



YELLOWHAWK
TRIBAL HEALTH CENTER



DIABETES ON THE CTUIR

WHAT IS DIABETES?

Diabetes occurs when an individual's blood glucose, or blood sugar, levels are too high. This means that glucose, which the body uses for energy, is not reaching the cells.

There are two main types of diabetes:

Type 1 The body cannot produce the insulin it needs

Type 2 The body produces too little insulin or is unable to respond to it

PREVALENCE OF DIABETES

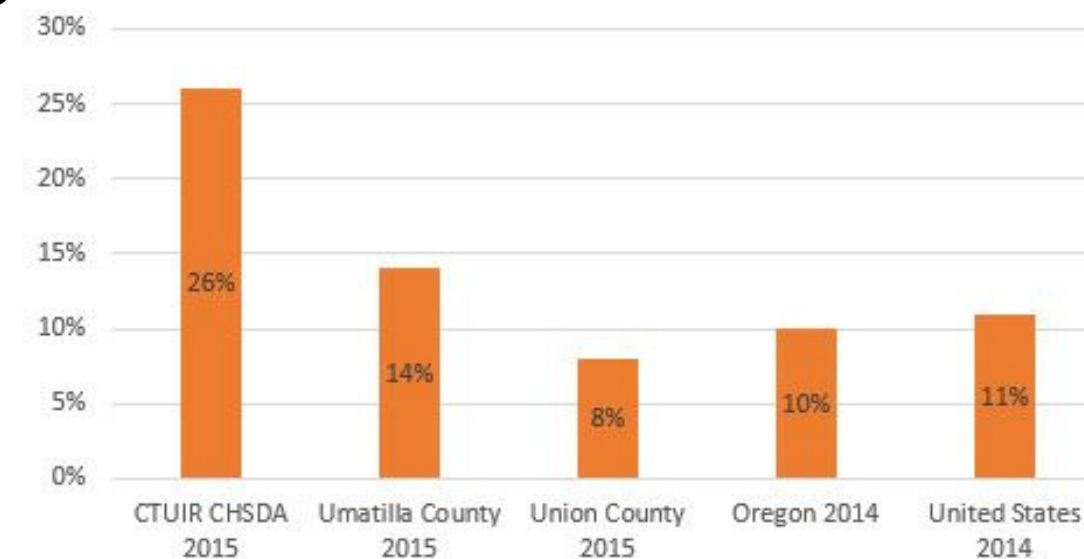
Among all ethnic and racial groups in the United States, American Indians/Alaska Natives have the greatest chance of having diabetes.

Nearly **1 out of 6** American Indians/Alaska Natives have diabetes.



95% of American Indians/Alaska Natives with diabetes, have Type 2 diabetes (as opposed to Type 1 diabetes)

Percent of Adults Diagnosed with Diabetes



According to the 2015 Community Health Assessment, 26 percent of American Indian/Alaska Native adults living in the CTUIR CHSDA (which includes Umatilla and Union counties) has been diagnosed with diabetes. This rate is higher compared to Umatilla County, Union County, Oregon and the United States as a whole.

MANAGING DIABETES

If you have diabetes, keep your health on

T R A C K

- T** Take your medications as prescribed by your doctor.
- R** Reach and maintain a healthy weight.
- A** Add more physical activity to your daily routine.
- C** Control your ABC's—A1C, blood pressure, and cholesterol levels.
- K** Kick the smoking habit.

PREVENTING DIABETES

12% of American Indian/Alaska Native adults living the CTUIR CHSDA (Umatilla and Union counties) are prediabetic.

Being diagnosed with prediabetes means your blood sugar level is higher than normal. Prediabetes can lead to **type 2 diabetes**.

Type 2 diabetes can be prevented through lifestyle change.

Reduce your risk of developing diabetes with these tips:

1. Move More

Physical activity can help you lose weight, lower your blood sugar and boost your sensitivity to insulin, helping to keep your blood sugar within a normal range.



2. Eat More Fiber

Eating plenty of fiber can help improve blood sugar control, lower your risk of heart disease, and promote weight loss by helping you feel full. Foods high in fiber include fruits, vegetables, whole grains, beans and nuts.



3. Stress Less

Feeling stressed causes the body to release hormones that increase blood sugar. Search for ways to cope with stress including meditation, physical activity and social support.

