Local Diabetes Program: 768-3169

Local Health/Wellness/Fitness Center: 768-5630

Tribal Health Department: 768-5301

Health Educator: 768-3169 / 5301

Community Health Representatives and Local Health Care Provider: 768-3491

American Diabetes Association www.diabetes.org

National Diabetes Education Program www.ndep.nih.gov

CDC Diabetes Public Health Resource www.cdc.gov/diabetes

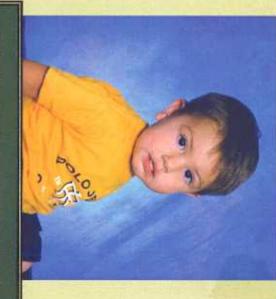
National Institute of Diabetes & Digestive & Kidney Diseases www.niddk.nih.gov

Indian Health Service www.ihs.gov



This brochure brought to you by:
The MT-WY Tribal Leaders Council partnering
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The Robert Wood Johnson Foundation and your
local Tribal Health Department
http://tlc.wtp.net

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DIABETES FORTPECK RESERVATION

Caring for Ourselves - Caring for Our Children

Developing Community-Based Support for Diabetes Education and Management On the Fort Peck Reservation

Fort Peck Tribal Health Department Diabetes Program partnering with the MT/WY Tribal Leaders Council and 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.

I. Eat healthy foods:

- Learn about healthy foods and make better choices
- Cut down on sweet and farty 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 meak 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.

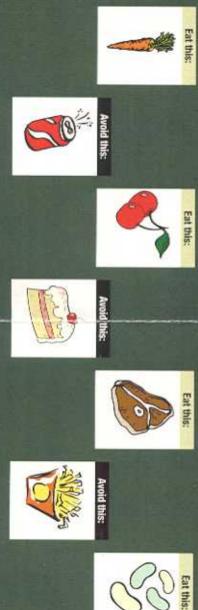
Get plenty of exercise:

- 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.



4. Set a good example:

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



Watch For These Signs

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



easy to make! Native Nutritionist. It's healthy and

Try this tasty recipe from Kibbe Conti,

Pemmican 1-2-3

Ingredients:

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

Directions:

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

Contact your local Tribal Health Department for or paper bag - no plastic. Serve loose in a bowl or press into balls. Store in cloth

and nutrition. more healthy recipes and recommendations on diets

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 Fort Peck Reservation, the number of people who have been diagnosed with diabetes has more than doubled within the last 6 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.

its onset.

- 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

