



# LIVING A BALANCED LIFE WITH DIABETES:

Resource Materials for American Indian  
and Alaska Native Peoples



## National Diabetes Education Program

### DIABETES MATERIALS FOR AMERICAN INDIANS/ALASKA NATIVES

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#### American Diabetes Association

Awakening the Spirit materials

[www.diabetes.org/in-my-community/programs/native-american-programs/awakening-the-spirit.html](http://www.diabetes.org/in-my-community/programs/native-american-programs/awakening-the-spirit.html)

This website provides information about:

- Preventing and controlling diabetes in American Indians

#### Full Circle Diabetes Program Resource Toolkit: Your Guide to Successful Program Implementation

<http://diabetesinitiative.org/resources/tools/ToolsStaffTraining.summary30-MAIC.html>

This website provides information about:

- Developing holistic program interventions for the community
- Diabetes programs centered around community needs and interests

#### Indian Health Service

##### Behavioral Health

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

##### Division of Diabetes Treatment and Prevention

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

##### Indian Health Diabetes Best Practices

[www.ihs.gov/MedicalPrograms/Diabetes/index.cfm?module=toolsBestPractices](http://www.ihs.gov/MedicalPrograms/Diabetes/index.cfm?module=toolsBestPractices)

These Indian Health Service webpages provides information on:

- Treating and preventing diabetes in American Indian/Alaska Natives
- Diabetes treatment, algorithms, training opportunities and educational materials
- Integrative behavioral health, suicide prevention, initiatives and conferences

### RESOURCES ON SUICIDE PREVENTION FOR AMERICAN INDIANS/ ALASKA NATIVES

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#### A Guide to Suicide Prevention For American Indian and Alaska Native Communities

<http://oneskycenter.org/documents/AGuidetoSuicidePreventionDRAFT.pdf>

This guide provides information about:

- Suicide prevention and how to create a community response plan

#### Assessment and Planning Tool Kit for Suicide Prevention in First Nations Communities

<http://www.ihs.gov/nonmedicalprograms/nspn/file/assessmentandplanningtoolkitforsuicideprevention-aug12.pdf>

This toolkit provides information about:

- Addressing the issue of suicide in First Nations communities

#### Ensuring the Seventh Generation: A Youth Suicide Prevention Toolkit for Tribal Child Welfare Programs.

[www.nicwa.org/YouthSuicidePreventionToolkit/YSPToolkit.pdf](http://www.nicwa.org/YouthSuicidePreventionToolkit/YSPToolkit.pdf)

This toolkit provides information about:

- Developing policies to prevent youth suicide

#### First Nations Behavioral Health Association Catalogue of Effective Behavioral Health Practices for Tribal Communities

[http://www.fnbha.org/pdf/fnbha\\_catalogue\\_best\\_practices\\_feb%2009.pdf](http://www.fnbha.org/pdf/fnbha_catalogue_best_practices_feb%2009.pdf)

This report provides information about:

- Effective behavioral health practices for tribal communities
- Culturally based mental health and substance abuse prevention and treatment practices

#### The American Indian Life Skills

[www.uwpress.wisc.edu/books/0129.htm](http://www.uwpress.wisc.edu/books/0129.htm)

This website provides information about:

- Addressing key issues in American Indian adolescents' lives and teaching teens life skills

#### To Live To See the Great Day That Dawns: Preventing Suicide by American Indian and Alaska Native Youth and Young Adults

[http://www.sprc.org/library/Suicide\\_Prevention\\_Guide.pdf](http://www.sprc.org/library/Suicide_Prevention_Guide.pdf)

This guide provides information about:

- Implementing programs that reduce the contributing risk factors of suicide

## GENERAL INFORMATION ON DIABETES

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### National Diabetes Education Program

[www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)

This website provides information about:

- Publications on diabetes
- Prevention and control for various audiences including people with diabetes, those at risk, healthcare professionals, businesses and schools

### Association of American Indian Physicians

[http://www.aaip.org/?page=Diabetes\\_Impact](http://www.aaip.org/?page=Diabetes_Impact)

This website provides information about:

- Diabetes statistics for American Indians and Alaska Natives

### Indian Health Service

Area Diabetes Consultants

<http://www.ihs.gov/MedicalPrograms/diabetes/index.cfm?module=peopleADC>

This website provides information about:

- Diabetes orientations, trainings, and activities for health care professionals

### National Diabetes Information Clearinghouse (NDIC)

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

This website provides information about:

- Diabetes treatment and complications
- Statistics
- Clinical trials

- Publications
- Guidelines
- Research reports

### National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention

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

This website provides information about:

- Diabetes data and trends
- Educational resources
- Publications

### American Diabetes Association

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

This website provides information about:

- Diabetes basics
- Living with diabetes
- Nutrition and physical activity
- Research

### Joslin Diabetes Center

[www.joslin.org](http://www.joslin.org)

This website provides information about:

- Diabetes research
- Clinical care
- Publications
- Professional education

## GENERAL INFORMATION ON NUTRITION

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### Food Nutrition Information Center

[www.fnic.nal.usda.gov](http://www.fnic.nal.usda.gov)

This website provides information about:

- Credible, accurate and practical resources on nutrition for health professionals, educators, government personnel, and consumers

### MyPyramid.gov

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

This website provides information about:

- Developing a personalized eating plan
- Assessing food and physical activity choices

### Nutrition.gov

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

This website provides information about:

- Food and human nutrition for consumers

## GENERAL INFORMATION ON HEALTH

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### National Institutes of Health (NIH)

[www.americanindianhealth.nlm.nih.gov](http://www.americanindianhealth.nlm.nih.gov)

This website provides information about:

- Improving the health of American Indian children and elders
- Overcoming mental and physical health challenges

### Physical Activity Guidelines for Americans

[www.health.gov/paguidelines](http://www.health.gov/paguidelines)

This website provides information about:

- Types and amounts of physical activity that offer health benefits to Americans

## RESOURCES ON PSYCHOSOCIAL ISSUES

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### **Native American Center for Excellence**

[www.nace.samhsa.gov/](http://www.nace.samhsa.gov/)

This website provides information about:

- Finding resources for American Indian/Alaska Natives
- Understanding substance abuse prevention programs

### **Applied Suicide Intervention Skills Training**

<http://aia.outreach.ou.edu/conferencetrainings/american-indian-prevention-services/>

This website provides information about:

- Suicide prevention and early intervention training

### **Behavioral Diabetes Institute**

[www.behavioraldiabetesinstitute.org](http://www.behavioraldiabetesinstitute.org)

This website provides information about:

- Helping people master the unique challenges of diabetes
- Behavioral research in diabetes
- Providing health care workers with the specialty behavioral training necessary for managing diabetes effectively

### **Find Youth Information**

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

This website provides information about:

- Tools and resources for youth, families, schools and community organizations related to various topics affecting youth
- Locating resources within communities to build youth programs

### **National Registry of Evidence-based Programs and Practices**

[www.nrepp.samhsa.gov/](http://www.nrepp.samhsa.gov/)

This website provides information about:

- Finding interventions for mental health and substance abuse
- Learning how to carry out interventions in the community

### **National Suicide Prevention Lifeline**

[www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/)  
1-800-273-TALK (8255)

This website provides information about:

- Suicide prevention and crisis centers

### **Substance Abuse and Mental Health Services Administration**

#### **Prevention of Substance Abuse and Mental Illness**

[www.samhsa.gov/prevention/](http://www.samhsa.gov/prevention/)

This website provides information about:

- Preventing suicide
- Learning about Mental Health
- Learning about Substance Abuse
- Programming for Tobacco

#### **Strategic Prevention Framework**

[www.samhsa.gov/prevention/spf.aspx](http://www.samhsa.gov/prevention/spf.aspx)

This website provides information about:

- Promoting youth development
- Reducing risk-taking behaviors in youth
- Preventing/reducing substance abuse and underage drinking
- Building prevention plans within communities

#### **Suicide Prevention Resource Center**

[www.sprc.org/](http://www.sprc.org/)

This website provides information about:

- Learning about suicide prevention
- Understanding the basics of suicide
- Providing support
- Finding resources

#### **American Association of Suicidology**

<http://www.suicidology.org/web/guest/home>

This website provides information about:

- Training opportunities and conferences on suicide prevention
- Translating suicide prevention research into practice
- Resources

#### **What a Difference a Friend Makes**

[www.whatadifference.samhsa.gov/native/](http://www.whatadifference.samhsa.gov/native/)

This website provides information about:

- Learning about mental illness
- Supporting friends with mental illness
- Understanding the recovery of mental illness

## RESOURCES ON SUBSTANCE ABUSE PREVENTION

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### **Native American Indian General Service Office of Alcoholics Anonymous**

<http://www.naigso-aa.org>

This website provides information about:

- Alcohol recovery, unity and service to the more than 500 sovereign Indian Nations in North America, which are recognized by the Federal Government.

### **White Bison and Wellbriety Training Institute** [www.whitebison.org/](http://www.whitebison.org/)

This website provides information about:

- Healing resources, with a focus on sobriety, recovery, addictions prevention, and wellness for American Indians and Alaska Natives.

### **American Indian Substance Abuse Prevention Resources**

<http://aai.outreach.ou.edu/resource-center/other-programs/>

<http://aai.outreach.ou.edu/resource-center/substance-abuse-prevention-links/>

These webpages provide information about:

- Substance abuse prevention for American Indians and Alaska Natives

### **Minority and Women's Health Alcoholism and Drug Abuse**

<http://www.womenshealth.gov/minority/americanindian/alcoholism.cfm>

This website provides information about:

- Alcohol and drug use in American Indians and Alaska Natives
- Resources for alcohol prevention

### **Substance Abuse and Mental Health Services Administration**

<http://www.oas.samhsa.gov/2k10/182/AmericanIndian.htm>

This website provides information about:

- The National Survey on Drug Use and Health Report Findings for American Indians/Alaska Natives

### **National Institutes of Health**

#### **National Institute on Alcohol Abuse and Alcoholism**

<http://www.niaaa.nih.gov/Pages/default.aspx>

This website provides information about:

- Clinical guidelines for alcohol abuse prevention
- Pamphlets and brochures on alcohol use and abuse for the public

## BOOKS ON DIABETES

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Center for Disease Control and Prevention. *Stories to Reach Teach and Heal: A Guide for Diabetes Health Educators*. Atlanta: US Department of Health and Human Services: 2009.

Cypress, M. (2007). *Having Diabetes & Acting in an Honorable Way*. Seminole Health Department Diabetes Program.

Mora, Barbara. (2008). *Using Our Wit & Wisdom to Live Well with Diabetes*. Indian Health Service.

Mora, Barbara. (2008). *Using Our Wit & Wisdom to Live Well with Diabetes* [DVD]. Indian Health Service.

American Diabetes Association. (2005). *American Diabetes Association Complete Guide to Diabetes*. Alexandria, VA: American Diabetes Association.

American Diabetes Association (1997). *Caring for the Diabetic Soul: Restoring Emotional Balance for Yourself and Your Family*. American Diabetes Association.

Anderson, B., & Funnell, M. (2000). *The Art of Empowerment: Stories and Strategies for Diabetes Educators*. American Diabetes Association.

Feste, C. (1999). *Meditations on Diabetes: Strengthening Your Spirit in Every Season*. American Diabetes Association.

Kauffman, F. R. (2005). *Diabesity: The obesity-diabetes epidemic that threatens America and what we must do to stop it*. New York: Bantam Dell.

## RESOURCES ON TOBACCO USE

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### California Rural Indian Health Board

<http://www.crihb.org/health-resources/tobacco-control.html>

This Website provides information about:

- The Tobacco Education and Prevention Technical Support Center, aimed at reducing commercial tobacco abuse among youth and adults

### Indian Health Service

#### Division of Epidemiology and Disease Prevention

[http://www.ihs.gov/epi/index.cfm?module=epi\\_tobacco\\_main](http://www.ihs.gov/epi/index.cfm?module=epi_tobacco_main)

[http://www.ihs.gov/epi/index.cfm?module=epi\\_tobacco\\_resources](http://www.ihs.gov/epi/index.cfm?module=epi_tobacco_resources)

These webpages provide information about:

- The Indian Health Service Tobacco Control/Prevention Program, its goals and mission
- Tobacco statistics, policies, and guidelines; and National and Federal Organizations that are addressing tobacco prevention

### Help for Smokers and Other Tobacco Use

#### Agency for Healthcare Research and Quality

[www.ahrq.gov/consumer/tobacco/helpsmokers.htm](http://www.ahrq.gov/consumer/tobacco/helpsmokers.htm)

This website provides information about:

- How to successfully quit smoking
- Good reasons why a person should quit smoking
- Health problems that may occur from smoking

### Keep it Sacred

#### National Native Commercial Tobacco Abuse Prevention Network

<http://www.keepitsacred.org/network/>

This website provides information about:

- Evidence-based and culturally appropriate information to identify and eliminate health disparities related to commercial tobacco abuse
- Resources for tobacco use cessation, policy advocacy, and surveillance and evaluation

### Northwest Portland Area Indian Health Board

[http://www.npaihb.org/health\\_issues/tobacco\\_abuse/](http://www.npaihb.org/health_issues/tobacco_abuse/)

This website provides information about:

- Key statistics related to tobacco and American Indians and Alaska Natives

## WEB RESOURCES TO LOCATE HEALTH CENTERS AND MENTAL HEALTH SERVICES

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### Human Resources and Service Administration's Health Center Finder

[http://findahealthcenter.hrsa.gov/search\\_hcc.aspx](http://findahealthcenter.hrsa.gov/search_hcc.aspx)

This website provides information about:

- Federally-funded health centers that can help people without health insurance to locate health care

### Substance Abuse and Mental Health Services

#### Administration Mental Health Services

[www.store.samhsa.gov/mhlocator](http://www.store.samhsa.gov/mhlocator)

This website provides information about:

- Mental health services and resources

### Substance Abuse Facility Locator

[www.findtreatment.samhsa.gov/](http://www.findtreatment.samhsa.gov/)

This website provides information about:

- Locating drug and alcohol abuse treatment programs

For information about Native Organizations and Urban Indian Centers, please visit <http://www.nativeculturelinks.com/organizations.html>

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The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention with the support of more than 200 partner organizations. [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) or 1-888-693-NDEP (6337), TTY: 1-866-569-1162