

Resources for Working with American Indians

Eagle Books:

The Eagle Books are a series of four books that are brought to life by wise animal characters, Mr. Eagle and Miss Rabbit, and a clever trickster, Coyote, who engage Rain That Dances and his young friends in the joy of physical activity, eating healthy foods, and learning from their elders about health and diabetes prevention.

Information about ordering the books at this link:

<http://www.cdc.gov/diabetes/pubs/eagle.htm>

Eagle Book Coloring books – print copies at link listed above.

Eagle Books on DVD - Newly released animated versions of the four books bring the characters to life. The full-feature DVD includes English, Chickasaw, Paiute, Shoshone, and Spanish languages, as well as closed captioning (English language only). Narration is provided by author Georgia Perez and children and adults from the Standing Rock Sioux tribal nation voice the characters featured in the series. The animated versions provide an interactive tool for engaging children in activities and discussions about healthy eating, and the joy of being active. The animated versions are available for viewing online at

www.cdc.gov/cdctv.

Guide for Educators The *Guide* includes more than 60 pages of cultural, physical, and nutritional activities. The activities, designed for classrooms (Head Start through 4th grade) and other community sites (e.g., home, libraries, community centers), are organized into five areas—storytelling, native culture and health, learning about healthy foods, participating in physical activity, and diabetes prevention. Many activities are cross-curricular, integrating health and physical education, social studies, science, art, and math. Teachers will find lists of suggested vocabulary and selected resources accompanying each activity, with vocabulary definitions and more extensive resource references provided in the resources section, including information about type 2 diabetes, eagles, and American Indian and Alaska Natives.

<http://www.cdc.gov/diabetes/pubs/pdf/EagleBookTeachersGuide.pdf>

The Eagle's Nest Web Site: A safe site where kids can learn more about healthy living and diabetes. It is for those who may have diabetes or have a friend or relative with diabetes. For most American Indians, the Eagle represents balance, courage, healing, growth and wisdom and is seen as a messenger or a teacher. In the Eagle book series, the wise bird teaches children how to prevent diabetes and grow safe and strong. Visit at:

<http://www.cdc.gov/diabetes/eagle/index.html>

Additional resources on the back of page

Health is Life in Balance, Diabetes Education in Tribal Schools Curriculum (DETS)

Health is Life in Balance is a culturally-based diabetes science K-12 curriculum developed for American Indian and Alaska Native students by eight tribal colleges and universities and three federal agencies (National Institutes of Health as the lead agency, CDC and the Indian Health Service). All K-4 DETS curriculum lessons come with a set of the Eagle Books and animated DVD. Materials are available at this link: <http://www3.niddk.nih.gov/fund/other/dets/>.

Move It! And Reduce Your Risk of Diabetes School Kit

This kit contains three posters of American Indian/Alaskan Native youth engaging in fun, healthful physical activity, fact sheets, resource lists and stories from schools that have used the materials to start *Move It* programs. The kit features resources that can be customized. An extensive CD-ROM provides supporting materials and references. **Single copy free.** Each additional copy \$5, limit 10 kits. Call 1-800-860-8747, Document # NDEP – 91 or order online: <http://www.ndep.nih.gov/diabetes/pubs/catalog.htm#ndep-91a>.

National Diabetes Education Program

A variety of materials that focus on diabetes prevention and treatment for health care professionals and consumers. Some items have been specifically designed for American Indians. Visit <http://www.ndep.nih.gov/index.htm>.

Michigan Diabetes Resources:

For more details about diabetes resources in Michigan visit: www.diabetesinmichigan.org.

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