

## Diabetes Prevention literature review of materials (print, video and audio)

The following diabetes prevention materials were identified through first and second hand resources by interviewing diabetes educators who work in American Indian communities.

### Print Materials

*Color Food Chart 5 A Day* - Available on Internet

<http://www.cdc.gov/nccdphp/dnpa/5aday/index.htm>

*Comprehensive Diabetes Management - it's all about control!* is an excellent training the IHS provides for clinical staff and diabetes educators. Training is offered twice a year through the IHS Division of Diabetes Treatment and Prevention. The purpose of the course is to provide an overview of diabetes care and population health management strategies to enhance the participants/ competency in achieving improved outcomes for people with diabetes.

*Abundant Harvest Garden* is a unique portable growing system to grow food quickly with 20% of the water in places where traditional gardens cannot be grown. [www.hungergrowaway.com](http://www.hungergrowaway.com)

*Hunger Grow Away Information Sheet # 11 – Diabetes, Diet and the Family Garden.* Diabetes is occurring in epidemic proportions in indigenous cultures all over the world; and, Native American populations are among the hardest hit.

*Food Guide Pyramid for Older Adults* created by Tufts University shows what Elders need to eat for a healthy diet and emphasizes water in preventing dehydration. <http://nutrition.tufts.edu>

Generations - Journal of the American Society on Aging *Public Health Issues Among Older American Indians and Alaska Natives.* Issue highlights differences within as well as between populations of AI/AN Elders.

*Healthy Body Awareness*, developed by the University of New Mexico Prevention Research Center in partnership with the Navajo community, details a nutrition and physical activity education program for Navajo Elders. It can be adapted for other communities.

### Videos

Introductory O'odham Video, Desert Food is Healthy Food: Diabetes Awareness and Prevention for Native Peoples in the Southwest. Focuses

on Tohono O'odham traditional food used to prevent diabetes and nutritional information. Available through Native Seeds SEARCH, [www.nativeseeds.org](http://www.nativeseeds.org)

Video Documentary Diabetes and Desert Foods: Examples from O'odham Traditions. Provides an overview of the changes in Native American diet from traditional times to the present. Available through Native Seeds SEARCH, [www.nativeseeds.org](http://www.nativeseeds.org)

Women and Diabetes: Take Charge for Life

Diabetes Prevention in American Indians, IHS Health Care Professional, Prevention and Traditional Healing

Horse Song, IHS Shiprock, NM HPDP Program, A Navajo man who finds out he has diabetes and his emotional, social, physical, and spiritual journey to cope with it. (Navajo Language)

Rez Robics – for couch potato skins Part I & II. Exercise video for Native Americans.

A Cloud in our Mountain, White Mountain Apache, Whiteriver IHS, Diabetes information

Children of Long Life, Shiprock, NM, IHS, HPDP Program Nutrition and Exercise for diabetes prevention

### CD-Roms

Education through Diabetes Bingo, developed by White Earth Tribal Diabetes Program and White Earth Health Center Diabetes Program, White Earth, Minnesota

New Mexico Health Care Takes on Diabetes, a collection of peer-reviewed diabetes clinical practice resources to provide practical management options to help reduce the tragic complications and co-morbidities of diabetes on people