



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

February 15, 2013

Dear Community 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 of our 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 City and Tribal government agencies and other non-profit agencies in the Y-K Delta to apply for our **2013 Community Activity & Garden Award** funds. We are encouraging village organizations 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 2013 award application for you to complete and return to our office via mail, fax or e-mail by **Friday, March 15, 2013**. You can also download this application by going to www.ykhc.org/diabetes and clicking on the 2013 Community Activity Award Application link.

AWARD EXAMPLES: Below are examples of projects we have previously funded:

<ul style="list-style-type: none">➤ Eskimo dancing supplies➤ Subsistence equipment and supplies (berry picking, survival skills, ice fishing, etc.)➤ Exercise equipment (stair climber, treadmill, stationary bike, weight equipment, etc.)➤ Sport/Gym equipment (balls, nets, hoops, parachutes, etc.)	<ul style="list-style-type: none">➤ Greenhouse(s)➤ Gardening supplies and /or equipment➤ Exercise class equipment and/or DVDs (aerobics, karate, etc.)➤ 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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