

REACH U.S.

University of Colorado Denver, Centers for American Indian and Alaska Native Health

Aurora, Colorado

A REACH Center of Excellence in the Elimination of Disparities (CEED)

Racial and Ethnic Approaches to Community Health Across the U.S. (REACH U.S.) is a national Centers for Disease Control and Prevention (CDC) program aimed at eliminating racial and ethnic health disparities. It utilizes community-based approaches to reduce the burden of chronic illness in specific at-risk populations. There are 18 REACH **Centers of Excellence in the Elimination of Disparities**. They serve as national expert centers implementing, coordinating, refining, and disseminating programmatic activities designed to eliminate health disparities.

ISSUE

The goal of the University of Colorado Denver CEED is to reduce diabetes and cardiovascular disease (CVD) risk and promote wellness among urban American Indians and Alaska Natives (AI/ANs). Local efforts target urban Indian populations of Albuquerque, New Mexico and Denver, Colorado. The program offers education and training on diabetes and CVD topics relevant for organizations serving urban AI/ANs, as well as training on policy and systems changes to address health disparities and social injustice. Of all U.S. racial and ethnic groups, AI/ANs have the highest rates of type 2 diabetes mellitus. AI/ANs are more than twice as likely to have diabetes as non-Hispanic whites.

ACTIVITIES

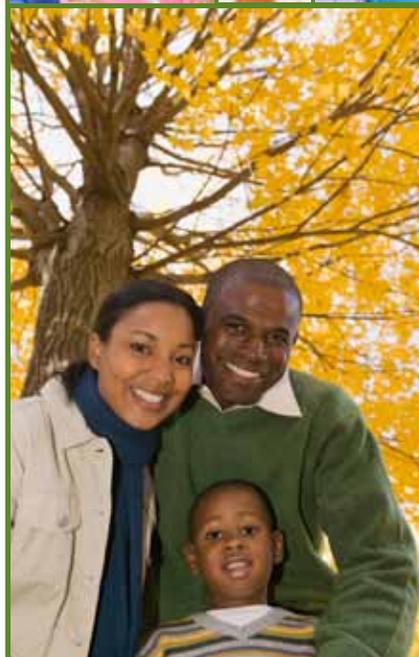
- Implements a comprehensive CVD and diabetes risk reduction program for urban Indian adults through collaboration with urban Indian organizations that includes:
 - A social media campaign on CVD and diabetes risk reduction specific for urban AI/ANs
 - In-service trainings for urban Indian clinic healthcare providers on addressing diabetes and CVD risk factors and treatment, motivational interviewing techniques, and New Mexico Prescription Trails—a program designed to increase walking and wheelchair rolling.
 - Encouraging organizations serving urban Indians to adopt the AHA's *Fit Friendly* worksite wellness program focused on increasing physical activity and access to healthy foods
 - Coalition building to leverage resources and the determination to increase access to healthy foods in urban food deserts and safe physical activity opportunities in urban areas, address institutionalized racism, and develop and implement other policies and environmental changes to achieve health equity for urban AI/ANs.
- Disseminates risk reduction interventions, tools, and resources to address the social determinants of health to urban Indian clinics and organizations nationwide.

ACHIEVEMENTS

- According to this data, more AIAN adults in Albuquerque, New Mexico and Denver, Colorado:
 - Regularly engage in moderate physical activity, preferably at least 30 minutes per day.
 - Know the early warning symptoms of a heart attack and stroke and the importance of calling 911 for rapid emergency medical care.
- Increased the number of AIAN organizations/worksites offering nutrition or weight management classes or counseling, and employer-sponsored physical activity and fitness programs.

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<http://www.ucdenver.edu/academics/colleges/PublicHealth/research/centers/CAIANH/ceed/Pages/ceed.aspx>



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