

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 known prevention.

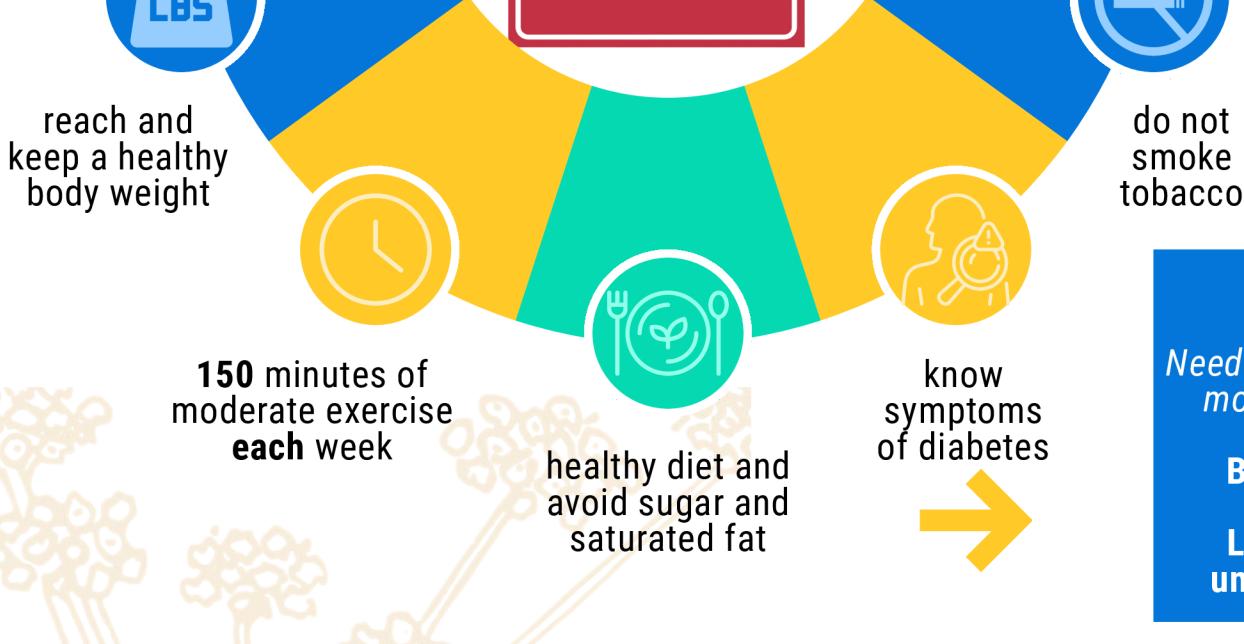
cdc.gov

Type 2

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

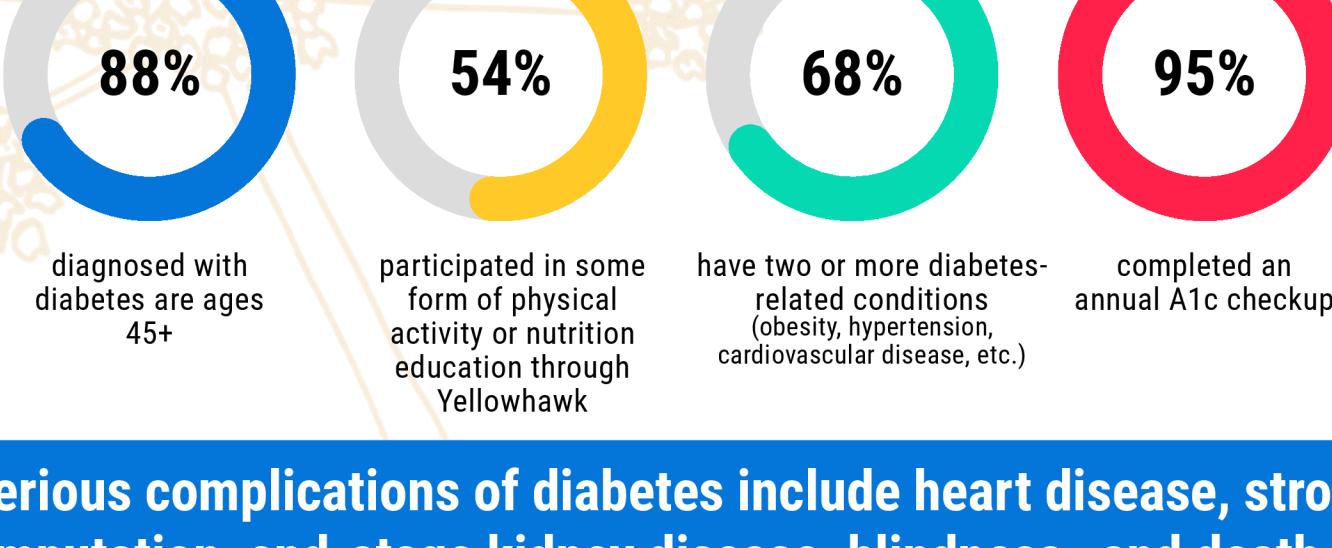
About 1 in 10 Yellowhawk patients are diagnosed with diabetes. That's **10.1%** of all patients.

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.

Eye Exam Foot Exam Dental Exam A1c

60% 76% 59% 95%

Kidney Labs

85%

1,323

83%

Cholesterol Labs

Events/activities offered through Yellowhawk Diabetes Prevention Program