

Chronic Disease Self-Management



Diabetes and other chronic diseases make life unmanageable for millions of Native Americans prompting them to give up their independence too soon.

- Diabetes
- Arthritis
- Heart Disease
- Cancer
- Depression
- Lung Disease/Asthma

The Challenges of Chronic Disease

- 91% of older adults have at least one chronic condition and 73% have at least two
- Native Americans have the highest prevalence of type 2 diabetes in the world. The incidence is increasing faster than any other ethnic population

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- Cardiovascular (heart) disease is the leading cause of death among Native Americans
- Native Americans die at higher rates than all other Americans from heart disease, accidents, diabetes, respiratory disease, and alcoholism

Benefits of Managing Chronic Disease

- Better management of fatigue, shortness of breath, physical function, pain, stress, depression, and difficult emotions
- Improved ability to participate in family and community activities
- Better relationships with friends and family
- Fewer hospitalizations and emergency room visits
- Ability to advocate for self
- Greater ability to partner with health care providers

Wisdom Warriors is a chronic disease self-management program supporting Native Americans to live a healthy lifestyle and eliminate health problems in their communities. By remembering healthy Native traditions, learning about nutrition, setting goals, and supporting each other, we can live longer and stronger.

WISDOM WARRIORS



Living Wise... Living Strong

To become a Wisdom Warrior contact:

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