

United Health Foundation and Indian Health Care Resource Center: *Bringing Culturally Relevant Diabetes Care to Native American Seniors*

The Indian Health Care Resource Center of Tulsa, Inc. (IHCRC) provides quality, comprehensive health care to Native Americans in the Tulsa area in a culturally relevant manner that promotes good health, well-being and harmony.

In July 2021, the United Health Foundation, the philanthropic arm of UnitedHealth Group, and IHCRC announced a three-year, \$1.8 million grant partnership to develop a comprehensive, culturally relevant program that provides medical and behavioral health care, physical activity, medical social work, and health education to older Native American adults and their caregivers. The partnership:

- Provides diabetes management, including glucose monitoring and blood pressure screening, retinopathy exams, nephropathy assessments, and nutrition education
- Screens for depression, elder abuse and neglect, and dementia for all seniors who present for medical care
- Connects individuals to social services such as transportation, support for daily activities, and other services
- Provides fitness and education offerings tailored to seniors as well as new educational and support offerings for caregivers



COMMUNITY IMPACT*

1,070

patients age 65+ supported through the program

95%

of patients 65+ screened for depression

445

patients age 65+ have diabetes. The program has seen:

- **22% year-over-year (YOY) improvement** in the rate of diabetes patients with A1c levels greater than 9
- **21% YOY improvement** in the rate of diabetes patients with controlled blood pressure
- **88% of diabetes patients** prescribed statin therapy

*as of 3/31/24

WHY IS THIS WORK CRITICAL?



I appreciate everyone looking out for my needs. Everyone is so nice and caring.”

BARBARA WILLIAMS

Retired bookkeeper, mother, grandmother and proud member of the Cherokee Nation

Barbara Williams is one of the over 1,200 elders served at IHCRC of Tulsa

