

National Institute of Environmental Health Sciences

# **Environmental Solutions to Obesity in America's Youth**



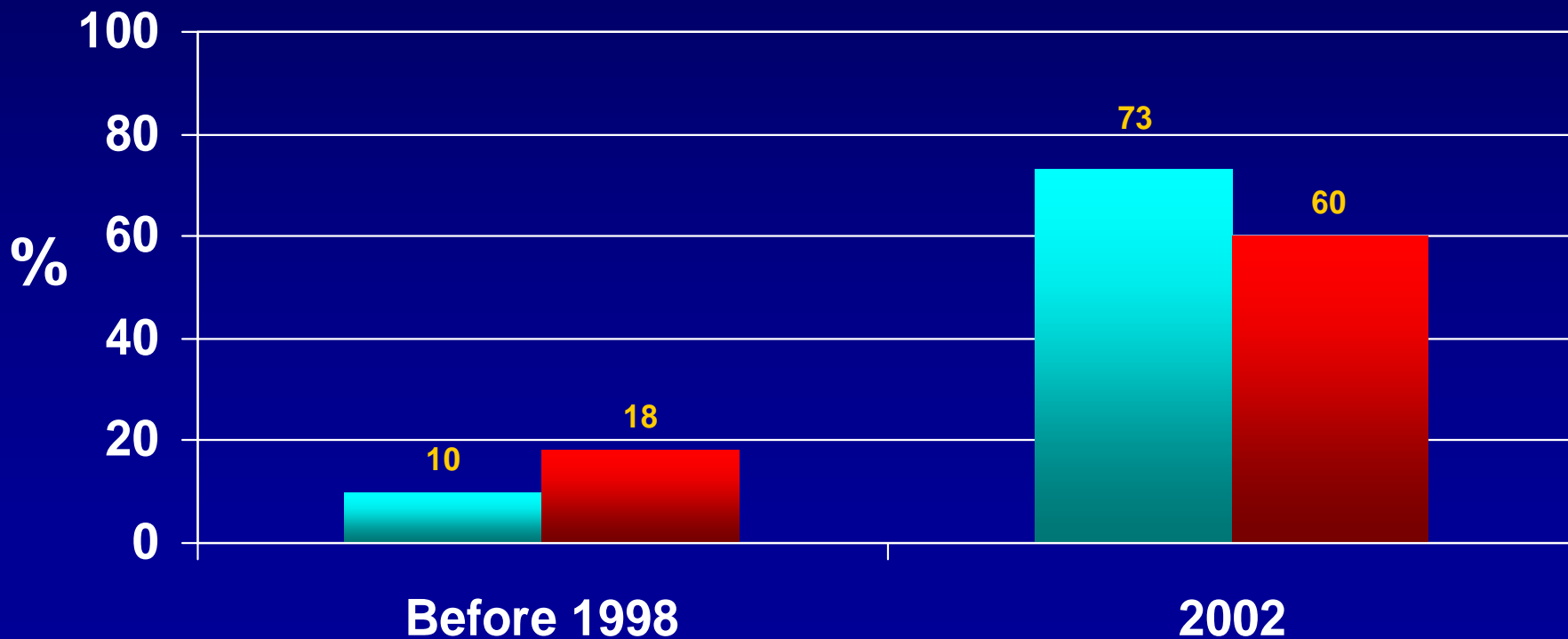
## **Our Wellness Journey: Following the Path of Traditions in Building Healthier AI/AN Communities**

**Kelly Moore, MD, FAAP  
Clinical Consultant  
IHS Division of Diabetes  
Treatment and Prevention**

# Special Diabetes Program for Indians

## Primary Prevention & Weight Management Programs for Children & Youth

■ Primary Prevention for Children & Youth ■ Weight Mgmt Programs for Youth



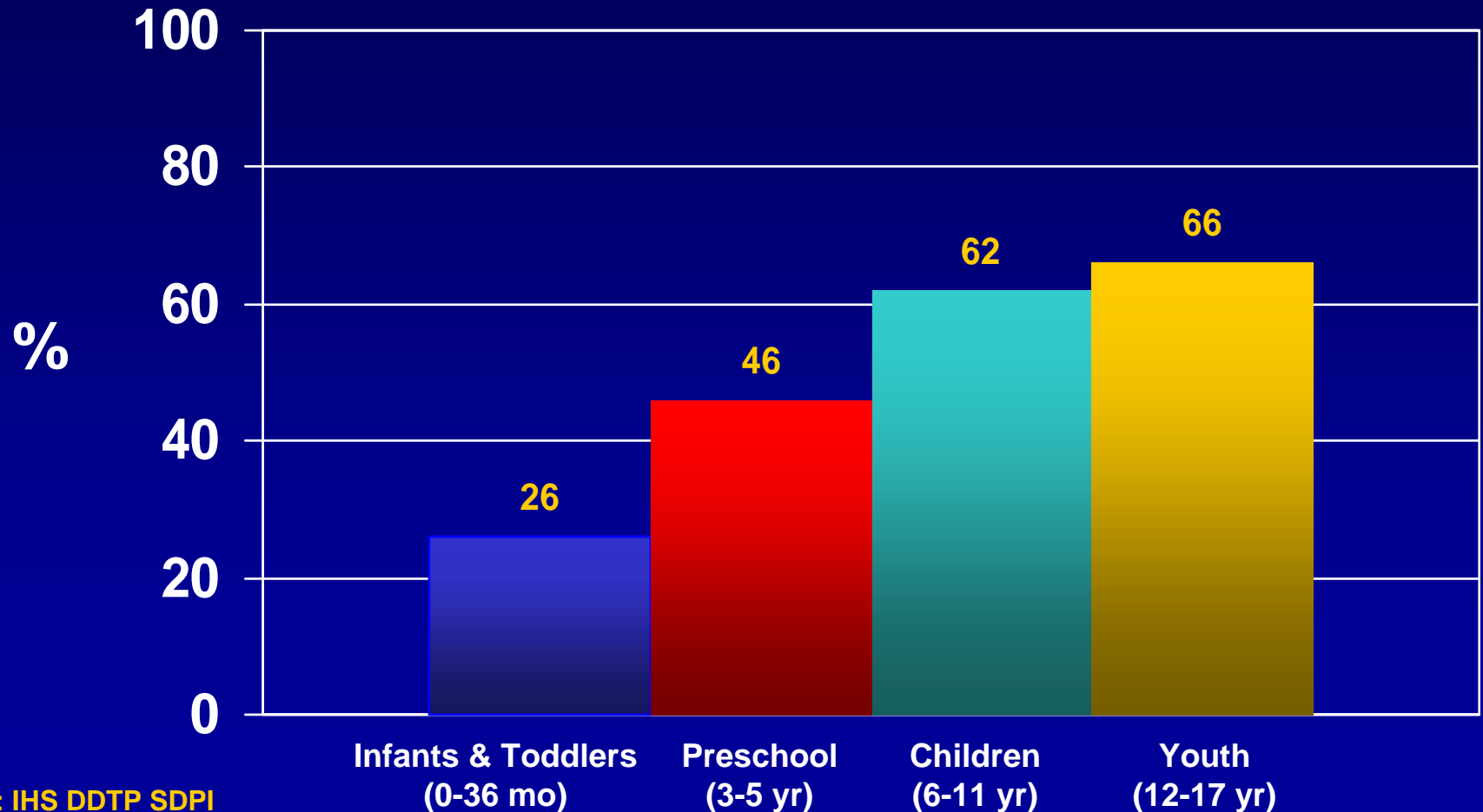
Source: IHS National Diabetes Program  
SDPI Evaluation, 1997-2002

# Special Diabetes Program for Indians

## Activities for Obesity Prevention

### 2004

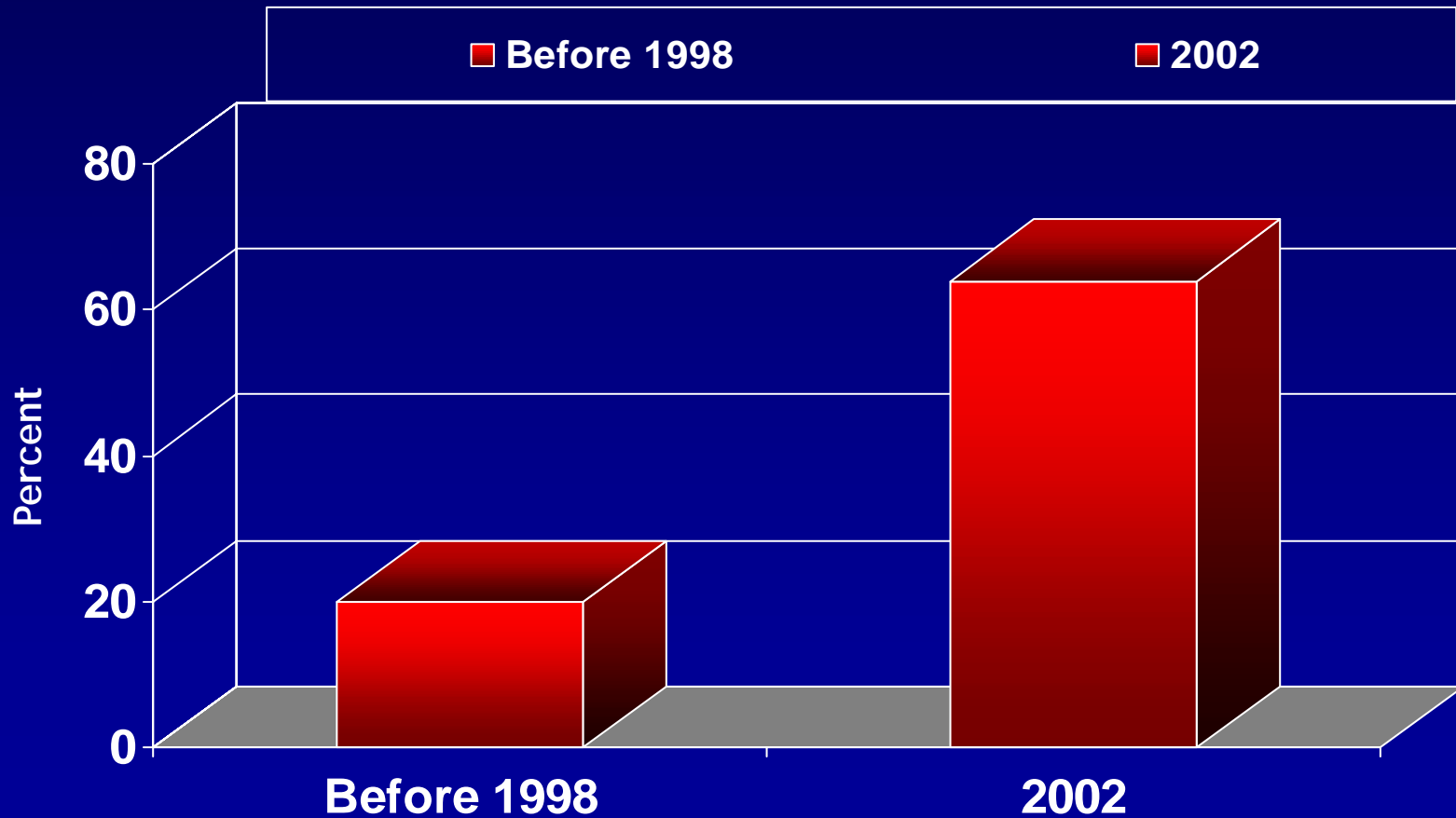
---



Source: IHS DDTP SDPI  
Evaluation, 2004

## Special Diabetes Program for Indians

# Walking and Running Opportunities are Available for Children and Youth

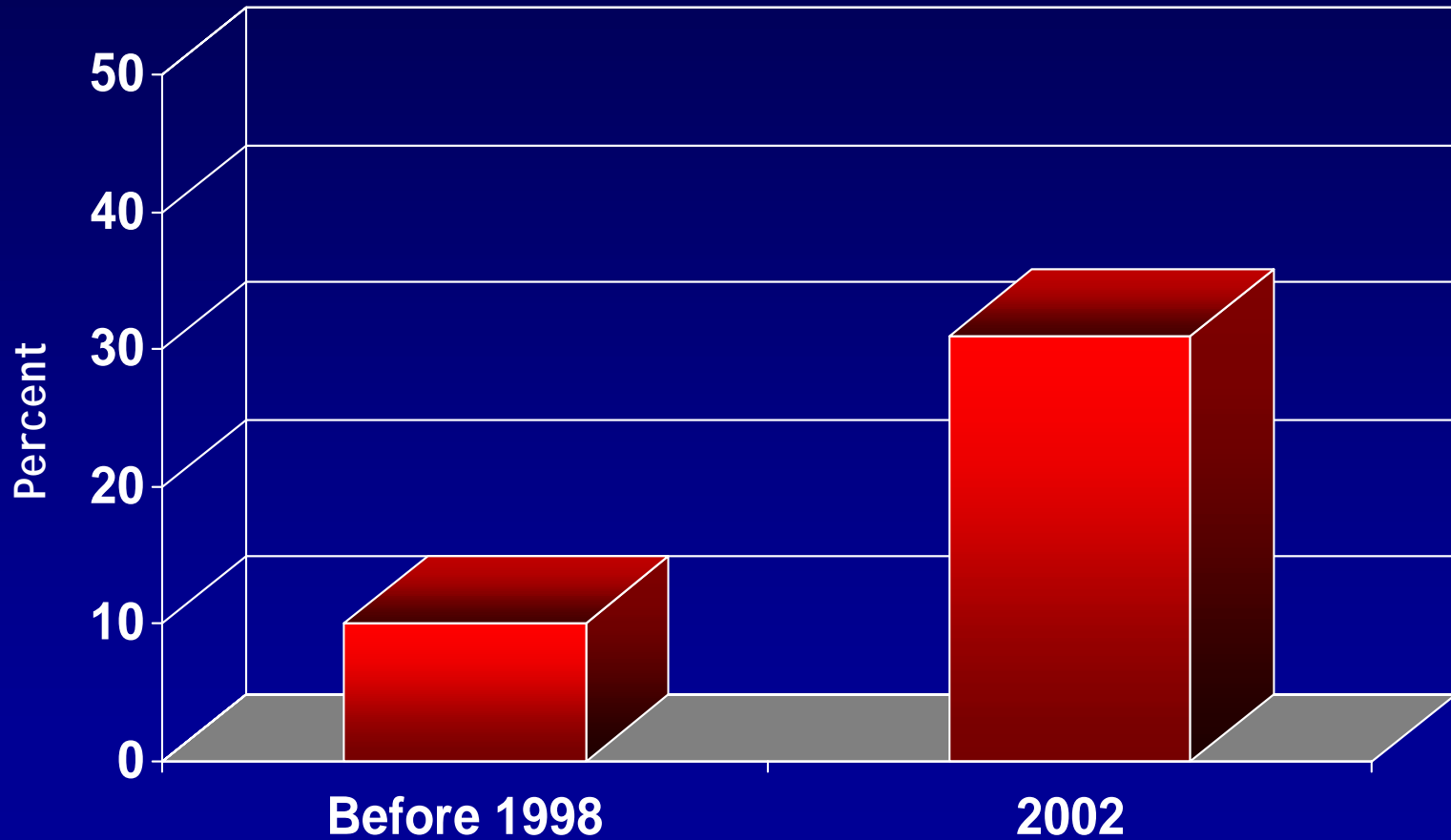


Source: IHS National Diabetes Program  
SDPI Evaluation, 1997-2002

# Special Diabetes Program for Indians

## Able to Build or Improve Playgrounds

---

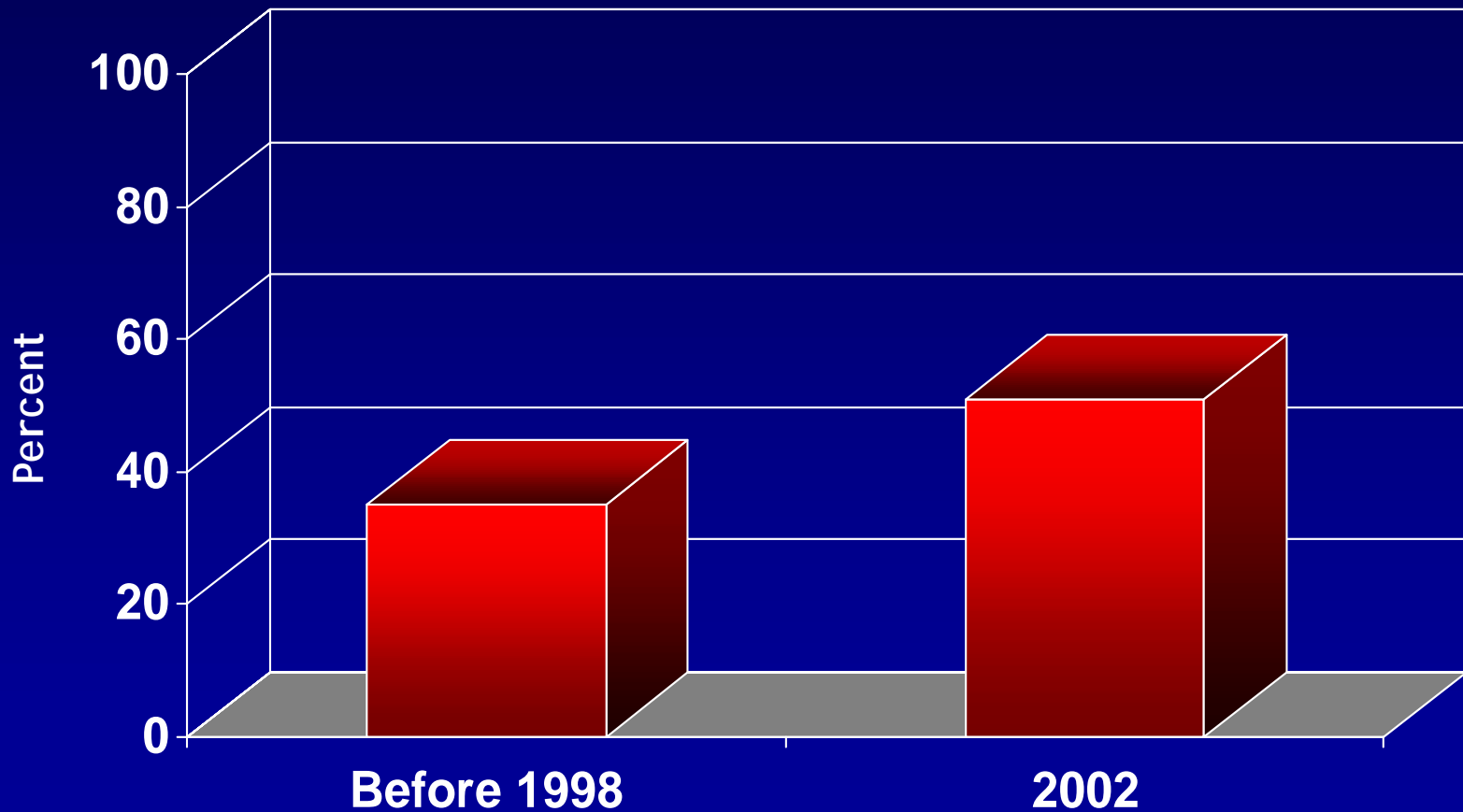


Source: IHS National Diabetes Program  
SDPI Evaluation, 1997-2002

# Special Diabetes Program for Indians

## ***Regular After-School Activities Are Available for Children and Youth***

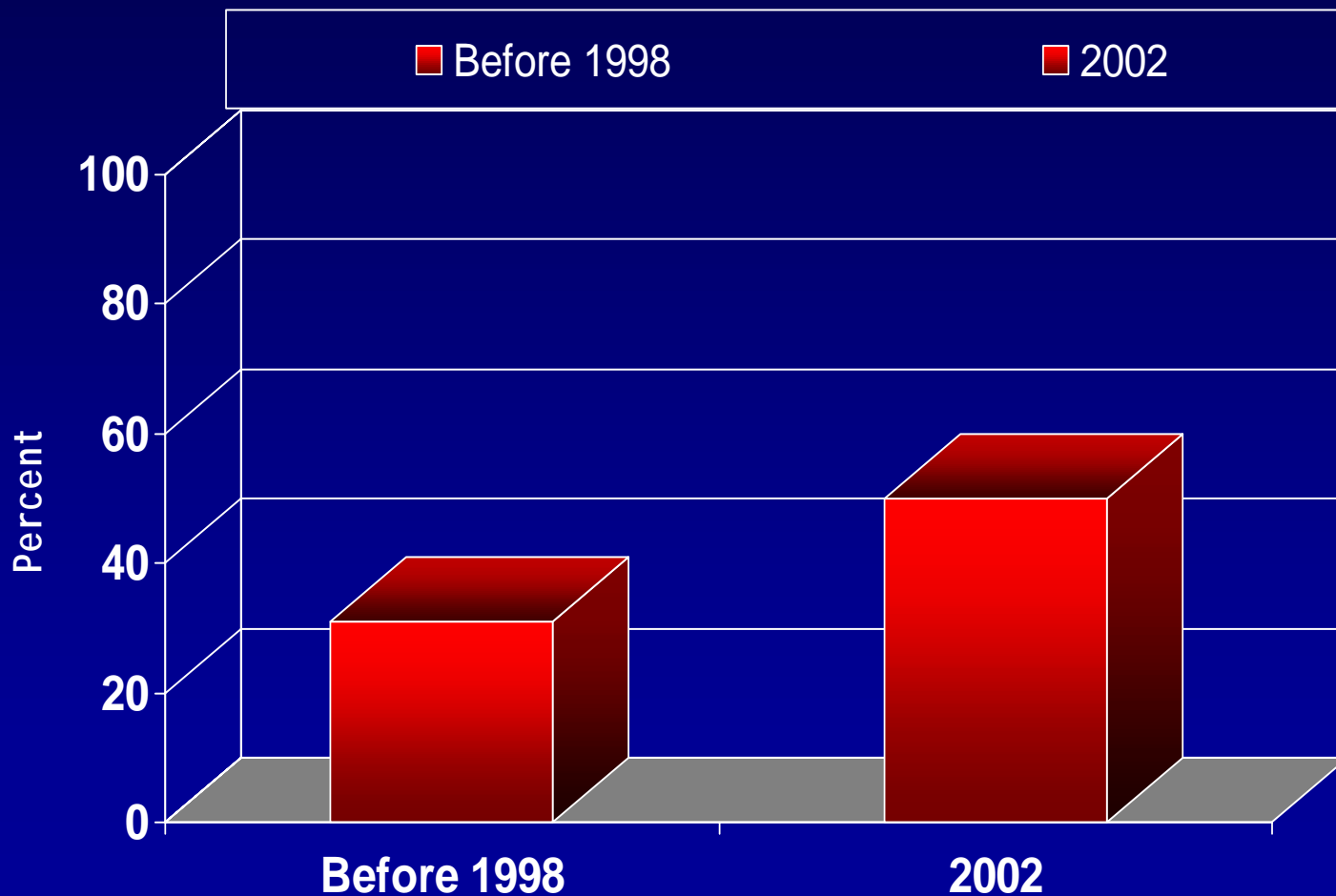
---



Source: IHS National Diabetes Program  
SDPI Evaluation, 1997-2002

# Special Diabetes Program for Indians

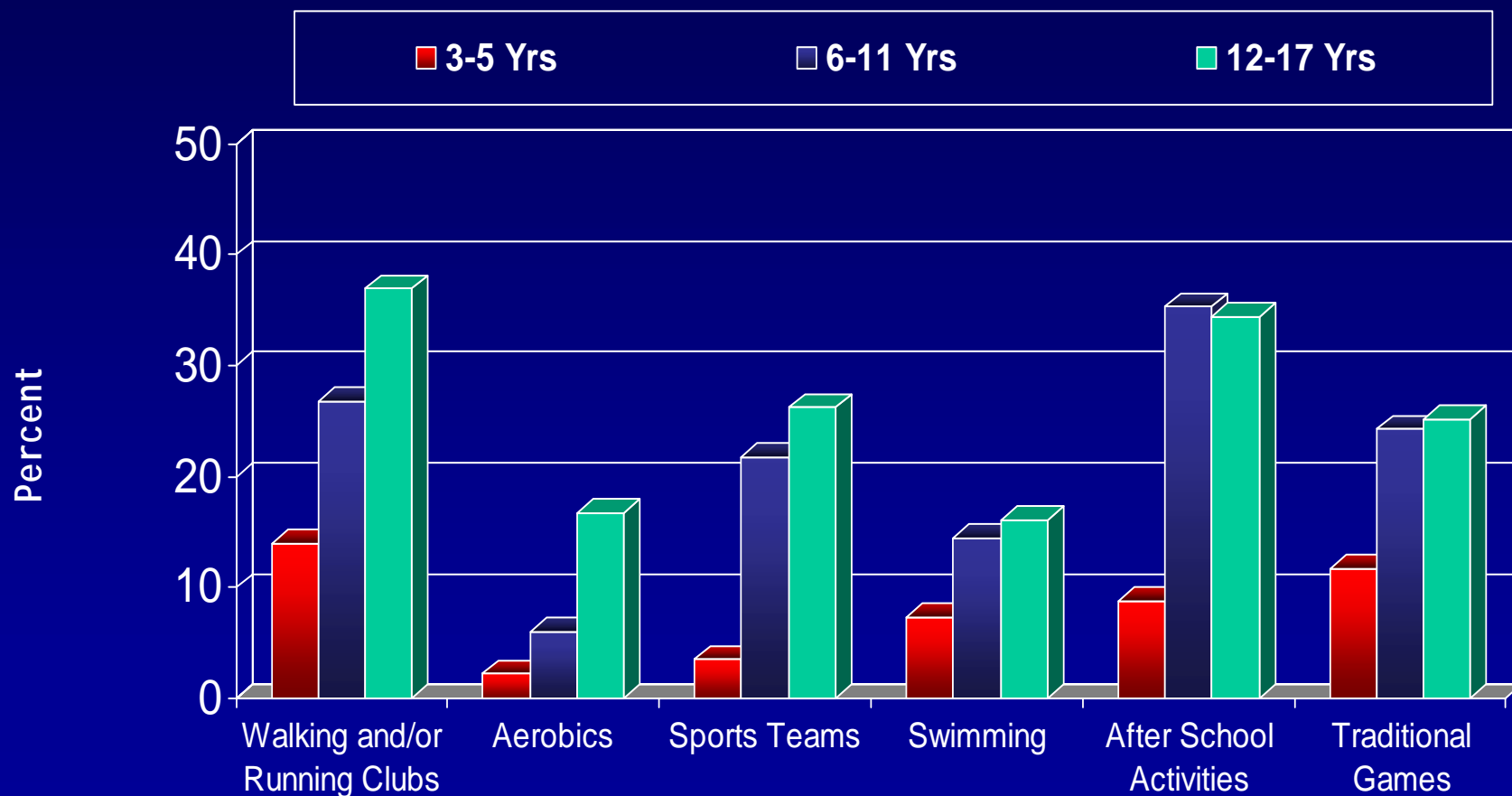
## Traditional Games and Activities are Available for Children and Youth



Source: IHS National Diabetes Program  
SDPI Evaluation, 1997-2002

# Special Diabetes Program for Indians

## Physical Activity Programs Are Available For Children & Youth



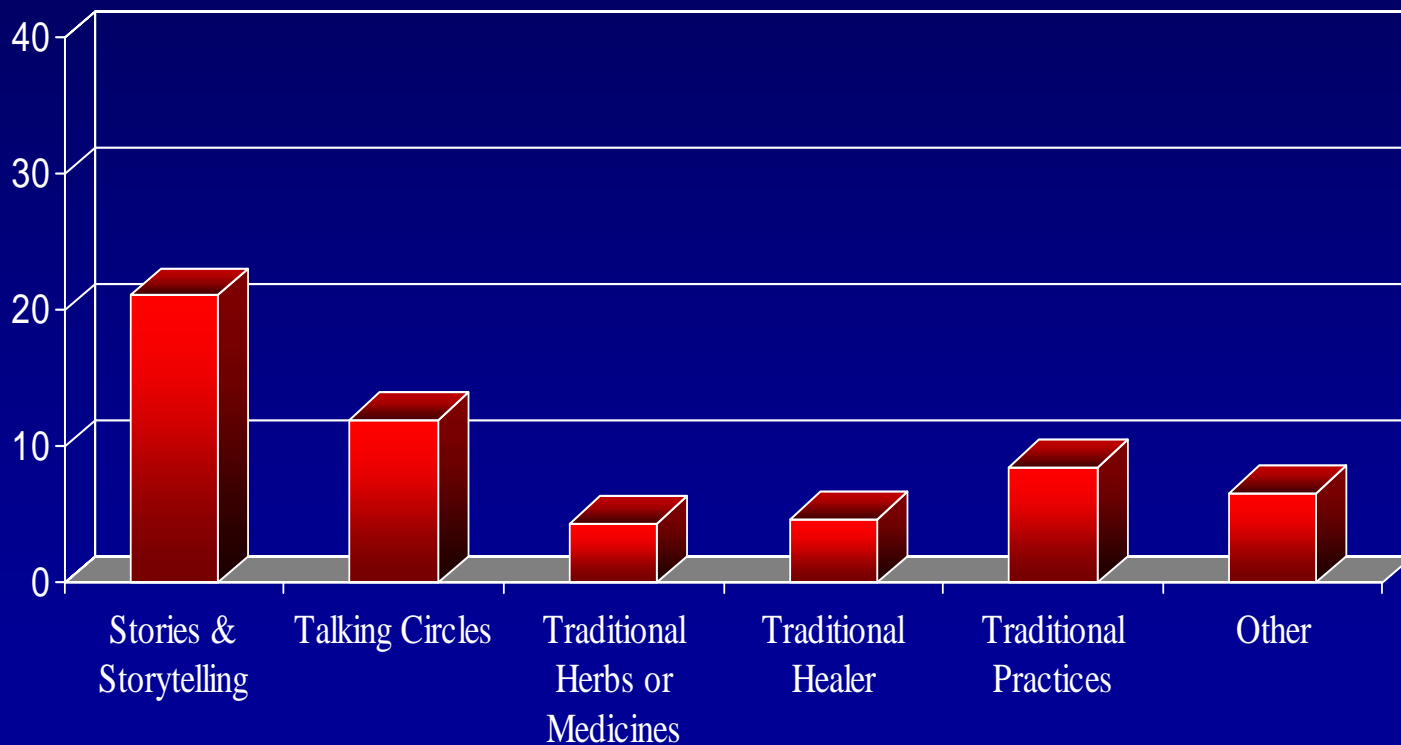
Source: IHS National Diabetes Program  
SDPI Evaluation, 1997-2002



# Special Diabetes Program for Indians

## Traditional and Cultural Approaches are Available for Children and Youth

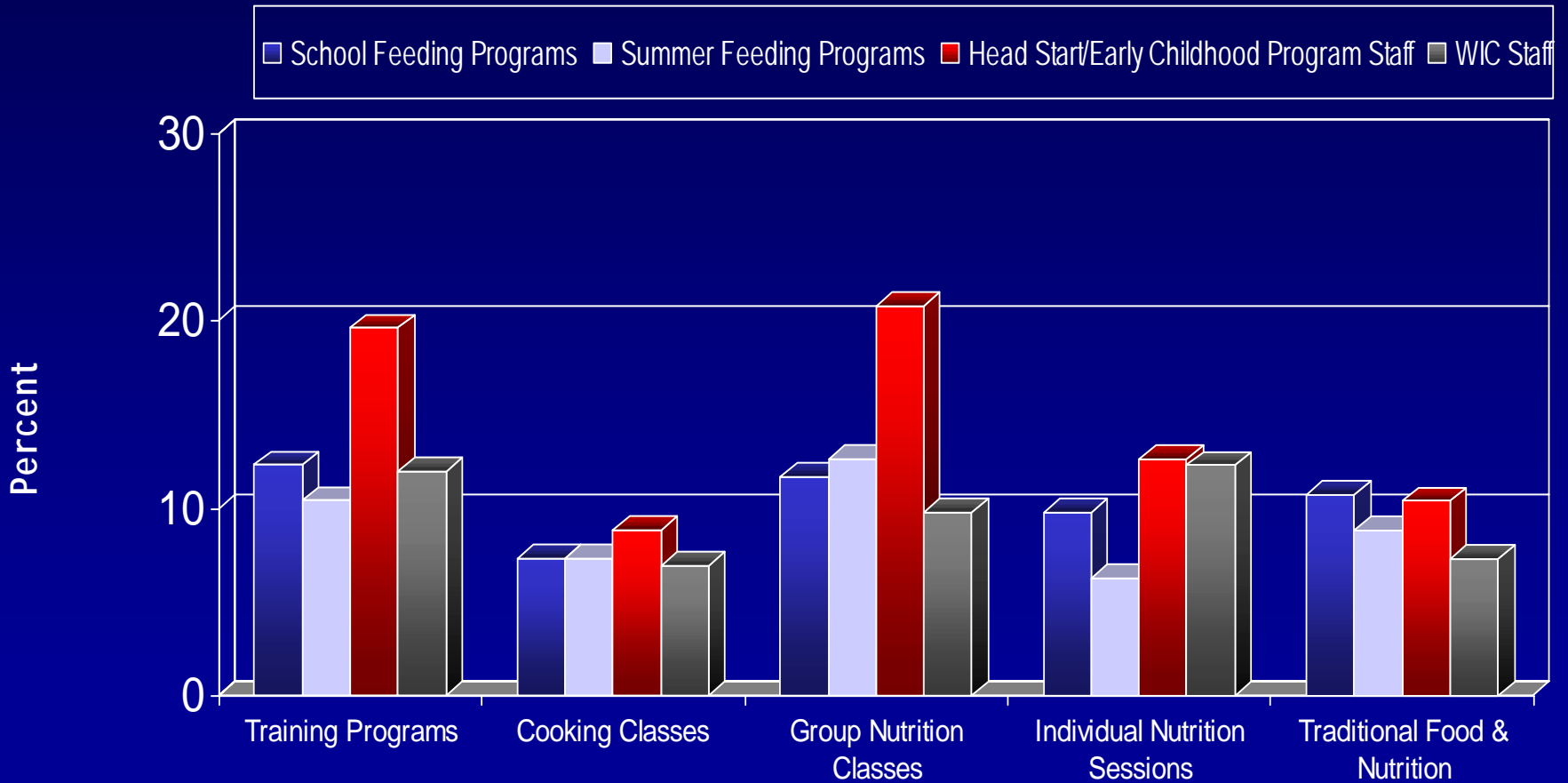
---



**Source: IHS National Diabetes Program**  
**SDPI Evaluation, 1997-2002**

# Special Diabetes Program for Indians

## Nutrition Education is Provided to Community Staff and Families

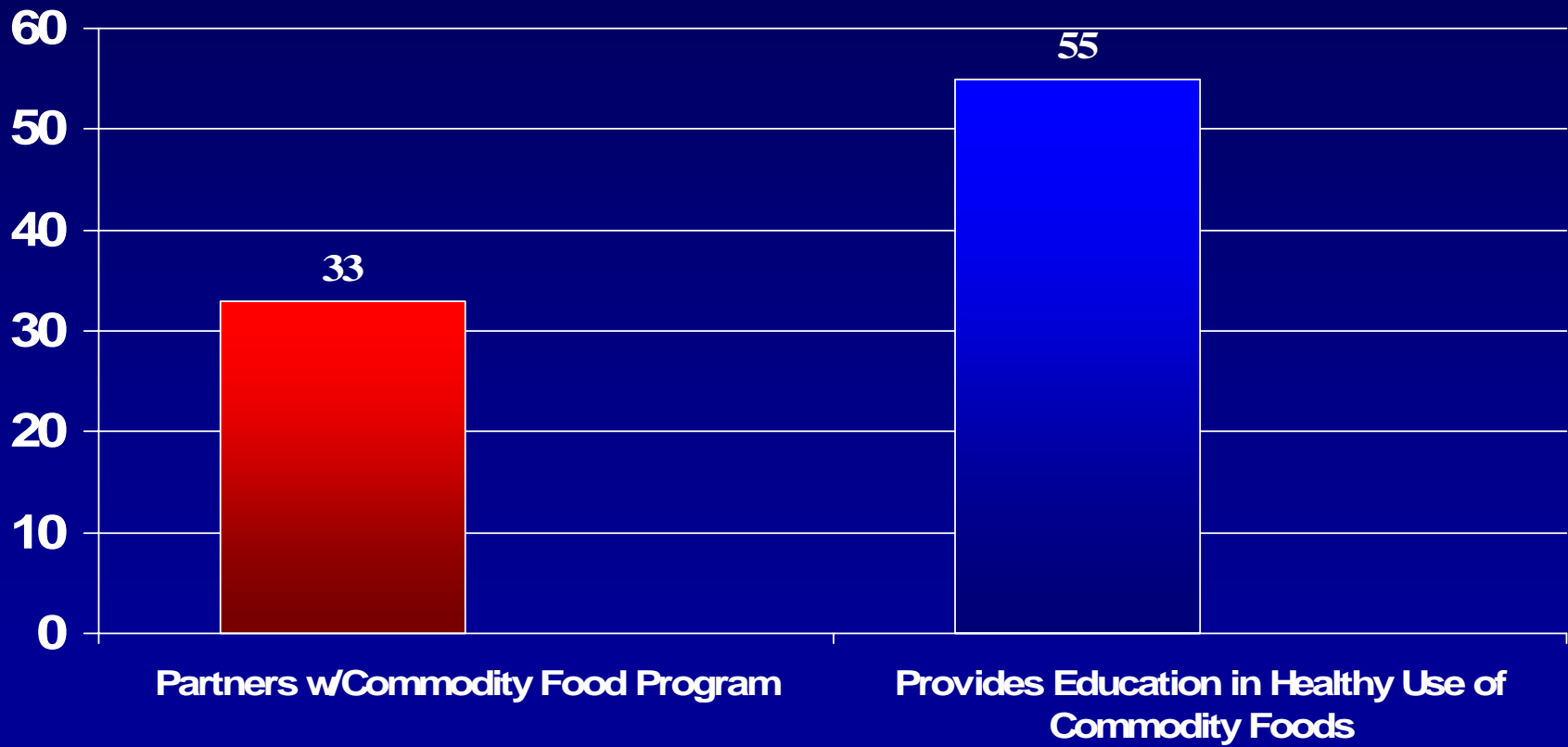


Source: IHS National Diabetes Program

SDPI Evaluation, 1997-2002

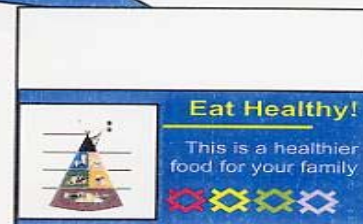
# Special Diabetes Program for Indians

## USDA Food Distribution Program for Indians (FDPIR)



# Eat Healthy!

What are these new labels  
at the Lane Deer Trading Post IGA?



*These labels help you find healthy food at the store!*

The colored morningstars  
on the label tell you why  
a certain food is healthy:

Red = low sugar



Yellow = low fat



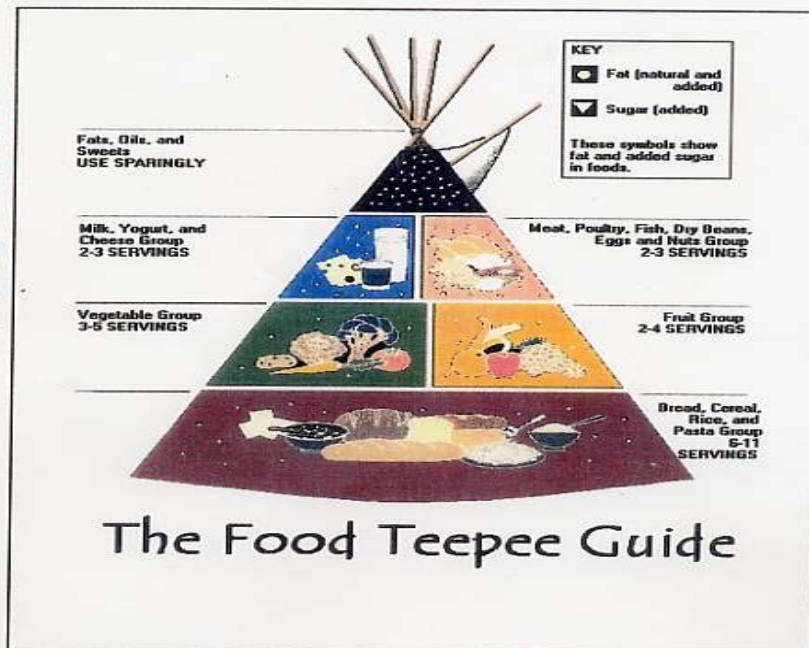
Green = high vitamins  
and minerals



Violet = high fiber



The more  
morningstars  
you see on the  
label, the healthier  
that food is!





THE



(stop the pop...!)

HOW SWEET ARE YOU? The sugar countdown...find your favorite drink

Teaspoons of sugar in a 12 oz can:

Prune Juice/Cranberry Apple Juice Cocktail.....	16 tsps
Grape Juice (Pure, No Sugar Added).....	15
Kern's Guava Nectar.....	14
Cranberry Juice Cocktail/Orange Crush/Basha's Orange Soda/Kerns Apricot Nectar Squeeze-It Pouch/Langers Cranberry 100/Snapple Earth Drink Minute Maid Grape Soda.....	13
Hi-C/Ocean Spray Ruby Red/Dole Pine-Orange Strawberry Juice Mountain Dew/Minute Maid Lemonade/Surge/A&W Root Beer/Starbucks Frappuccino Basha's Grape, Strawberry and Black Cherry Soda.....	12
Orange Juice/Apple Juice/Fruitopia/Capri Sun Juice Drink Pouch RC Cola/ Basha's Cola, Root Beer/Hawaiian Punch/Eclipse Tropic/Snapple Lemonade/Sunny Delight /Sobe Drinks/V-8 Splash Tropical Blend/YooHoo/Koolaid Bursts Fruit Works Drinks/Snapple Gravity, Fire or Altitude Drinks.....	11
Coke/Pepsi/7-Up/Dr. Pepper/Pineapple Juice/Ginger Ale/Squirt.....	10
Tampico Citrus Punch/Fiesta Fruit Punch/Citra/Sprite/Southwest Sun Tea.....	9
Grapefruit Juice/Nestea Iced Tea/Nestea Cool/Lipton Brisk Iced Tea Snapple Lightning Drink.....	8
Clearly Canadian/Shamrock 1% Chocolate Milk/Powerade.....	7
Koolaid/Country Time Pink Lemonade/10-K.....	6
Gatorade.....	5
Milk : Whole, 2%, 1% or Skim.....	4.5
V-8.....	4

Water/Coffee/Tea/Diet Pop/Crystal Light/Diet Nestea Sugar-Free Koolaid..... NO SUGAR

\*\* (supersize or big gulp- multiply all the numbers by 2 to 3 depending on how much ice you get...)

Think about it- would you ever go to a sugar bowl and eat 10 teaspoons of sugar in 10 minutes? **GROSS!!!** That's what happens when you chug a can of soda or juice in 10 minutes- unless it's DIET SODA or water.

**think before you drink....think before you drink....think before you drink**



**SO- Let's say you DO drink that 12 oz soda with 10 teaspoons of sugar...**

**And you say-"Oh, I'll just exercise more to burn off the extra calories."**

**Here's what you have to do to get rid of those 120 extra calories:**

If you are adult size (about 130 pounds or greater)

WALK for 30 minutes (for 28 football fields- a little over 1 1/2 miles)

RI DE A BI KE for 20 minutes ( or about 5 miles)

RI DE a HORSE for 30 minutes

ROLLER BLADE for 20 minutes (skating, not falling!!) JOG/RUN for 15 minutes (about 1 1/2 to 2 miles)

If you are a kid (about 60-70 pounds) -YOU HAVE TO WORK HARDER!!

WALK 45 minutes

RI DE A BI KE 30 minutes

RI DE a HORSE 1 hour

ROLLER BLADE 30 minutes

JO G/RUN 20 minutes

**AND let's say you DID Supersize that drink and you drank 36 oz of soda**

**with sugar- that's \*\*\*30\*\*\* teaspoons of sugar- or about 2/3 of a CUP OF SUGAR!!! UGH!**

**REMEMBER: Many JUICES have AS MUCH or MORE SUGAR than POP!! (and Gatorade has less per ounce BUT YOU DRINK MORE- a quart bottle has over 12 teaspoons of sugar!!! And you thought it was good for you....!)**

**Water has no calories. Zero. Nada. None. (Unless you put stuff in it...)**

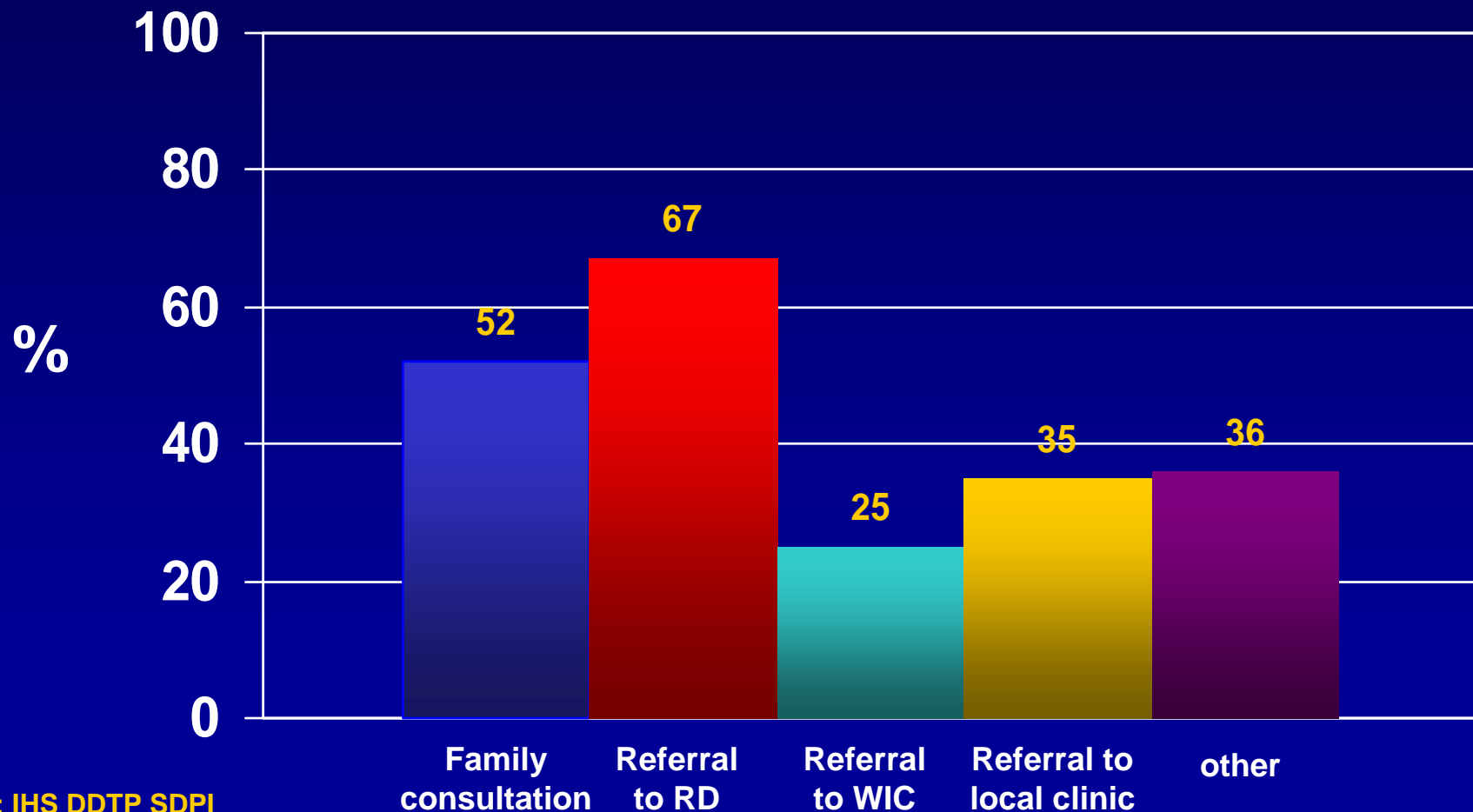
**think before you drink.....think before you drink.....think before you drink.**

# Special Diabetes Program for Indians

## Strategies for Overweight Children

### 2004

---





**NATIVE WAY**

**ADOLESCENT  
WEIGHT  
MANAGEMENT  
PROGRAM**

**HASKELL HEALTH  
CENTER**

# “Native Way” Methods

- Use of native stories and analogies to explain behavior change, choice, and goal setting
- Placing family at the center
- Empowering parents to find the “best fit”
- Native American behavior specialists to relate to personal family issues
- Activities, such as “talking circle”





A sunset scene with a silhouette of a tree on the left and the text "Lessons Learned" in the center. The sky is a mix of orange, yellow, and red, with some clouds. The tree is dark and its branches are silhouetted against the bright sky. The text is in a bold, black, sans-serif font.

# Lessons Learned

**Don't reinvent the wheel. Learn from each other!**





**Foster  
creativity  
and reward  
innovation**





**Remember  
family and  
community**



# Health For Native Life

Diabetes Prevention Program Special Edition



**They Made the Switch!**

**Eating Habits  
Change for Good**



**Say Good-bye to the Sofa!**

**They're Up  
and Running  
(Walking,  
Too!)**

## **Southwest Celebrities**

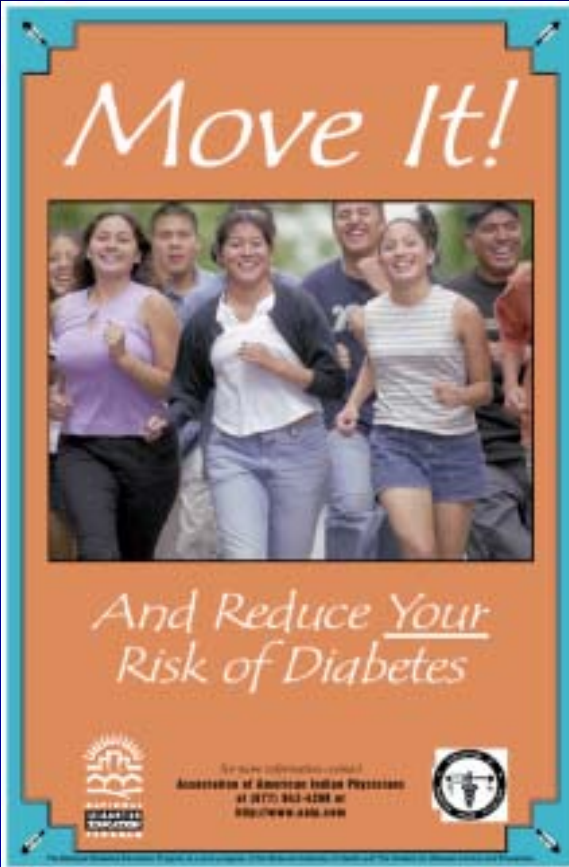
**People from Southwest Tribal  
Communities Show Us How  
to Prevent or Delay Diabetes**

**Celebrate  
success!**




# Partner with many and don't focus on who gets the credit


NDEP American Indian/Alaska Native  
Diabetes Prevention Campaign Materials

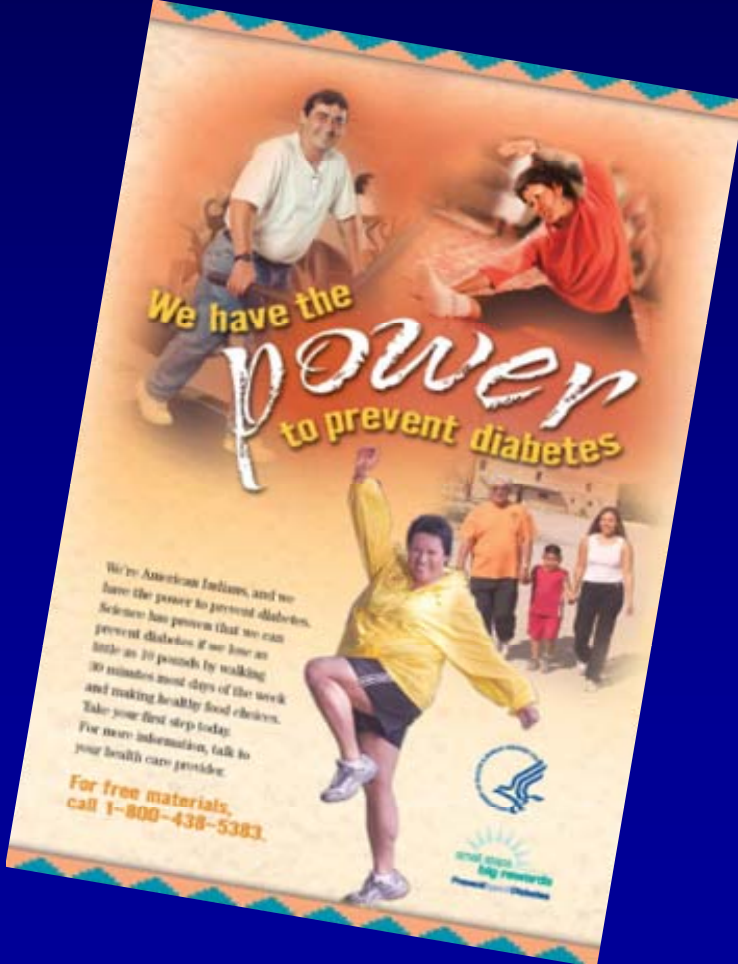



*Move It!*






*And Reduce Your Risk of Diabetes*

 For more information, contact  
Association of American Indian Physicians  
at (877) 943-4298 or  
800/744-4368




We have the *power* to prevent diabetes




We're American Indians, and we have the power to prevent diabetes. Science has proven that we can prevent diabetes if we lose as little as 10 pounds by walking 30 minutes most days of the week and making healthy food choices. Take your first step today. For more information, talk to your health care provider.

For free materials, call 1-800-438-5383.



Small steps big rewards  
Prevent Diabetes

# More Lessons Learned

- 
- **It takes time to build infrastructure**
  - **It takes time for message to sink in**
  - **Local priorities = local ownership**
  - **Evaluation requires an open mind**

# **IHS Division of Diabetes Treatment and Prevention**

**[www.ihs.gov/medicalprograms/diabetes](http://www.ihs.gov/medicalprograms/diabetes)**

**5300 Homestead Road NE  
Albuquerque, NM 87110  
505-248-4182**

