

DIABETES IMPACT AT YELLOWHAWK

WHY IT MATTERS TO YOU!

13.6% of American Indians/Alaskan Native adults are diagnosed with diabetes. Diabetes can develop at ANY age! A healthy diet, regular physical activity, maintaining a normal body weight and avoiding tobacco use are ways to prevent or delay the onset of type 2 diabetes.

diabetes.org & World Health Organization



Type 1

Body doesn't make enough insulin. No know prevention.

cdc.gov

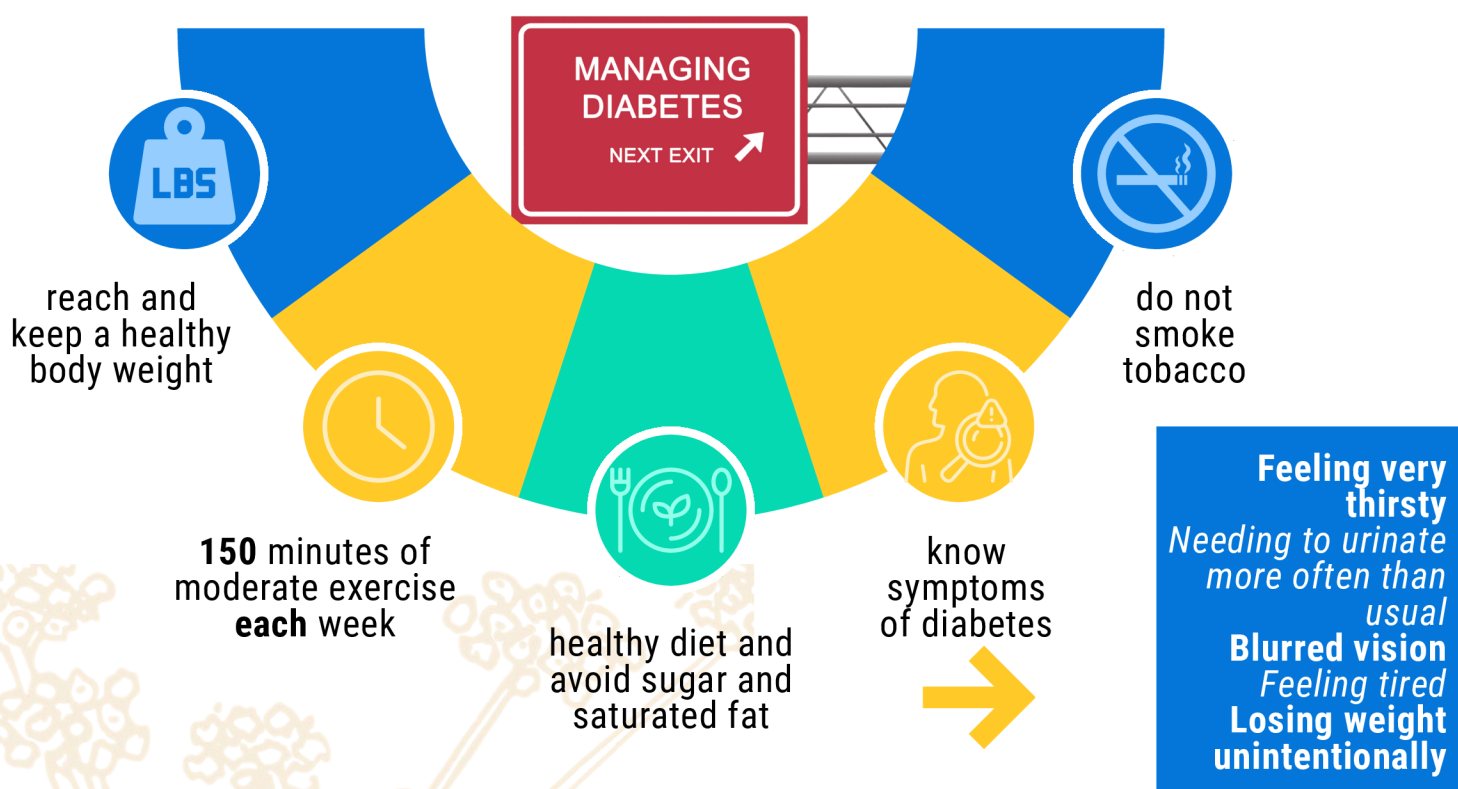
Type 2

Body can't use insulin properly. Most cases can be prevented.



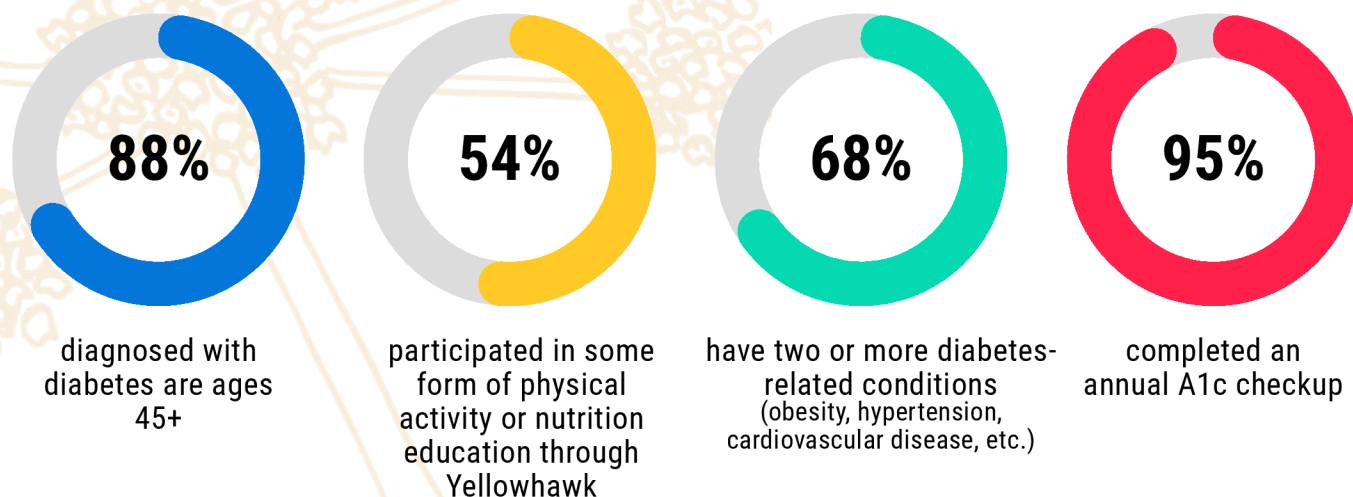
About 1 in 10 Yellowhawk patients are diagnosed with diabetes. That's **10.1%** of all patients.

Lifestyle changes are the best way to prevent or delay the onset of type 2 diabetes. To help prevent type 2 diabetes and its complications, people should

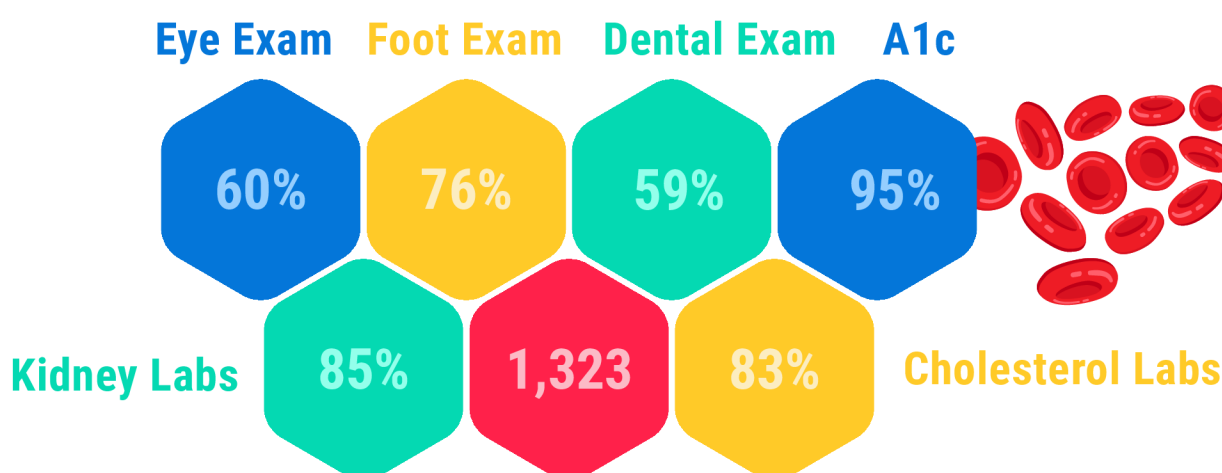


Regarding our Yellowhawk patients, diagnosed with diabetes in the year 2024.

98% of Yellowhawk patients diagnosed with diabetes are diagnosed with Type 2.



Serious complications of diabetes include heart disease, stroke, amputation, end-stage kidney disease, blindness—and death. In 2024, 387 patients were followed on their wellness journey.



YELLOWHAWK
TRIBAL HEALTH CENTER

Events/activities offered through Yellowhawk Diabetes Prevention Program

