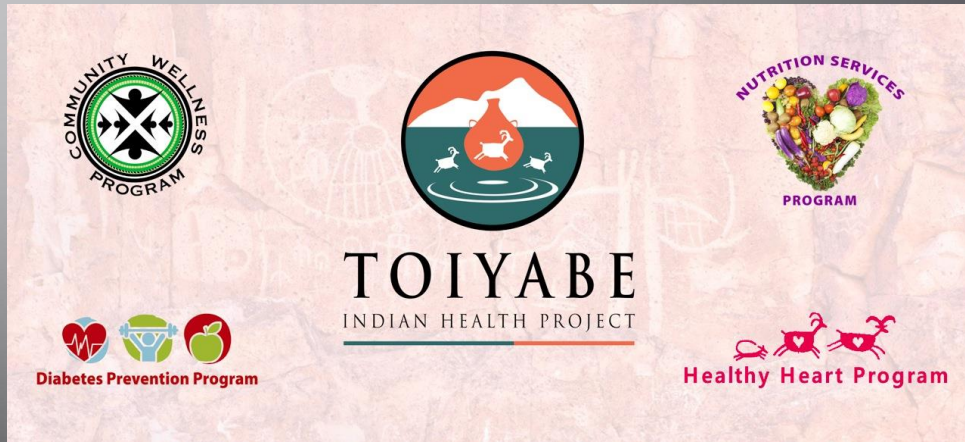




DIABETES AND OBESITY PREVENTION

Rick Frey, PhD
Director, Preventive Medicine
Toiyabe Indian Health Project

National Indian Health Board
National Tribal Public Health Summit
Palm Springs, CA
April 9, 2015



Toiyabe Service Area

11,435 sq. mi.

Mono County →

Bridgeport Indian Colony
Mono Lake Kutzadika'a Tribe
Utu Utu Gwaitu Paiute Tribe
Antelope Valley Indian Community of Coleville Paiutes



← Inyo County



Bishop Paiute Tribe
Shoshone Tribe
Independence Indian Reservation
Paiute-Shoshone Reservation
Shoshone Tribe of the Owens Valley



Bridgeport, CA

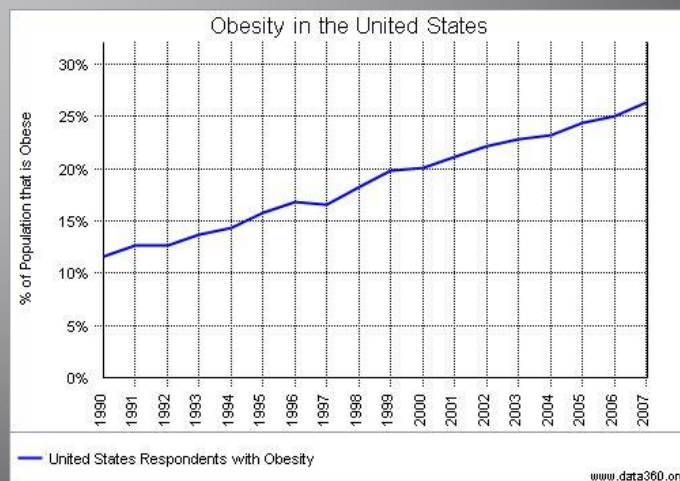
Bishop, CA

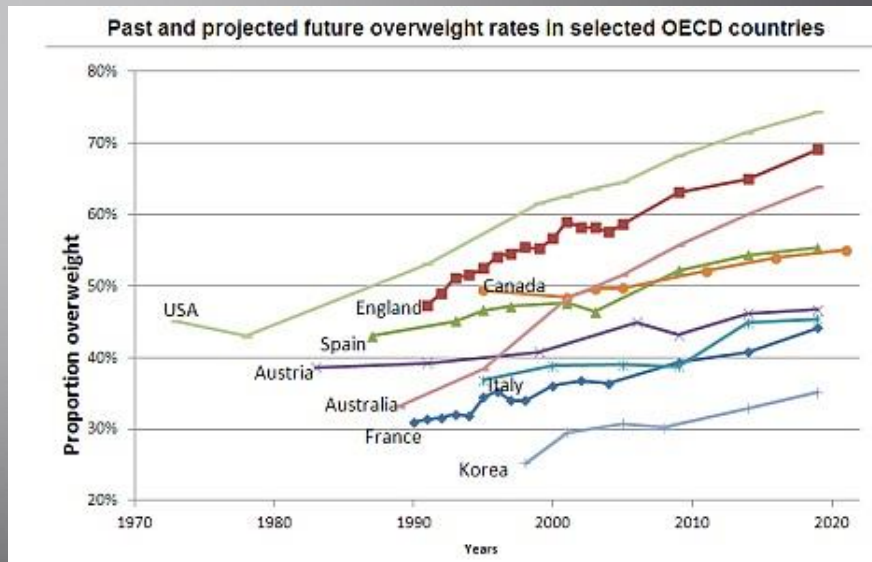


Death Valley, CA



US Obesity Time Chart



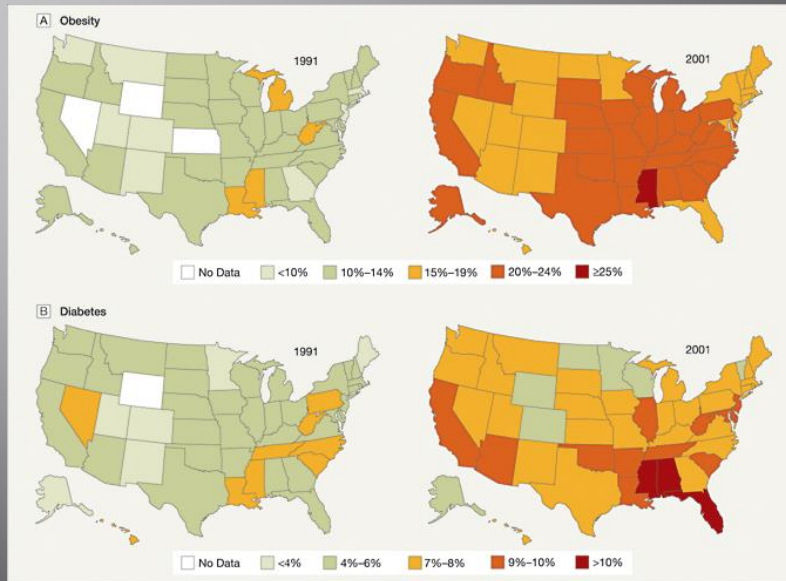


Organization for Economic Co-operation and Development
(34 countries)

Obesity – Diabetes Connection

About 90-95 percent of diagnosed diabetes among adults is type 2 diabetes, and **OBESITY** is one of the major risk-factors for type 2 diabetes.

Prevalence of Obesity and Diagnosed Diabetes Among US Adults, 1991 and 2001



Mokdad, A. H. et al. JAMA 2003;289:76-79.

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JAMA

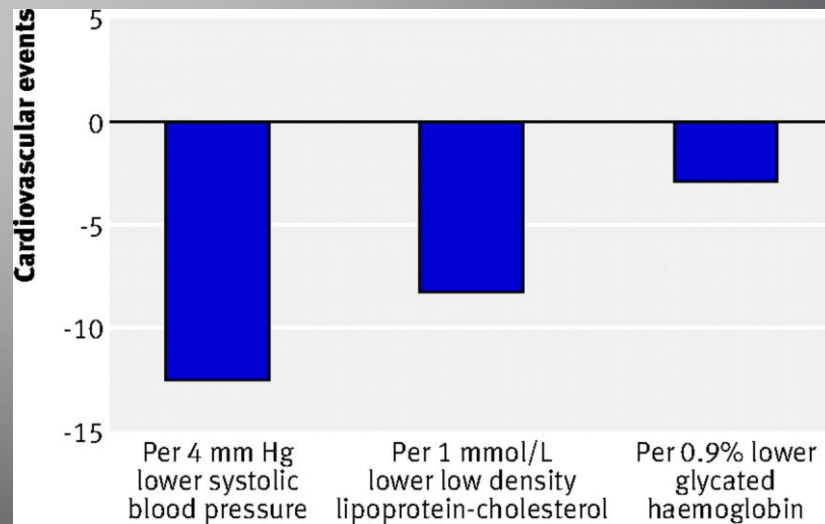
“The most significant way we can prevent or delay the onset of type 2 diabetes is through diet and exercise.”

Ying-Ying Meng, DrPH

Policy Brief, UCLA Center for Health Policy Research

May, 2014

Absolute number of events prevented by different interventions per 1000 patient years of treatment (data taken from Cholesterol Treatment Trialists' Collaboration and Blood Pressure Lowering Treatment Trialists' Collaboration).



Preiss D, Ray K K BMJ 2011;343:bmj.d4243

BMJ

©2011 by British Medical Journal Publishing Group

Easier to Understand

▣ Every thousand patients per year who:

Reduce:	Events prevented:
▣ 1) blood pressure by 4 points	13
▣ 2) "lousy" cholesterol by 18 points	8
▣ 3) blood glucose by 1%	3
▣ TOTAL:	24

Preventing Obesity

Our primary prevention efforts at reducing overweight and obesity rates are based on two strategic approaches:

1. Increase healthy, affordable food choices.
2. Increase physical activity opportunities.

And two philosophical approaches:

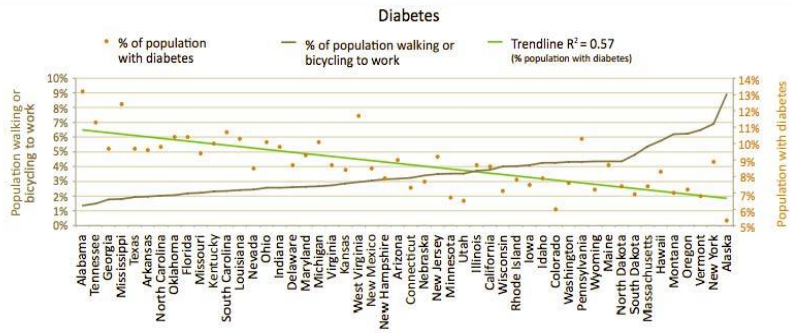
1. Change the environment.
2. Make those changes where people live, work, study, and play.

Physical Activity Opportunities

- ▣ Active living infrastructure
 - Multiuse paths
 - Bike share programs
 - Active play areas
 - Indoor/Outdoor exercise centers



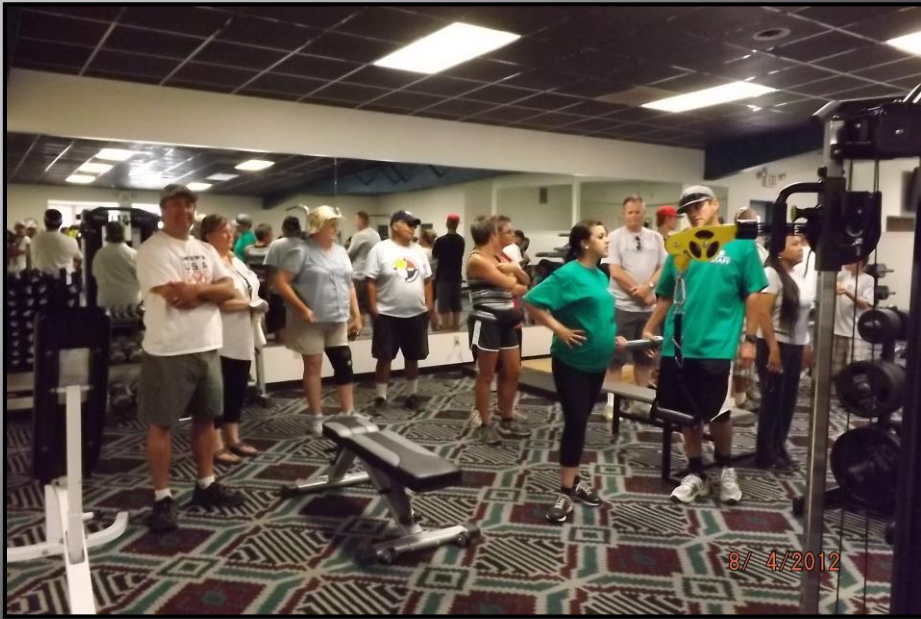
↑ Active Transportation, ↓ Diabetes



National Walking and Bicycling Alliance 2014









Healthy, Affordable Food Access

- ▣ Local and regional food systems
 - Community gardens
 - Farmers' markets
 - Healthy food policies
 - Connecting growers with vendors

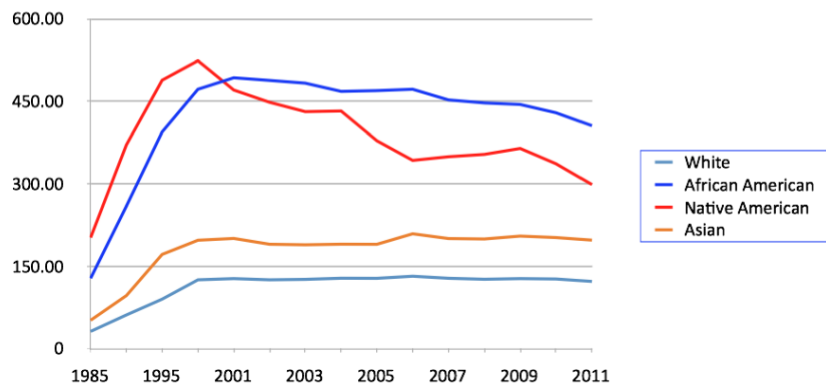








Implementation of Research Results Can Impact Public Health



NIH National Institute of
Diabetes and Digestive
and Kidney Diseases



In a healthy community even the animals are friendly!

FOR MORE INFORMATION FROM TOIYABE ABOUT:

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Public Health	Margee Neer	760-872-2622
Preventive Medicine	Rick Frey	760-873-8851

Thanks from
Toiyabe Indian Health Project