Diabetes Prevention

Walking a great step toward health

Diabetes Prevention Program

Make walking your first step to preventing or managing diabetes.

Being physically active will help you prevent or manage diabetes. You can start by walking.

It's easy to start walking. All you need is 10 minutes and a good pair of walking shoes.

How much walking should you do?

Walking for at least 150 minutes a week is best. Start out walking three or more times a week. Work up to 30 minutes of walking at least 5 days a week. You can break the 30 minutes into three 10-minute sessions spread throughout the day.

What kind of shoes should you wear?

Make sure that your shoes fit well. They should cushion and support your feet. Wear a clean pair of socks to protect your feet.

If you have any foot problems, or need help getting the right shoes, see your health care provider.

How fast should you walk?

Start slowly and go faster as you become more fit. If you cannot talk while you walk, you are walking too quickly. If you can sing while you walk, you are walking too slowly.

How can you make walking a habit?

With a little time, walking can become a habit. Try to develop a habit of walking for at least 30 minutes every day:

Have fun! Walk with family or friends. Enjoy talking.

Take scenic routes.

Park a little farther from the store or your work place.

Walk on your lunch hour or break.

Use the stairs.

Walk at the same time each day.

Have a weekly schedule. Walk on most days of the week.

How can I become more fit?

First check with your health care provider to find out what activities are best for you.

Try bike riding, hiking, dancing, or working out at a gym.

Find out what kinds of fitness activities you can join at your tribal health center. Ask a friend, your children, grandchildren, or other family members to join you.

You will be a healthy role model to your loved ones.

For more information, go to:

www.diabetes.ihs.gov

Indian Head Casino

— Employee of the Month —

Ester Lawrence

Ester Lawrence was chosen as the April 2013 Indian Head Casino Employee of the Month.

Ester is a Cage Cashier at Indian Head.

"She is very cheerful, friendly and helpful to our guests and team members," said Margie Tuckta, casino Human Resources Director.

Great job, Ester!

Healthy Reminder

Dave McMechan/Spilyay

IHS clinic lab technician Bruce Cardwell takes a blood sample from BIA Superintendent James Halliday.

BIA Warm Springs Superintendent visited the Warm Springs IHS clinic last week for his annual check-up.

Lab technician Bruce Cardwell took a blood sample for analysis by the doctor. CNA Lucy Gadberry took his pulse, blood pressure and temperature.

She measured Halliday's height (6'1"), and weighed him on the clinic scale. The height-to-weight chart showed Halliday is slightly overweight. "I'm going to work on that," he said. He's asking people in the community to remind about good dieting and exercise.

He encourages tribal members to get an annual physical examination.

The following information pertains to hypertension, or high blood pressure. This condition can cause damage to the heart, eyes, brain and kidneys. High blood pressure is a common cause of stroke and permanent brain damage.

Your diet affects your blood pressure. It is important to balance your meals and eat moderate quantities. Good choices are whole grains, brown rice, fruits, vegetables, 100-percent whole wheat bread. Lower your salt in-take. You can reach the Warm Springs clinic at 541-553-1196.

IHS joins tobacco education campaign

The Indian Health Service has joined the national Center for Disease Control tobacco education campaign, "Tips from Former Smokers," to help deter the use of commercial tobacco in Indian Country.

The health consequences of smoking are staggering. Each year, an estimated 443,000 people die prematurely from smoking, and an estimated 49,000 of these smoking-related deaths are a result of secondhand smoke exposure.

The consequences are even more dramatic in Indian Country:

American Indians have the highest prevalence of smoking and other tobacco use of any population group in the United States.

According to the National Center for Health Statistics, 17.8 percent of Native American women smoked during their pregnancy, compared to 13.9 percent of non-Hispanic white women. Tobacco use during pregnancy is one of the key preventable causes of adverse pregnancy outcomes.

Nationally, Native American youth living on reservations have the highest smokeless tobacco use of all U.S. population groups.

Smokeless tobacco can cause cancer of the esophagus, mouth, and pancreas.

Cardiovascular disease is the leading cause of death among Native Americans; and tobacco use is an important risk factor. Cancer is the second leading cause of death among Native Americans nationally, and lung cancer is the leading cause of cancer death.

Most smokers–nearly 70 percent–say they plan to quit, and half make a serious attempt for a day or longer each year.

Further information on commercial tobacco use among Native Americans is available at:

www.cdc.gov

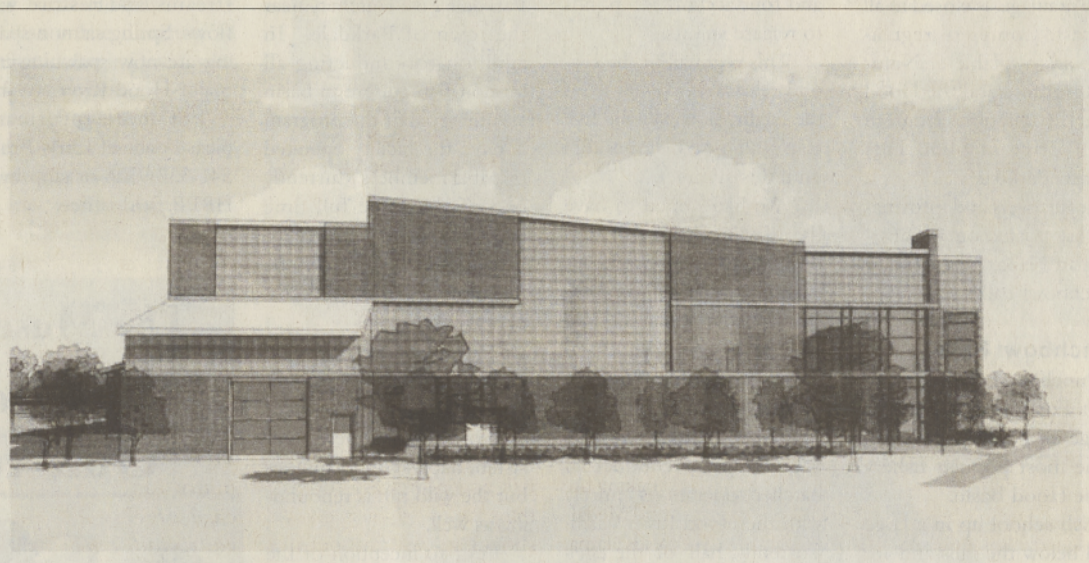
Also see:

tobaccofreekids.org

Jefferson County School District 509-J

W.S. K-8, MHS Performing Arts Center & District-Wide Improvements

Subcontractor & Vendor Open Houses



Who: Subcontractors, Vendors, Business Community, and anyone interested in learning about the upcoming construction projects.

When and Where: Thursday, May 16, at 3:30 p.m. at the Jefferson County School District Office Board Room, 445 Buff St., Madras, OR 97741.

And at **5:30 p.m. at the Agency Longhouse**, Kot-Num Road, Warm Springs.

Agenda: Subcontractors and Vendors, please join us to learn more about the upcoming work on the Madras High School Performing Arts Center and District-Wide Improvements. We will provide project updates from the last open house, and review the scope of the projects, projects schedule, and bid information.

509-J Jefferson County School District

For more information contact Julie Hyer at julie.hyer@skanska.com

THE CONFEDERATED TRIBES OF THE WARM SPRINGS RESERVATION OF OREGON

High Lookee Lodge

Assisted Living Facility

2321 Ollallie Lane (PO Box 6)
Warm Springs, OR 97761
Call 541-553-1182