



Working Together to Achieve Excellent Health

YUKON-KUSKOKWIM HEALTH CORPORATION

Diabetes Prevention & Control

P.O. Box 528 • Bethel, Alaska 99559 • 907-543-6133 • Fax: 907-543-6143

September 7, 2012

Dear School Administrator:

Over the past few decades many of our Native people living in the Yukon-Kuskokwim (Y-K) Delta have become less physically active, are eating less Native food, and have been developing more chronic health diseases like diabetes, cardiovascular disease, high blood pressure, cancers and obesity.

YKHC's Diabetes Prevention & Control Program is currently inviting all schools in the Y-K Delta to apply for our **2012 School Physical Activity Award** funds. We are encouraging village schools to partner with us to develop long-term activity programs that will help prevent diabetes and other chronic health diseases by increasing healthy lifestyle choices for people living in our rural communities.

Enclosed is our 2012 award application for you to complete and return to our office via mail, fax or e-mail by **October 19, 2012**. You can also download this application by going to www.ykhc.org/diabetes and clicking on the 2012 School Physical Activity Award Application link.

AWARD EXAMPLES: This award program is designed to promote an active lifestyle to help students prevent type 2 diabetes in your community. Below are examples of projects we have previously funded:

<ul style="list-style-type: none">➤ Dog mushing➤ Eskimo dancing➤ Subsistence activities (berry picking, survival skills, ice fishing, etc.)➤ Exercise equipment (stair climber, treadmill, stationary bike, weight equipment, etc.)➤ Gym equipment & supplies	<ul style="list-style-type: none">➤ Ballet➤ Basketball camps➤ Exercise classes (aerobics, karate and walking program)➤ Kick sleds, skis, snowboards, snowshoes, etc.➤ Roller blades and skates➤ Wrestling mats
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Thank you for supporting YKHC's Diabetes Prevention & Control Program and ultimately, the health of the people living in your community. If you need further assistance completing the application, please call 1-877-543-6133.

Sincerely,

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