

United Health Foundation and Indian Health Care Resource Center: *Bringing 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 sensitive 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 screenings 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, new educational and support offerings for caregivers



COMMUNITY IMPACT*

1,000+

patients 65+ supported through the program

95%

of patients 65+ screened for depression

450+

diabetes patients 65+ supported through the program. In 3 years, the program saw the following results:

- **26% increase** in the number of patients seen in the program
- **38% improvement** in the rate of patients with uncontrolled diabetes
- **88% of diabetes patients** prescribed statin therapy

*2021 – 2024

WHY IS THIS WORK CRITICAL?



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

BARBARA

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

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

