T.R.A.I.L.
Together Raising Awareness for Indian Life Diabetes Prevention

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• Innovative combination of physical, educational, and nutritional activities that promote healthy lifestyles
• 12-week program
• Provides youth with a comprehensive understanding of healthy lifestyles aimed at helping to prevent diabetes

Eat Right

Playcise

Awareness

Gardening

4 Wins

Four themes:
• About me and my health
• Diabetes and nutrition
• Making smart food choices
• Sharing knowledge with others

• Members draw from Tribal traditions and history to learn about nutrition, food choices, and the impact of diabetes
• They apply decision-making and goal-setting skills in physical activities
• Children engage in service projects to improve healthy lifestyles in their own life
• Hidden in the program are self-esteem and prevention activities
• Community and family involvement is encouraged

“We are so pleased to be able to provide this valuable learning opportunity to the children that we serve here at the Club. To be able to give our children the tools to make healthy choices for their future is what we strive to do every day.”
~Jessica Cree Jock, Executive Director