



Our T.R.A.I.L.

Our T.R.A.I.L. will include 12 chapters in 12 weeks, weekly fitness challenges, daily physical activities, a nutritious snack daily, two food demonstrations, and one community event.

Chapter 1: Respecting Our Circle

Chapter 2: About Me, My Health, and Being a Part of a Team

Chapter 3: Past and Present

Chapter 4: My Body

Chapter 5: Rainbow of Food Groups

Chapter 6: MyPlate

Chapter 7: Media Messages

Chapter 8: Learning About the Food We Eat

Chapter 9: Healthy Chefs

Chapter 10: Where does my Food Come From

Chapter 11: Serving and Sharing with My Community

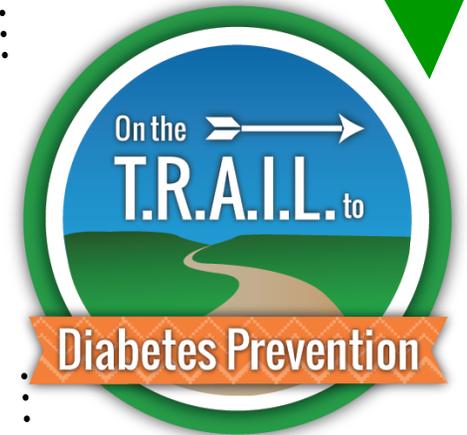
Chapter 12: Reflecting on my Journey

The T.R.A.I.L. Starts Here!

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BOYS & GIRLS CLUB
OF THE NORTHERN CHEYENNE NATION

Together Raising Awareness for Indian Life

The Lame Deer Boys & Girls Club has joined the Indian Health Service's movement: On the T.R.A.I.L. to Diabetes Prevention. Over the last ten years, T.R.A.I.L. has expanded to serve multiple communities, reaching youth at 50 different Boys & Girls Club sites. From 2003 to 2012, the T.R.A.I.L. program served nearly 12,000 American Indian and Alaska Native youth ages 7 to 11.

Implementation of T.R.A.I.L.

With the assistance from the grantor, IHS, the National Congress of American Indians (NCAI) partners with select Boys & Girls Clubs to deliver T.R.A.I.L., an innovative educational, nutritional, and physical activity program aimed at reducing the onset of type 2 diabetes and other diseases among Native youth. Each site is given comprehensive training, clear direction, technical assistance, follow-up support, and tools to track and evaluate site progress at the local level.

Program Foundation: Circle of Life

The Circle of Life is a concept generally understood by all Indigenous peoples of North and South America. There are many different ways that this basic concept is expressed:

- The four cardinal directions,
- The four winds,
- The four grandfathers, and
- Many other relationships can be found in sets of four.

The Circle of Life can be used to help us see or understand things we cannot quite see or understand because they are ideas and not physical objects.

The Circle teaches us of four symbolic races are all part of the same human family. All are brother and sisters living on the same Mother Earth. It teaches us that the four elements, each so distinctive and powerful, are all part of the physical world. All must be respected equally for their gift of life. The Circle symbolizes that we have four aspects to our nature:

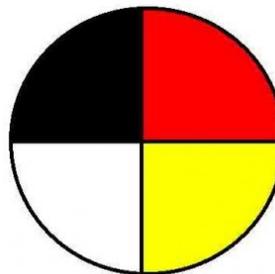
1. The physical,
2. The mental,
3. The emotional, and
4. The spiritual.

Each of these aspects must be equally developed into a healthy, well-balanced individual, through the development and use of our will. Through its concepts, the Circle of Life can teach a different approach to understanding a disease, such as, type 2 diabetes and how to prevent and educate those who could be effected. Although diabetes is not curable at this time, it has all the possibilities of becoming controllable through preventable behavior.

The T.R.A.I.L. program has incorporated the Circle of Life throughout its curriculum. There are 12 chapters in the curriculum that have been placed into four parts. The four primary components are:

1. Part One: About Me, My Health, and Being a Part of a Team
2. Part Two: Eating Healthy
3. Part Three: Making Smart Food Choices
4. Part Four: My Healthy Community

Each of these four components build on each other to form a comprehensive, balanced understanding of type 2 diabetes prevention. Integrating the Circle concept and its related symbolism will help Native youth succeed in all aspects of creating and sustaining a healthy body and positive sense of well-being.



Promoting Healthy Native Youth Through the Boys & Girls Clubs

The T.R.A.I.L. program addresses the following behaviors through a number of sequenced learning modules:

1. Promotes physical activity and challenges youth to reach fitness goals;
2. Advances good nutrition, including healthy meal and snack planning, develops media literacy, comprehension of labels and food groups, and recognizes lifestyle changes for Native peoples;
3. Comprehension of diabetes, including related issues, complications, and preventions strategies;
4. Encourages self-respect and self-worth in order to support making healthy choices and reducing risky behaviors such as inactivity, poor eating habits, and tobacco and substance use;
5. Comprehension of the merits and benefits of teamwork and involvement in service to your community;
6. In partnership with others, increases healthy habits and well-being among family and community members through activities that support a healthy community.

Call the Lame Deer Boys and Girls Club if you want your child to join today!



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