

ADDRESSING DIABETES THROUGH EDUCATION

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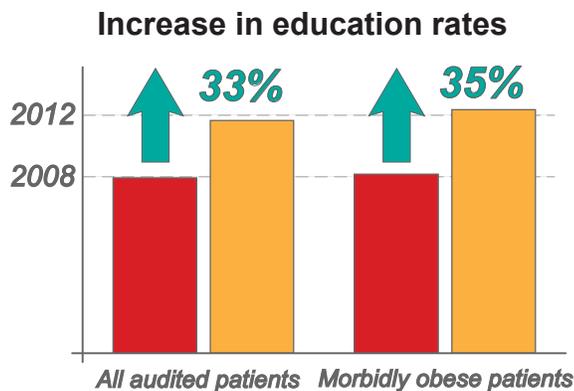


BROADCAST

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!³ 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/>.

Data sources used in this report:

- Centers for Disease Control and Prevention (2005-2010). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention.
- Indian Health Service, Division of Diabetes Treatment and Prevention (2011). Indian Health Diabetes Best Practice: Adult Weight Management and Cardiometabolic Risk Management and Diabetes Guidelines. Albuquerque, NM: U.S. Department of Health and Human Services, Indian Health Service.
- Urban Indian Health Institute, Seattle Indian Health Board. (2013). Urban Diabetes Care and Outcomes Summary Report: Aggregate Results from Urban Indian Health Organizations, 2008-2012. Seattle, WA: Urban Indian Health Institute.