Diabetes and Native Americans

Did you know?

* On average, Native Americans are 2 times as likely to have diabetes than whites. (Source: Centers for Disease Control)

* It is the 4th leading cause of death among Native Americans. (Source: Indian Health Service)

* People with Type 2 diabetes have an increased risk of getting heart disease, which is the leading cause of death for Native Americans.

* Elevated blood sugar levels for a long period of time increase complication risks such as blindness, amputations, and kidney failure.

* There is no cure for diabetes, but it can be prevented!

Steps for Type 2 Diabetes Prevention

* Breastfeed your baby for at least four to six months.

* Exercise three to five days a week for at least 30 minutes.

* Eat five servings of fruits and vegetables a day.

* Choose lean meats, in healthful portions, each day.

* Limit high sugar foods, like pop, candy, and cookies, daily.

* Choose low fat foods, like skim milk, vegetables, and whole wheat breads, daily.

* Drink at least seven to ten 8-ounce glasses of water each day.

Diabetes Websites

* American Diabetes Association: http://www.diabetes.org

* Indian Health Service National Diabetes Program: http://www.ihs.gov/MedicalPrograms/diabetes

* Association of American Indian Physicians: http://www.aaip.com

* Centers for Disease Control: http://www.cdc.gov/diabetes