

# Preventing Diabetes in Tribal Nations Fact Sheet

Native Americans have the highest diabetes rates in the United States – and a higher incidence of long term complications.

**But we can change that.**

**1 in 6**

Native Americans are diagnosed with diabetes — double the general U.S. rate.

**60%**

of Native Americans in some Tribal communities are treated for diabetes.

**1 in 2**

Native Americans born in 2000 will have Type 2 diabetes in their lifetime without intervention.

**The good news: Diabetes management and targeted public health campaigns in Tribal Nations have led to....**

**54%** drop in kidney failure from diabetes since 1996

**37%** drop in diabetes-related mortality since 1999

**84%** drop in hospitalizations for uncontrolled diabetes since 2000

**50%** decrease in diabetic eye disease since the 1990s

.... And a **\$520 million reduction** in Medicare spending for kidney transplants and dialysis.

**You can help promote early diabetes detection in Indigenous communities through:**

- Prediabetes screenings
- Public health campaigns
- Telemedicine nephrology programs
- Community-based fitness resources
- Food sovereignty and nutrition support

Sources

IHSS, Special Diabetes Program for Indians 2020 Report to Congress

<https://www.cdc.gov/diabetes/prevention/index.html>

<https://www.nicoa.org/diabetes-still-highest-among-ai-an/>



**TRIBAL  
HEALTH**