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**

**American Diabetes Association**
Awakening the Spirit materials

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](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**

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**

**A Guide to Suicide Prevention For American Indian and Alaska Native Communities**
[http://oneskycenter.org/documents/AGuidetoSuicidePreventionDRAFT.pdf](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**

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**

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**

This guide provides information about:
- Implementing programs that reduce the contributing risk factors of suicide
**General Information on Diabetes**

**National Diabetes Education Program**
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
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
This website provides information about:
- Diabetes treatment and complications
- Statistics
- Clinical trials

**National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention**
www.cdc.gov/diabetes
This website provides information about:
- Diabetes data and trends
- Educational resources
- Publications

**American Diabetes Association**
www.diabetes.org
This website provides information about:
- Diabetes basics
- Living with diabetes
- Nutrition and physical activity
- Research

**Joslin Diabetes Center**
www.joslin.org
This website provides information about:
- Diabetes research
- Clinical care
- Publications
- Professional education

**General Information on Nutrition**

**Food Nutrition Information Center**
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/
This website provides information about:
- Developing a personalized eating plan
- Assessing food and physical activity choices

**Nutrition.gov**
www.nutrition.gov
This website provides information about:
- Food and human nutrition for consumers

**General Information on Health**

**National Institutes of Health (NIH)**
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
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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<tr>
<th>Resource</th>
<th>Website</th>
<th>Information Provided</th>
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<td><a href="http://www.nace.samhsa.gov/">www.nace.samhsa.gov/</a></td>
<td>• Finding resources for American Indian/Alaska Natives</td>
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<td>Applied Suicide Intervention Skills Training</td>
<td><a href="http://aii.outreach.ou.edu/conferencetrainings/american-indian-prevention-services/">http://aii.outreach.ou.edu/conferencetrainings/american-indian-prevention-services/</a></td>
<td>• Suicide prevention and early intervention training</td>
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<td>Behavioral Diabetes Institute</td>
<td><a href="http://www.behavioraldiabetesinstitute.org">www.behavioraldiabetesinstitute.org</a></td>
<td>• Helping people master the unique challenges of diabetes</td>
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<td></td>
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<td>• Behavioral research in diabetes</td>
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<td></td>
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<td>• Providing health care workers with the specialty behavioral training necessary for managing diabetes effectively</td>
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<td>Find Youth Information</td>
<td><a href="http://www.findyouthinfo.gov/">www.findyouthinfo.gov/</a></td>
<td>• Tools and resources for youth, families, schools and community organizations related to varies topics affecting youth</td>
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<td></td>
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<td>• Locating resources within communities to build youth programs</td>
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<td>National Registry of Evidence-based Programs and Practices</td>
<td><a href="http://www.nrepp.samhsa.gov/">www.nrepp.samhsa.gov/</a></td>
<td>• Finding interventions for mental health and substance abuse</td>
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<td></td>
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<td>• Learning how to carry out interventions in the community</td>
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<td>National Suicide Prevention Lifeline</td>
<td><a href="http://www.suicidepreventionlifeline.org/">www.suicidepreventionlifeline.org/</a></td>
<td>• Suicide prevention and crisis centers</td>
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<tr>
<td>Substance Abuse and Mental Health Services Administration</td>
<td><a href="http://www.suicidepreventionlifeline.org/">www.suicidepreventionlifeline.org/</a></td>
<td>• Preventing suicide</td>
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<td>Prevention of Substance Abuse and Mental Illness</td>
<td><a href="http://www.samhsa.gov/prevention/">www.samhsa.gov/prevention/</a></td>
<td>• Learning about Mental Health</td>
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<td>• Learning about Substance Abuse</td>
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<td>Strategic Prevention Framework</td>
<td><a href="http://www.samhsa.gov/prevention/spf.aspx">www.samhsa.gov/prevention/spf.aspx</a></td>
<td>• Promoting youth development</td>
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<td>• Reducing risk-tasking behaviors in youth</td>
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<td>• Preventing/reducing substance abuse and underage drinking</td>
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<td>• Building prevention plans within communities</td>
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<td>Suicide Prevention Resource Center</td>
<td><a href="http://www.sprc.org/">www.sprc.org/</a></td>
<td>• Learning about suicide prevention</td>
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<td>• Understanding the basics of suicide</td>
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<td>• Providing support</td>
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<td>• Finding resources</td>
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<td>American Association of Suicidology</td>
<td><a href="http://www.suicidology.org/web/guest/home">http://www.suicidology.org/web/guest/home</a></td>
<td>• Training opportunities and conferences on suicide prevention</td>
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<td>• Translating suicide prevention research into practice</td>
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<td>• Resources</td>
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<tr>
<td>What a Difference a Friend Makes</td>
<td><a href="http://www.whatadifference.samhsa.gov/native/">www.whatadifference.samhsa.gov/native/</a></td>
<td>• Learning about mental illness</td>
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<tr>
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<td>• Supporting friends with mental illness</td>
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<td>• Understanding the recovery of mental illness</td>
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</tbody>
</table>
Resources on Substance Abuse Prevention

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/

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://aii.outreach.ou.edu/resource-center/other-programs/

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


**Web Resources to Locate Health Centers and Mental Health Services**

**Human Resources and Service Administration’s Health Center Finder**
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

This website provides information about:
- Mental health services and resources

**Substance Abuse Facility Locator**
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](http://www.nativeculturelinks.com/organizations.html)

**Resources on Tobacco Use**

**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_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

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/

This website provides information about:
- Key statistics related to tobacco and American Indians and Alaska Natives

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Ann Bullock, MD, Indian Health Service, and Lemyra DeBruyn, PhD, Centers for Disease Control and Prevention, reviewed this material for technical accuracy.

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www.YourDiabetesInfo.org or 1-888-693-NDEP (6337), TTY: 1-866-569-1162