



# LIVING A BALANCED LIFE WITH DIABETES:

Resource Materials for American Indian  
and Alaska Native Peoples



## DIABETES MATERIALS FOR AMERICAN INDIANS/ALASKA NATIVES

### American Diabetes Association

Awakening the Spirit materials

<http://www.diabetes.org/in-my-community/awareness-programs/american-indian-programs/awakening-the-spirit.html>

This website provides information about:

- Preventing and controlling diabetes in American Indians

### Indian Health Service Behavioral Health

<https://www.ihs.gov/dbh>

### Division of Diabetes Treatment and Prevention

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

### Indian Health Diabetes Best Practices

<https://www.ihs.gov/bppple/>

These Indian Health Service webpages provides information on:

- Indian Health Service's database of best practices, promising practices, and local efforts to improve the health of American Indian/Alaska Native populations
- Work that occurs in the field, communities, schools, clinics, and health centers

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

### Suicide Prevention Resource Center American Indian/ Alaska Native Settings

<http://www.sprc.org/settings/aian>

This webpage provides information about:

- Suicide prevention and how to take action

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

[http://www.naho.ca/documents/fnc/english/FNC\\_SuicidePreventionToolkit.pdf](http://www.naho.ca/documents/fnc/english/FNC_SuicidePreventionToolkit.pdf)

This toolkit provides information about:

- Addressing the issue of suicide in First Nations communities

### Addressing Youth Suicide in Indian Country

[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

[https://education.alaska.gov/tls/suicide/pdf/suicide\\_prevention\\_guide.pdf](https://education.alaska.gov/tls/suicide/pdf/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.cdc.gov/diabetes/ndep](http://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](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

<https://www.ihs.gov/diabetes/about-us/area-diabetes-consultants-adc/>

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

- 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

<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

### 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)

<https://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

<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

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### **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/assist/>

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/](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**

<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**

<http://www.samhsa.gov/capt/applying-strategic-prevention-framework>

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/>

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

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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://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

<http://womenshealth.gov/minority-health/american-indians/alcoholism-drug-abuse.html>

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

### National Institutes of Health

#### National Institute on Alcohol Abuse and Alcoholism

<http://www.niaaa.nih.gov>

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

<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_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

<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

## 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

### 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

### 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>

Ann Bullock, MD, Indian Health Service, and Lemyra DeBruyn, PhD, Centers for Disease Control and Prevention, reviewed this material for technical accuracy. February 2017

### 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](http://www.cdc.gov/info)

To order resources, visit [www.cdc.gov/diabetes/ndep](http://www.cdc.gov/diabetes/ndep)

