Rates of obesity are significantly higher among urban American Indians/Alaska Natives (AI/ANs) than in the general population living in urban areas in the United States.\(^1\) Overweight and obesity increase risk factors for cardiovascular disease and are associated with poor health outcomes, especially among those with diabetes.\(^2\)

A recent report from the Urban Indian Health Institute summarizes the performance of the Urban Indian Health Organizations’ (UIHOs) diabetes programs using Indian Health Service (IHS) Diabetes Audit data from 2008-2012. Among audited patients with diabetes at the UIHOs, 48% were obese (BMI 30-39) and 23% were morbidly obese (BMI 40+) in 2012, similar to previous years.\(^3\)

Diet modification and exercise are some of the best interventions for weight management.\(^2\) Over the past five years, UIHO diabetes programs greatly increased the percentage of patients that received nutrition and physical activity education as a part of their diabetes care: from 49% in 2008 to 65% in 2012, a 33% increase!\(^5\) Education rates are even higher among those who need it the most – 68% of diabetes patients who are morbidly obese received both nutrition and physical activity education in 2012.

Education programs vary across UIHOs, but may include individual nutrition counseling with a Registered Dietitian or assistance in developing an individualized exercise plan. Although education is only one piece of a larger effort, these data demonstrate a strong commitment across UIHOs to address the high rates of overweight and obesity among patients with diabetes. View the full diabetes report at [http://www.uihi.org/resources/reports/](http://www.uihi.org/resources/reports/).

Data sources used in this report:

