

MEETING CULTURAL AND HEALTH NEEDS FOR NORTHERN PLAINS INDIANS

Diabetes...Finding the Balance *guide on caring for body, mind, heart, and spirit*

Public Health Problem

- Diabetes rates in North Dakota's American Indian tribes are over twice as high as those of the general population.
- Most educational materials written for American Indians do not consider the culture of the Plains Indian Nations of North Dakota, such as those who live in the Aberdeen Area Indian Health Service area.

Program

- The North Dakota Diabetes Prevention and Control Program sponsored a cooperative project among representatives from Standing Rock Nation; Spirit Lake Nation; Turtle Mountain Band of Chippewa; the Mandan, Hidatsa and Arikara Nation; KAT Productions, a consulting group; and the American Diabetes Association - North Dakota office.
- The need for the guide was identified and its content was developed as a result of two focus groups of American Indians. The participants included American Indians of various ages, living on reservations or in cities. American Indian physicians served as medical review experts for the publication.
- Native artists provided original art work and photographs.
- Tribal technical and cultural consultants, diabetes educators, dietitians, and others involved in diabetes care from across North Dakota offered guidance on development of the publication at all stages of production. Advice from reservation-based diabetes program staff was also invaluable.
- Over six thousand wellness guides have been distributed to individuals, organizations and tribes in North Dakota and other states. View it at: <http://www.diabetesnd.org/Diabetes.pdf>.

Impact

- The comprehensive guide to diabetes for the Northern Plains Indians, *Diabetes...Finding the Balance*, was widely distributed to tribes in North Dakota.
- Evaluation results show that recipients of the guide find the information easy to understand and useful, are appreciative of the native artwork and culture represented in it, and say the guide will help them make changes in their eating and activity habits for better diabetes control.
- Health professionals in twelve states with American Indian populations requested the guide, expanding its reach and signifying the value of this useful resource to other state diabetes and health programs.

Contact

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