

Health Promotion

Disease Prevention Department

EMPOWERING the
Oneida Community
to Achieve
**OPTIMAL
HEALTH.**

Oneida Health Promotion Disease Prevention (HPDP) is a part of the Oneida Comprehensive Health Division in the Community Health Services Department. HPDP offers a variety of services and programming aimed at helping people make healthy lifestyle changes and achieve their wellness related goals.



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**Examples of our public health
programs and services**

Wellness Coaching

Diabetes Prevention Program

Stroke Prevention Research Studies

Just Move It Oneida



**Scan the QR Code
to learn more on
our website.**

ONEIDA DIABETES PREVENTION PROGRAM

Scan or Click the QR Code for Comp. Health Division Director Debra Danforth discuss health challenges.



The Diabetes Prevention Program (DPP) will help you commit to reaching your health and wellness goals and reduce your risk for type 2 diabetes. It is a yearlong program that includes one-on-one wellness coaching and group classes with a focus on behavior change, healthy eating and increasing physical activity. DPP classes begin in January, April, July, and October each year.

Why join?

25% of Oneida Members have diabetes.
85% of Oneida Members are overweight.

Who can join?

Patients of Oneida Community Health Center ages 18 & older.
Oneida Nation Employees who participate in Health Plan.

How to join

Scan or Click the QR Code to complete the online form.



WELLNESS COACHING

A wellness coach partners with patients who want to improve their well-being through self-directed lasting change. When working with a wellness coach, patients are assisted in setting goals to reach their preferred health outcomes and given education as needed.

Who Can Participate?

Patients of the Oneida Community Health Center ages 18 & older.
Oneida Nation Employees who participate in Health Plan.

Meet with a coach

Virtually
In-person
By phone

How to Register

Ask your OCHC provider for a referral or self-refer by scanning or clicking the QR Code.



53% of participants that wanted to lose weight lost at least 5% of their body weight.

82% of participants increase physical activity, eat healthier, reduce stress, or quite smoking.





Brain Health

Stroke Prevention Studies • Dementia Care



Stroke Prevention Studies

Stroke Study Purpose: Identify risk factors putting Native Americans at a higher risk for stroke and learn what activities lessen these factors.

Stroke Study Reason: Stroke and premature dementia are two of the greatest causes of disability and death in the Native American population.

The Oneida Comprehensive Health Division and the University of Wisconsin-Madison Stroke team have partnered together since 2019 to decrease stroke and stroke risk factors in the Native American population through education, clinical research, and community events.

- Are you Native American?
- Are you 35-55 years old?
- Do you want to make an impact in your community?

If you answer YES...we invite you to take part in a research study about stroke prevention and how the Native American population can reduce their stroke risk.



Amanda Riesenbergh
Stroke Prevention Wellness Coach
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Click or Scan
the QR Code
to Learn More



Dementia Care Services

Along with the Stroke Prevention Studies, Oneida also provides Tribal Dementia Care Specialists who support people with dementia and their caregivers to ensure the highest quality of life possible while living at home. For those inflicted with dementia, memory screening, education, and enrichment opportunities such as the Memory Cafe are provided. Caregivers of Dementia patients are provided education, family meetings, consultations, and are connected with support groups, classes, and other programs. Scan or Click the QR Codes below to learn more.



Debra Miller
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Click or Scan
the QR Code
to Learn More



Stroke Facts

Strokes are the 5th leading cause of death in the U.S.

Strokes are the leading cause of disability in the U.S.

Native Americans are at a higher risk for stroke and premature dementia than other populations.

Dementia Facts

1 in 10 people age 65 and older has Alzheimer's disease.

1 in 3 American Indians over 65 will develop Dementia, including Alzheimer's.

Dementia is not a normal part of aging, it is a brain disease.

Dementia is a group of symptoms. There are many types of Dementia, Alzheimer's being the most common.