

Local Diabetes Program: 332-8035

Local Diabetes Fitness Center: 332-0373

Tribal Health Department: 332-6836

Community Health Representatives:

332-6569 in Ethere & 856-8141 in Arapaho

Local Health Care Provider/Health Clinic:

856-9281 in Arapaho & 332-7300 in Ft. Washakie

American Diabetes Association

www.diabetes.org

National Diabetes Education Program

www.ndep.nih.gov

CDC Diabetes Public Health Resource

www.cdc.gov/diabetes

National Institute of Diabetes & Digestive &

Kidney Diseases

www.niddk.nih.gov

Indian Health Service

www.ihs.gov



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The MT-WY Tribal Leaders Council partnering
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The Robert Wood Johnson Foundation and your
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<http://tlc.wjtf.net>

DIABETES AND THE NORTHERN ARAPAHO



Caring for Ourselves • Caring for Our Children

Developing Community-Based Support for Diabetes
Education and Management On the
Wind River Reservation

Northern Arapaho Tribal Health Department-Diabetes
Program partnering with the
Robert Wood Johnson Foundation



The Good News: You Can Prevent and Control Diabetes

Diabetes can be prevented and controlled. Those at risk of diabetes as well as diabetics live long, happy lives if they follow these steps and consult with a health care provider on a regular basis.

1. Eat healthy foods:

- Learn about healthy foods and make better choices.
- Cut down on sweet and fatty foods and concentrate on fresh foods, sugar substitutes and foods that are high in fiber.
- Eat traditional foods such as Buffalo and Venison.
- Eat your meals at the same time each day and try to eat smaller portions at every meal.
- Offer children snacks that are low in fat and sugar.

2. Get plenty of exercise:

- Find a partner or group and plan activities that you have fun doing together so exercise doesn't become a chore.
- Good news! The recreational activities you already do (walking, basketball, dancing, swimming, etc.) count as exercise if you do them for thirty minutes at least three times a week.

3. Learn all you can:

- Read about diabetes prevention and share the information with others.
- Schedule and attend regular check-ups with your health care provider.
- Talk to your health care provider about diabetes and what you can do to stay healthy.

Eating healthy doesn't have to be difficult. Here are some tips on foods to eat and ones to avoid.

Eat this:



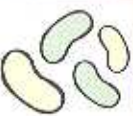
Eat this:



Eat this:



Eat this:



Avoid this:



Avoid this:



Avoid this:



4. Set a good example:

- Set a good example for your family members, especially if diabetes runs in your family – you can serve as inspiration to the young.



Watch For These Signs

- Feeling tired all the time
- Blurred vision (or less able to see clearly - especially at night)
- Increased thirst
- Frequent urination
- Sores that don't heal
- Sore gums
- Unusual weight loss
- Dark, rough patches on the skin, especially around the neck



Try this tasty recipe from Kibbe Conti, Native Nutritionist. It's healthy and easy to make!

Pemmican 1-2-3

Ingredients:

- 4-5 ounces dried game, buffalo or beef (no salt or seasoning added)
- 1/3 cup dried chokecherries, juneberreries, huckleberries, raisins or Craisins (cranberry)
- 2 tablespoons rendered beef tard or fat from kidney or bone marrow. Do not use shortening, butter or vegetable oil.

Directions:

1. Break dried meat into 1 inch pieces and grind using blender or meat grinder.
2. Add dried berries or fruit to meat and grind again. Consistency should be dry and loose with fruit broken up.
3. Add melted fat slowly while mixing. The fat will change consistency and appear semi-moist instead of dry. It improves the flavor and texture.

Serve loose in a bowl or press into balls. Store in cloth or paper bag – no plastic.

Contact your local Tribal Health Department for more healthy recipes and recommendations on diets and nutrition.

Visit www.diabetic-recipes.com



As a Member of the Tribe, You're At Risk

- American Indians, especially children, are developing diabetes at an alarming rate. On the Wind River Reservation, the number of people who have been diagnosed with diabetes has increased by over 30% within the last 8 years. The rate for Indian people is between 4 and 8 times the national average for non-Indians.
- If not controlled, diabetes can cause serious, sometimes life-threatening, complications such as heart attacks, strokes, blindness, kidney disease, and loss of limbs.
- Diabetes can be present in all age groups and tends to be more common in some families.
- Diabetes can reduce a person's ability to earn a living and enjoy everyday life.
- You are more likely to become diabetic if you:
 - Are over the age of 30
 - Are overweight
 - Are not careful with your diet
 - Are not physically active
 - Have diabetic family members
 - Have given birth to a baby that weighed over 9 pounds

Why Think About Diabetes?

As an American Indian, you are at great risk of diabetes.

Diabetes is a disease in which too much sugar stays in a person's blood stream. All foods are converted to sugar (glucose) in a person's blood stream.

However, when too much sugar stays in a person's blood serious health complications arise – even early death.

Diabetes affects the way you feel (emotions) and reduces your energy level. Too often, people, especially young persons, are unaware they have this disease that is damaging their bodies.

If you have diabetes, your quality of life can be dramatically improved by making healthy diet and lifestyle choices for you and your family. If you do not currently have diabetes, you can delay or prevent its onset.

