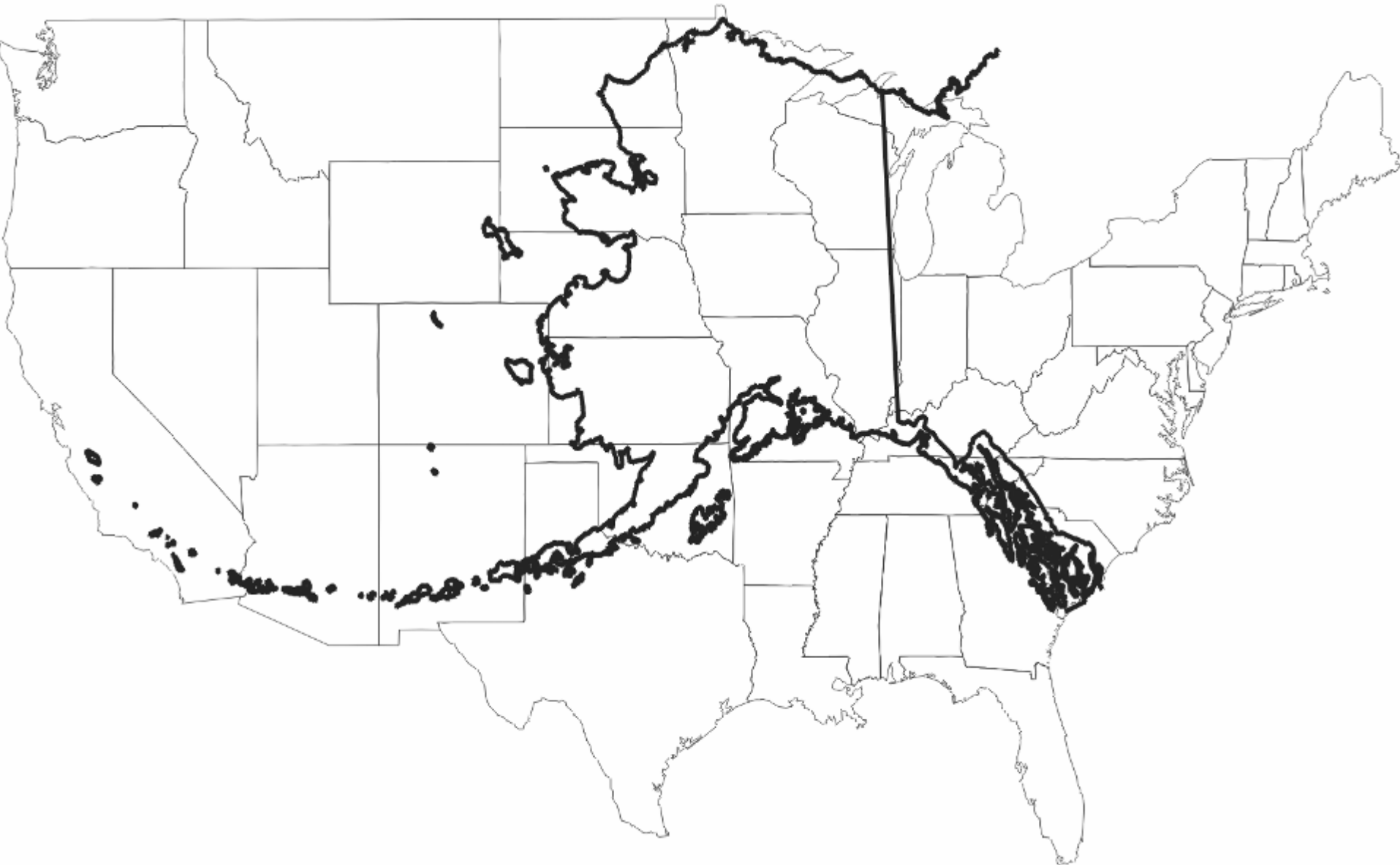
**-Thank You-**

***SNACK SHACK***

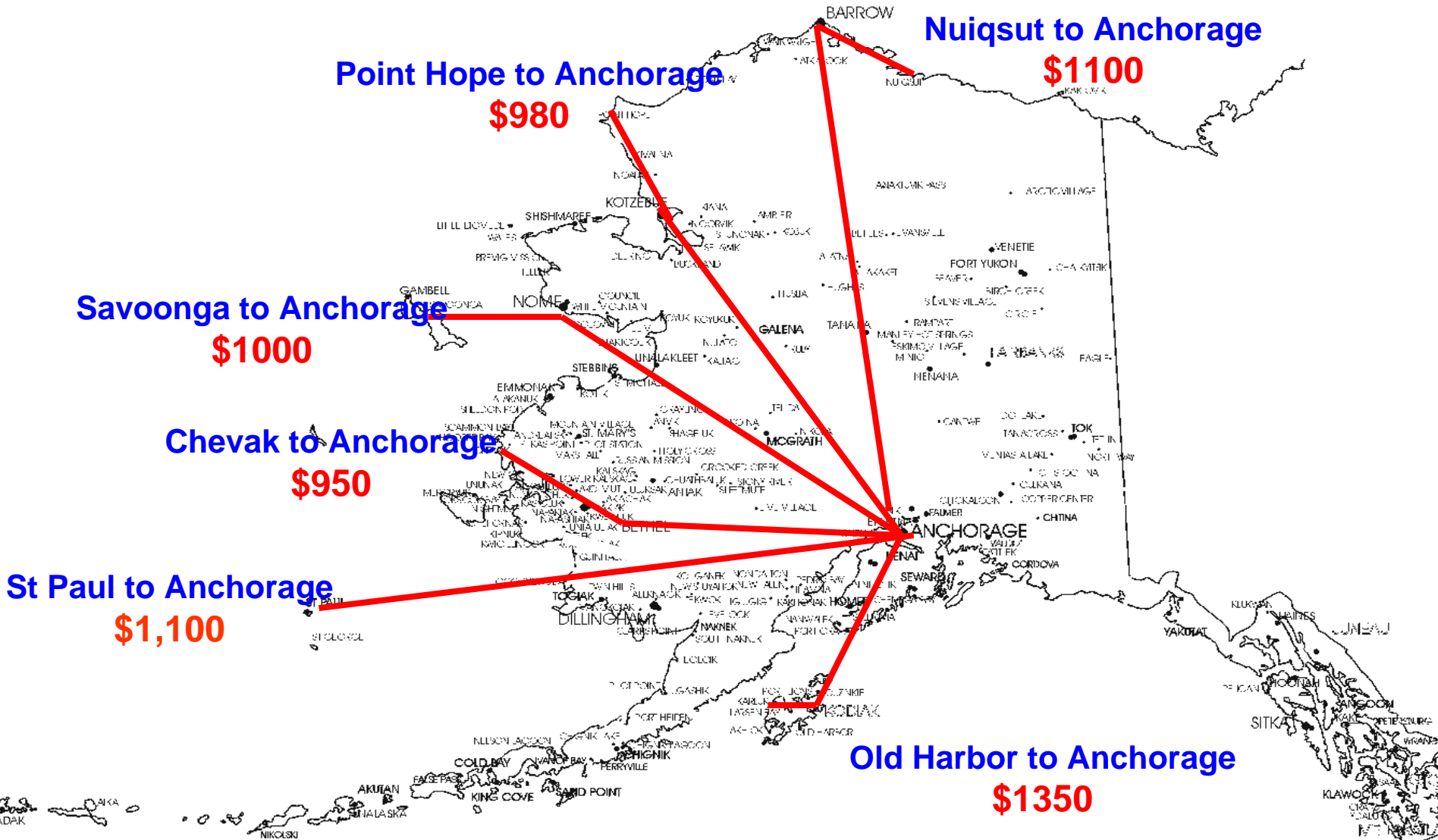
American and Chinese Food

**543-2218**

# Alaska – Compared to Lower 48



# Health Related Travel Cost from Rural Alaska to Referrals Centers



# Challenges of providing medical services in Alaska

579 village-based health workers in 200 villages provide nearly ½ million encounters each year.



# Research Question

- Can local community-based health workers trained in implementing a program promoting lifestyle change be effective in decreasing risk factors for chronic disease?



# Overview of the Project

- Provide structured training to village based health worker as certified “lifestyle coaches”
- Lifestyle coaches will conduct an 8 session health promotion workshop series “Healthy Traditions” and quarterly follow-up community activities

# Training the Lifestyle Coaches

Lifestyle Coaches will be taught:

- Basic health information necessary to teach class (basic nutrition, physical activity, etc...)\_
- Community advocacy
- Teaching and group facilitation techniques
- Effectively advertising the program

# Training the Lifestyle Coaches

- Training will be taught over 6 month period, via:
  - Home study
  - Teleconference
  - Two one-week on site-trainings in Anchorage or other hub town
- Quarterly teleconferences will provide trainees with opportunities to share ideas and for support

# Healthy Traditions Workshop Will Address

Curriculum will address:

Risk factors for chronic disease

Blood pressure

Cholesterol

Nutrition

Physical activity

Stress management

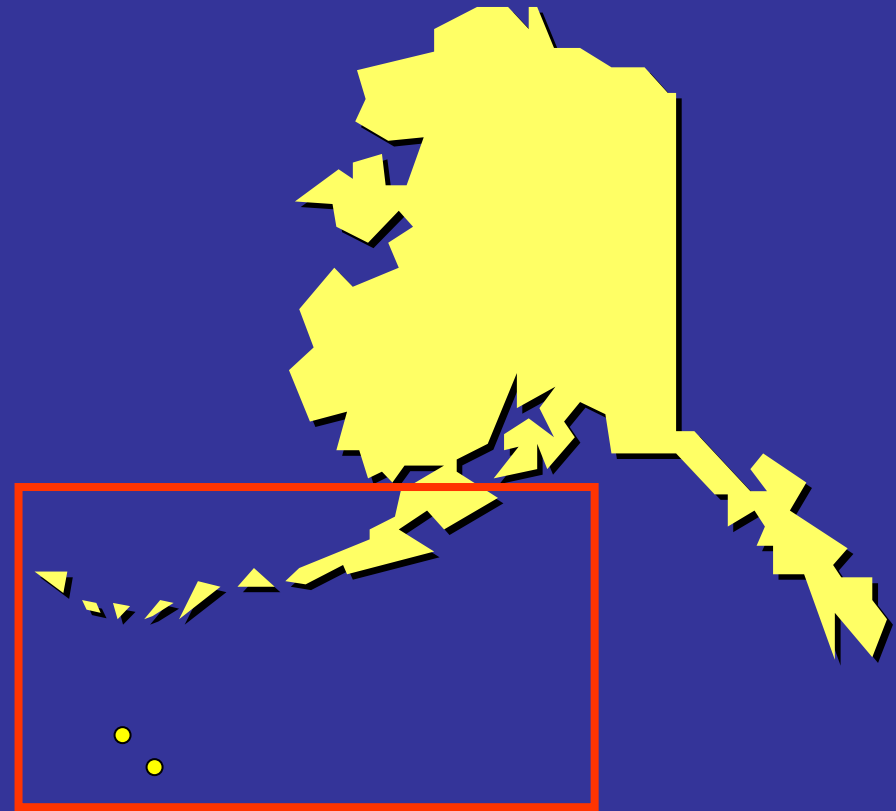
Tobacco cessation

Community Advocacy



# Intervention Community Selection

- 4 communities on the Aleutian Chain & Pribilof Islands
- Regional and local tribal support
- Adequate population size (at least 300 Alaska Natives living in the village)



# Recruitment of Workshop Participants

- Lifestyle Coach will recruit class participants
- Recruitment goal: enroll as close to full village census as possible
- Village Clinic staff and tribal government will be worksite participants

# Control Community Selection

Community chosen based on:

- Same criteria as intervention villages
- Similar rates in DM, obesity, physical activity and tobacco and ethnic and socioeconomic makeup as intervention

# Control Study Participants

- Recruited in same manner as the intervention study participants
- Participants in the control group will receive periodic mailings of health education materials that would coincide with the topics being taught in the intervention community workshops



# Outcomes Measures for intervention Participants

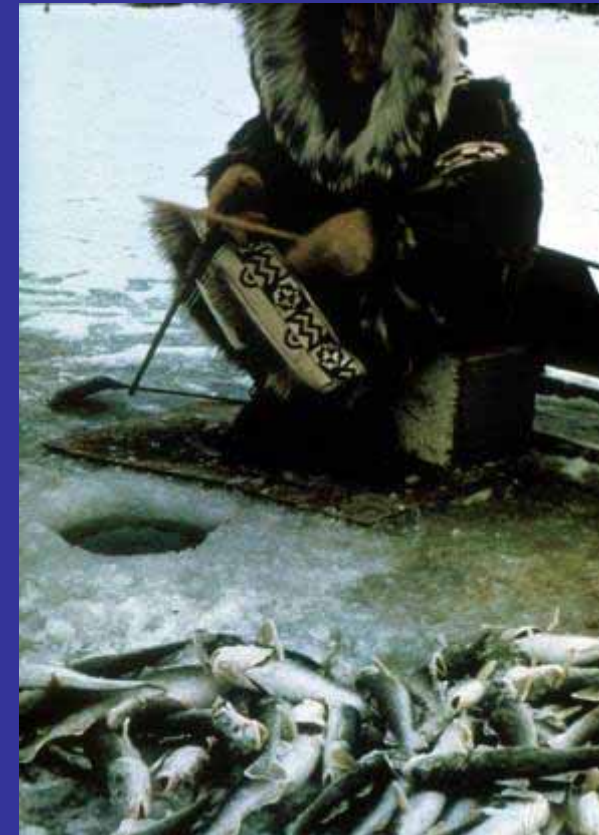
- BMI
- Waist circumference
- LDL, HDL, TG, BG
- BP
- Dietary questionnaire
- Tobacco use questionnaire
- Physical activity assessment

Baseline, 2 year and 5 year



# Strengths

- Strengths
  - A similar model has been used successfully in diabetes treatment efforts
  - Village Health Care worker infrastructure is already in place
  - Tribal database of health care info



# Sustainability

- Community health workers are funded positions within the regions
- Trains the people already providing the health care in chronic disease prevention
- Program has focus on policy change



Quayana! Thank You!

