This brochure brought to you by:
The MT-WY Tribal Leaders Council partnering with Indian Health Service and local Tribal Health Department.

Caring for Ourselves - Caring for Our Children

DIABETES AND THE EASTERN SHOSHONE TRIBE

Wind River Tribal Health Department - Diabetes Program partnering with the MT-WY Tribal Leaders Council and the Robert Wood Johnson Foundation.

Developing Community-Based Support for Diabetes Education and Management on the Wind River Reservation.
The Good News: You Can Prevent and Control Diabetes

1. Eat healthy foods:
   - Cut down on sweet and fatty foods and concentrates on fresh foods, sugar substitutes, and foods that are high in fiber.
   - Learn about healthy foods and make better choices.
   - Eat traditional foods such as Buffalo and Venison.
   - Eat your meals at the same time each day and try to eat smaller portions at every meal.

2. Get plenty of exercise:
   - Find a partner or group and plan activities that you enjoy doing together so exercise doesn’t become a chore.
   - Good news! The recreational activities you already do (walking, basketball, dancing, swimming, etc.) count as exercise if you do them for thirty minutes at least three times a week.

3. Learn all you can:
   - Schedule and attend regular check-ups with your health care provider.
   - Talk to your health care provider about diabetes and what you can do to stay healthy.
   - Read about diabetes prevention and share the information with others.

Eat this:
- Carrot
- Cherry
- Steak
- French fries
- Beans

Avoid this:
- Soft drink
- Cake
Watch for These Signs

- Disk, rough patches on the skin, especially around the neck
- Unusual weight loss
- Joint pain
- Swollen lymph glands
- Increased thirst
- Blurred vision (or less able to see clearly, especially at night)
- Feeling tired all the time

Serve as inspiration to the young.

- Especially if diabetes runs in your family - you can set a good example for your family members.

Try this easy recipe from Idaho Corn Commission.

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Easy to make: 

Ingredients:

- 3 cups diced chokes (cranberry)
- 2 tablespoons reduced beef broth or beef broth
- 1/3 cup diced chokes (cranberry)
- 4 5 ounces diced game, buffalo or beef (no salt added)

Directions:

1. Break diced meat into inch pieces and grind.
2. Add diced butter to that to meet and grind again.
3. Add meat to mixture while mixing. The fat will break up.
4. Consistency should be dry and loose with fruit.

Serve with bland or meat grinder.

An idea for meat or green vegetable.

Try this easy recipe from Idaho Corn Commission.
As a Member of the Tribe, You’re At Risk

Diabetes can reduce a person’s ability to earn a living and enjoy everyday life. You are more likely to become diabetic if:

- Are not physically active
- Are not careful with your diet
- Are overweight
- Are over the age of 30
- Have a family member with diabetes
- Have given birth to a baby that weighed over 9 pounds
- Are not used to eating healthy foods

Diabetes can be present in all age groups and tends to be more common in some families. If not controlled, diabetes can cause serious, sometimes life-threatening complications such as heart attacks, strokes, blindness, kidney disease, and loss of limbs.

If you have diabetes, your quality of life can be dramatically improved by making healthy diet and lifestyle choices for you and your family. If you do not currently have diabetes, you can delay or prevent its onset.

Why Think About Diabetes?

As an American Indian, you are at a greater risk of developing diabetes. As an American Indian, you are at a great risk of diabetes. However, when too much sugar stays in a person’s blood stream, blood serious health complications arise.

Diabetes affects the way you feel (emotions) and reduces your energy level. Too often, people, especially young persons, are unaware they have this disease. All foods are converted to sugar (glucose) in a person’s blood stream. Eating foods that are high in sugar can increase the risk of developing diabetes.

American Indians, especially children, are developing diabetes at an alarming rate. On the Wind River Reservation, the number of people who have been diagnosed with diabetes has increased by over 30% within the last 8 years. The rate for people between 4 and 8 times the national average for non-Indians.

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