# Living a Balanced Life with Diabetes:
Resource Materials for American Indian and Alaska Native Peoples

## Diabetes Materials for American Indians/Alaska Natives

<table>
<thead>
<tr>
<th>Source</th>
<th>Title &amp; Description</th>
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</thead>
<tbody>
<tr>
<td>Indian Health Service</td>
<td>Behavioral Health&lt;br&gt;<a href="https://www.ihs.gov/dbh">https://www.ihs.gov/dbh</a></td>
</tr>
</tbody>
</table>

## Resources on Suicide Prevention for American Indians/Alaska Natives

<table>
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<tbody>
<tr>
<td>Suicide Prevention Resource Center American Indian/Alaska Native Settings</td>
<td><a href="http://www.sprc.org/settings/aian">http://www.sprc.org/settings/aian</a> &lt;br&gt;This webpage provides information about:&lt;br&gt;• Suicide prevention and how to take action</td>
</tr>
<tr>
<td>Assessment and Planning Tool Kit for Suicide Prevention in First Nations Communities</td>
<td><a href="http://www.naho.ca/documents/fnc/english/FNC_SuicidePreventionToolkit.pdf">http://www.naho.ca/documents/fnc/english/FNC_SuicidePreventionToolkit.pdf</a> &lt;br&gt;This toolkit provides information about:&lt;br&gt;• Addressing the issue of suicide in First Nations communities</td>
</tr>
<tr>
<td>Addressing Youth Suicide in Indian Country</td>
<td><a href="http://www.nicwa.org/YouthSuicidePreventionToolkit/YSPToolkit.pdf">www.nicwa.org/YouthSuicidePreventionToolkit/YSPToolkit.pdf</a> &lt;br&gt;This toolkit provides information about:&lt;br&gt;• Developing policies to prevent youth suicide</td>
</tr>
<tr>
<td>The American Indian Life Skills</td>
<td><a href="http://www.uwpress.wisc.edu/books/0129.htm">www.uwpress.wisc.edu/books/0129.htm</a> &lt;br&gt;This website provides information about:&lt;br&gt;• Addressing key issues in American Indian adolescents’ lives and teaching teens life skills</td>
</tr>
<tr>
<td>To Live To See the Great Day That Dawns: Preventing Suicide by American Indian and Alaska Native Youth and Young Adults</td>
<td><a href="https://education.alaska.gov/tls/suicide/pdf/suicide_prevention_guide.pdf">https://education.alaska.gov/tls/suicide/pdf/suicide_prevention_guide.pdf</a> &lt;br&gt;This guide provides information about:&lt;br&gt;• Implementing programs that reduce the contributing risk factors of suicide</td>
</tr>
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</table>
**General Information on Diabetes**

**National Diabetes Education Program**
www.cdc.gov/diabetes/ndep

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

This website provides information about:
- Diabetes orientations, trainings, and activities for health care professionals

**National Diabetes Information Clearinghouse (NDIC)**
https://www.niddk.nih.gov/health-information/diabetes

This website provides information about:
- Diabetes treatment and complications
- Statistics
- Clinical trials

**General Information on Nutrition**

**Food Nutrition Information Center**
https://fnic.nal.usda.gov/

This website provides information about:
- Credible, accurate and practical resources on nutrition for health professionals, educators, government personnel, and consumers

**ChooseMyPlate.Gov**
https://www.choosemyplate.gov/

This website provides information about:
- Developing a personalized eating plan
- Assessing food and physical activity choices

**General Information on Health**

**National Institutes of Health (NIH)**

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**
http://health.gov/paguidelines

This website provides information about:
- Types and amounts of physical activity that offer health benefits to Americans
Resources on Psychosocial Issues

**Tribal Training and Technical Assistance Center**
http://www.samhsa.gov/tribal-ttac

This website provides information about:
- Finding resources for American Indian/Alaska Natives
- Understanding substance abuse prevention programs

**Applied Suicide Intervention Skills Training**
https://www.livingworks.net/programs/asist/

This website provides information about:
- Suicide prevention and early intervention training

**Find Youth Information**
http://youth.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/

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/
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**
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**

This website provides information about:
- Promoting youth development
- Reducing risk-tasking behaviors in youth
- Preventing/reducing substance abuse and underage drinking
- Building prevention plans within communities

**Suicide Prevention Resource Center**
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/

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**
http://162.99.3.206/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

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://www.samhsa.gov/tloa/resources
http://www.samhsa.gov/tloa/native-youth-resources

These webpages provide information about:
- Substance abuse prevention for American Indians and Alaska Natives

Minority and Women’s Health

Alcoholism and Drug Abuse

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.samhsa.gov/behavioral-health-equity/ai-an

This website provides information about:
- The National Survey on Drug Use and Health Report Findings for American Indians/Alaska Natives


Books on Diabetes


Resources on Tobacco Use

California Rural Indian Health Board
https://crihb.org/tobacco-control
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
http://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/tearsheets/helpsmokers.html
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://keepitsacred.itcmi.org/
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/
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

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 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

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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National Diabetes Education Program
For more information call 1-800-CDC-INFO (800-232-4636)
TTY 1-888-232-6348 or visit www.cdc.gov/info
To order resources, visit www.cdc.gov/diabetes/ndep