

Resources for Native Americans and Alaska Natives

March 2008

This monthly publication is designed to inform you of resources the NLLIC has to offer on a chosen topic. Please feel free to distribute to those who may find this useful. We also welcome your comments and topic suggestions! Contact us via e-mail at library@amputee-coalition.org.

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Books

Through the Eyes of the Eagle / written by Georgia Perez; illustrated by Patrick Rolo & Lisa A. Fifield. [Washington, D.C.]: U.S. Dept. of Health and Human Service, Centers for Disease Control and Prevention, Division of Diabetes Translation, Native Diabetes Wellness Program, [ca. 2006]. This is the first in the series of the "Eagle Books." These books are educational tools for children to learn about diabetes and healthy, preventative life choices. In these stories, a wise eagle assumes the role of Tribal Elder in the time-honored Native American tradition of using storytelling to pass on tribal culture and teach life lessons. (Storybook)

Knees Lifted High / written by Georgia Perez; illustrated by Patrick Rolo & Lisa A. Fifield. [Rockville, MD]: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Division of Diabetes Translation, Native Diabetes Wellness Program, [2005]. This is the second in the "Eagle Books" series. Mr. Eagle explains to Native American boys Rain that Dances and Thunder Cloud how being active and getting exercise can help children to stay healthy. (Storybook)

A Plateful of Color / written by Georgia Perez; illustrated by Patrick Rolo & Lisa A. Fifield. [Washington, D.C.]: U.S. Dept. of Health and Human Service, Centers for Disease Control and Prevention, Division of Diabetes Translation, Native Diabetes Wellness Program, [ca. 2006]. Third in the "Eagle Books" series, *A Plateful of Color* introduces Miss Rabbit and the boys' friends, Little Hummingbird and Simon. Miss Rabbit teaches the value of eating a variety of colorful and healthy foods. (Storybook)

Tricky Treats / written by Georgia Perez; illustrated by Patrick Rolo & Lisa A. Fifield. [Washington, D.C.]: U.S. Dept. of Health and Human Services, Centers for Disease Control and Prevention, Division of Diabetes

Resource Types:

Books
Articles & Fact Sheets
Videos
Web Sites/Organizations



Library OPAC

Find other related resources by searching the NLLIC OPAC. Note that this is just a sampling of items found in the OPAC.



Translation, Native Diabetes Wellness Program: Indian Health Service, Division of Diabetes Treatment and Prevention, [2006]. This is last in the four-book series, the "Eagle Books." These books are educational tools for children to learn about diabetes and healthy, preventative life choices. (Storybook)

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Articles & Fact Sheets Featuring Native Americans

“The Good News About Self-Discipline” / Cecilia Kayano. Knoxville, TN: Amputee Coalition of America, 2005. *First Step*, 2005. You don't have any self-discipline to lose weight, you say? The battle with fry bread can be won! By practicing the steps outlined in this article, you too can be empowered with self-discipline.

www.amputee-coalition.org/first_step_2005/self_discipline.html

www.amputee-coalition.org/first_step_2005/self_discipline.pdf

“Mind, Body, Spirit: An Interview With Michael Bird, MSW, MPH” / Nancy Carroll. Knoxville, TN: Amputee Coalition of America, 2002. Article from *inMotion*, January / February 2002. Michael Bird, a highly respected national public health consultant is the first American Indian to serve as president of the American Public Health Association (APHA) in its 128-year history. More recently, he has served as the executive director of The National Native American Aids Prevention Center in Oakland, California. He talks about his upbringing, racism, Indian health issues, Indian casinos and his vision for the future.

www.amputee-coalition.org/inmotion/jan_feb_02/bird.html

www.amputee-coalition.org/inmotion/jan_feb_02/bird.pdf

“NLLIC ACA Fact Sheet: Alaska Natives / Native Americans, Diabetes and Limb Loss.” Knoxville, TN: Amputee Coalition of America, 2008. Use this Fact Sheet to learn about diabetes incidence rates, the impact of diabetes, and amputation rates for Native peoples.

www.amputee-coalition.org/fact_sheets/multicultural/na.html

www.amputee-coalition.org/fact_sheets/multicultural/na.pdf

“NLLIC ACA Fact Sheet: Minorities, Diabetes and Limb Loss.” Knoxville, TN: Amputee Coalition of America, 2008. Use this Fact Sheet to learn about diabetes incidence rates, the impact of diabetes, and amputation rates for African Americans, Native American and Alaska Natives, and Hispanic / Latino Americans.

www.amputee-coalition.org/fact_sheets/multicultural/all_groups.html

www.amputee-coalition.org/fact_sheets/multicultural/all_groups.pdf

“Self-Management Made Simple” / Cecilia Kayano. Knoxville, TN: Amputee Coalition of America, 2005. *inMotion*, September / October 2005. Practicing self-management is “having an educated voice in your head to remind you of fact and figures to help you choose what to eat and what not to eat.” This article discusses the steps to confident self-management for a healthy diabetic diet.

www.amputee-coalition.org/inmotion/sep_oct_05/self_manage.html

www.amputee-coalition.org/inmotion/sep_oct_05/self_manage.pdf

“Tribe's War on Diabetes Starts to Pay Off” / Jeremy Olson. Knoxville, TN: Amputee Coalition of America, 2001. Article from *inMotion*, March / April 2001. Having seen increases in health problems, including diabetes, since shifting from low-fat, low-cholesterol buffalo meat to lesser quality meats, the Winnebago American Indian Tribe of Nebraska has taken steps to improve their situation.

www.amputee-coalition.org/inmotion/mar_apr_01/tribes.html

www.amputee-coalition.org/inmotion/mar_apr_01/tribes.pdf

“Twins of the Turtle Clan” / Rick Bowers. Knoxville, TN: Amputee Coalition of America, 2005. Article from *inMotion*, March / April 2005. Twins Fay Givens and Kay Givens McGowan, members of the Choctaw Tribe of Mississippi, discuss the diabetes and healthcare crisis in the American Indian community.

www.amputee-coalition.org/inmotion/mar_apr_05/twins.html

www.amputee-coalition.org/inmotion/mar_apr_05/twins.pdf

Spanish: www.amputee-coalition.org/spanish/inmotion/mar_apr_05/twins.html

Spanish: www.amputee-coalition.org/spanish/inmotion/mar_apr_05/twins.pdf

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Videos

Rez Robics / *Pauma Valley, CA*: Dreamcatchers and Navajo Health Promotion. VHS. This fitness video demonstrates an aerobic workout mixing pow wow dancing and martial arts with normal aerobics moves. Copies of the videos are distributed free of charge to Indian Communities across North America.

dreamcatchers.org

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Web Sites/Organizations

American Indians / Alaska Natives: Women Minorities Health. [United States]: Office on Women’s Health, 200-. Includes links to health topics of special concern to Native American and Alaska Native women as part of the gateway to a vast array of federal and other health information resources at the National Women’s Health Information Center.

www.womenshealth.gov/minority/americanindian/

American Indian Health: An Information Portal to Issues Affecting the Health and Well-Being of American Indians. Bethesda, MD: Specialized Information Services, U.S. National Library of Medicine, National Institutes of Health, Department of Health and Human Services. This Web resource on American Indian Health, sponsored by the National Library of Medicine, is designed to bring together health and medical resources pertinent to the American Indian population including policies, consumer health information, and research. Links are provided here to an assortment of documents, Web sites, databases, and other resources.

americanindianhealth.nlm.nih.gov/

American Indian Disability Technical Assistance Center (AIDTAC) / University of Montana Rural Institute: Center for Excellence in Disability Education, Research and Services. Missoula: MT, 2000-. A national center to provide information, training, and technical assistance to vocational rehabilitation and employment-related services assisting American Indians, Alaska Natives and Native Hawaiians with disabilities.

aidtac.ruralinstitute.umt.edu/

American Indian Resources on Diabetes / National Diabetes Information Clearinghouse. Bethesda, MD: National Diabetes Information Clearinghouse, 2002-. This site provides statistical information related to

diabetes in Native Americans.

diabetes.niddk.nih.gov/dm/topics/amerindian.asp

Just Move It. [United States, 200-]. Just Move It is a national campaign to promote physical activity for American Indians and Alaska Natives. Sign up to start a Just Move It program in your area!

justmoveit.org

MEDLINEplus Health Information: Native American Health. Bethesda, MD: U.S. National Library of Medicine and the National Institutes of Health, 199-. A comprehensive collection of resources put together by the U.S. National Library of Medicine and the National Institutes of Health on topics about and related to Native American health. Find links to statistics, news, research, organizations and health information.

www.nlm.nih.gov/medlineplus/nativeamericanhealth.html

National Indian Health Board (NIHB). Washington, DC: National Indian Health Board, 2002-. The NIHB, a non-profit organization, works as an advocate on behalf of all Tribal Governments and American Indians / Alaska Natives in the effort to provided quality health care.

www.nihb.org

Native Americans and Diabetes / American Diabetes Association. Alexandria, VA: American Diabetes Association, 200-. Compared to the general population, Native Americans are disproportionately affected by diabetes. The American Diabetes Association (ADA) presents facts and information on pre-diabetes, managing diabetes and avoiding complications such as amputation. Also, learn about ADA's programs designed specifically for Native Americans. 1/800-DIABETES.

www.diabetes.org/communityprograms-and-localevents/nativeamericans.jsp

Office of Minority Health. Washington, DC: U.S. Department of Health and Human services, 200-. The Office of Minority Health performs customized responses to telephone, e-mail and mail inquiries. The resource center can provide database searches, funding searches, and current data and statistics on a variety of health conditions and issues affecting racial and ethnic minorities.

www.omhrc.gov/

Tribal Connections. Seattle, WA: University of Washington and the National Library of Medicine, 2003-. Tribal Connections provides reader-friendly information about critical issues related to Native American health for both health professionals and consumer health information seekers.

www.tribalconnections.org/

Tribal Connections Four Corners Go Local. Bethesda, MD: Arizona Health Sciences Library at the University of Arizona, Denison Memorial Library at the University of Colorado, The University of New Mexico Health Sciences Library and Informatics Center, and Spencer S. Eccles Health Sciences Library at the University of Utah. This site lists local health services in the Four Corners area of Arizona, Colorado, New Mexico and Utah.

apps.nlm.nih.gov/medlineplus/local/tribalconnectionsfourcorners/homepage.cfm?areaid=17

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sites must [contact](#) the Amputee Coalition of America for permission to do so.

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