

## How can I join?

Classes are available in select areas. Contact the Health Educator in the Cherokee Nation health center nearest you.

Jay	918-253-4271
Muskogee	918-781-6500
Salina	918-434-8500
Sallisaw	918-775-9150
Male Seminary Rec Center	918-453-5496
Stilwell	918-696-8800
Tahlequah	918-453-5000
Vinita Wellness Center	918-256-4800

## Where can I get more information on this program?

For more information, contact the Cherokee Nation Diabetes Prevention Program at 918-453-5000 or toll free at 1-800-256-0671.

## Health Services

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CHEROKEE NATION®  
P.O. Box 948  
Tahlequah, OK 74465-0948  
918-453-5000  
[www.cherokee.org](http://www.cherokee.org)

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CHEROKEE NATION®  
Health Services

Healthy Native



Sponsored by the Diabetes Prevention Program

# What is the Diabetes Prevention's Healthy Native Program?

The Cherokee Nation Diabetes Prevention Program established the Healthy Native course to prevent type 2 diabetes. It has been successful in Cherokee communities for the past 10 years. Research has shown that people who lose up to 7 percent of their body weight by making modest changes can reduce their risk of developing type 2 diabetes by 58 percent. The Healthy Native course consists of 16 weekly group sessions and 6 monthly maintenance sessions focused on eating healthier, increasing your activity and losing weight. Sessions are facilitated by trained lifestyle coaches.



## Who can join?

- No diagnosis of diabetes
- 18 years or older
- Native American
- Diagnosis of prediabetes OR
- History of gestational diabetes OR
- At risk for prediabetes
- Your weight is more than the weight listed below for your height

Height	Weight	Height	Weight	Height	Weight
4'10"	115	5'5"	144	6'0"	177
4'11"	119	5'6"	148	6'1"	182
5'0"	123	5'7"	153	6'2"	186
5'1"	127	5'8"	158	6'3"	192
5'2"	131	5'9"	162	6'4"	197
5'3"	135	5'10"	167		
5'4"	140	5'11"	172		

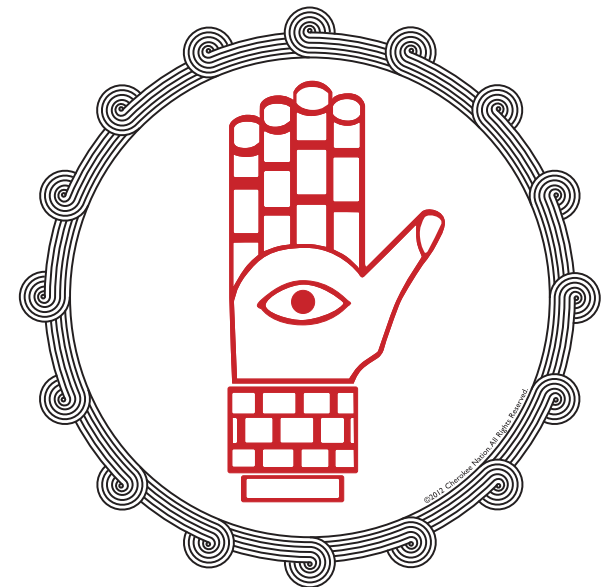
## Could I be at risk for prediabetes?

- (Females) Have you had a baby weighing more than 9 lbs.?
- Do you have a sister, brother or parent with diabetes?
- Is your weight more than the weight listed above for your height?
- Are you younger than 65 and get little to no exercise daily?
- Are you between 45 and 65 years old?
- Are you 65 years old or older?

## Why should I join?

- Lose weight
- Your own personal lifestyle coach will provide one-on-one support
- Receive tools to help reach your goals
- Become healthier for yourself and family
- Prevent diabetes and other diseases
- There is no cost to participate!

## Together We Can



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**Stop Diabetes**