



## UNDERSTANDING THE ROLE OF A COMMUNITY HEALTH PARTNER

The T.R.A.I.L. program aims to prevent and/or reduce the onset of type 2 diabetes in Native communities by providing youth with a comprehensive understanding of healthy lifestyles. Community health organizations are key to the successful implementation of the T.R.A.I.L. program. All T.R.A.I.L. funding recipients are required to have a signed Memorandum of Understanding with at least one Community Health Partner.

### Why have a Community Health Partner? What can they do for my program?

The purpose of this partnership is to provide T.R.A.I.L. participants' access to real health care professionals in the field. A Community Health Partner can benefit your T.R.A.I.L. program in a multitude of ways. Your Community Health Partner can contribute resources, specialized knowledge and medical expertise that will deepen the participants' understanding of type 2 diabetes and support their development of healthy habits. Here are a few specific ways this partnership can enhance your program:

- Facilitate sessions that specifically discuss the body, functions of the body, and how the foods we eat interact with our body.  
(Example: Chapters 4 & 8)
- Host or assist with healthy snack prep and cooking demonstrations.
- Participate in your Club's T.R.A.I.L. centered Community Education Project.
- Collaborate with the Program Coordinator to design and deliver additional activities to extend and enhance the T.R.A.I.L. curriculum.
- Provide resources for local healthy food options.



### Who can be a Community Health Partner?

A Community Health Partner can be a local organization of your choosing. Identifying a partner that shares in your enthusiasm for health education and is invested in your community will ensure they are dedicated to the program. Examples of common and successful T.R.A.I.L. Health Care Partners include: local Indian Health Service clinics, local hospitals, local diabetes treatment centers, and university-based Extension Services.

### When should I get involved with a Community Health Partner?

The sooner the better! It is recommended you begin brainstorming potential Community Health Partners when you submit a T.R.A.I.L. grant application. If awarded, you are required to secure a partnership within one month after you receive award notification. If you are experiencing challenges identifying a partner or negotiating an agreement, please feel free to contact [trail@firstpic.org](mailto:trail@firstpic.org) or 443-302-2080.