

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>**