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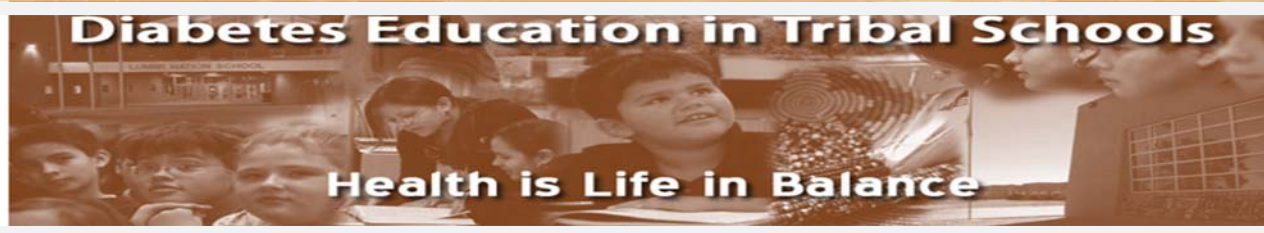
Public Health Nursing
Department

Tiger Tots Program

A Program for
Kindergarten
and First Grade

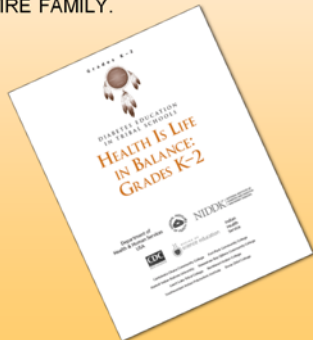


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TIGER TOTS PROGRAM

- THE IDEA BEGAN AS A WAY TO PROMOTE HEALTH EATING AND PHYSICAL ACTIVITY FOR THE SCHOOL AGED POPULATION.
- THE FOCUS IS ON KINDERGARTENERS AND FIRST GRADERS BECAUSE THEY ARE NOW IN DEVELOPMENT STAGES OF THEIR BEHAVIORS AND TO PROVIDE POSITIVE INFLUENCE TO THEM AT A YOUNG AGE IS KEY TO BUILDING POSITIVE LIFELONG HEALTHY EATING AND PHYSICAL BEHAVIORS.
- THE KINDERGARTENERS AND FIRST GRADERS WILL PARTICIPATE IN DIABETES EDUCATION IN TRIBAL SCHOOLS (DETS) CURRICULUM. PAC (PHYSICAL ACTIVITY CURRICULUM) IS ALSO APART OF THE TIGER TOTS PROGRAM TO SCHOOLS WHO DON'T HAVE A PHYSICAL EDUCATION CLASS.
- ENGAGING PARENTS/GUARDIANS TO PARTICIPATE IN THE DEVELOPING HEALTHY EATING HABITS AND INCREASED PHYSICAL ACTIVITY FOR THE ENTIRE FAMILY.



Origin of the name: Tiger Tot's

The meaning of "tiger" in Japanese Culture is to dream of the impossible, to triumph over the odds, and the beauty of freedom. So when finding a name for our program we wanted to have a name that will signify our hope for our children, our future. We want them to dream the impossible (be free from diabetes), to triumph over the odds (as AI/AN we are always being reminded we are at higher risk for development of diabetes), and lastly the beauty of freedom, freedom from obesity and diabetes. So the name for them became **"Tiger Tots"**!



The DETS Curriculum Incorporates

- National Science Education Standards
- Inquiry-Learning (5E model)
- AI/AN cultural and community knowledge.
- Identify how making healthy food choices and exploring the food groups
- Explore the concepts of balance and imbalance through learning activities and visual aids and apply these concepts to maintaining health
- Explore four areas of their lives-body, mind, feelings, and the world-that work together in harmony to promote good health
- Students build their understandings of health through a comparison exercise, and then explore the idea of health is life in balance being physically active every day can prevent diabetes
- Students will participate in a number of activities to understand the concept of disease and to learn specifically about diabetes Students will understand that nutritious food, water, and a balance of rest and physical activity are linked with growth.

