

Communities Taking Action on

Promoting Healthy Living

The United Houma Nation

The United Houma Nation is a state-recognized American Indian tribe spread across rural, southeast Louisiana. In partnership with Nicholls State University, the United Houma Nation Diabetes Coalition hosted a 6-week series of cooking classes on campus. Participants learned to make traditional tribal recipes healthier. They toured a grocery store to learn about how to understand nutrition information on food labels. Blending healthy cooking tips with traditional ways of eating helps participants take care of their health while maintaining important cultural values and traditions.



The United Houma Nation Diabetes Coalition was able to make healthy eating education more meaningful to the members of their community.

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What opportunities do you have to make healthy living meaningful to members of your community?

United Houma partnered with a local university to provide education at grocery stores. What organizations may help support your efforts to promote healthy living?

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.