

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](http://www.diabetes.org)

National Diabetes Education Program

[www.ndep.nih.gov](http://www.ndep.nih.gov)

CDC Diabetes Public Health Resource

[www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

National Institute of Diabetes & Digestive &

Kidney Diseases

[www.niddk.nih.gov](http://www.niddk.nih.gov)

Indian Health Service

[www.ihs.gov](http://www.ihs.gov)



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<http://tlc.wfb.net>



# DIABETES AT THE FORT PECK 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.

### 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 lard 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](http://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.
- 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.

