



Mission:

The American Indian Diabetes Prevention Center will reduce the excess mortality and morbidity of diabetes so that quality of life and cultural vitality is made secure.

Visit us on the Web!



aidpc.ouhsc.edu



American Indian Diabetes Prevention Center



[@AIDPC_OUHSC](https://twitter.com/AIDPC_OUHSC)

We appreciate your stories! Please send your ideas to Jennifer Reeder at: jennifer-reeder@ouhsc.edu.

Please make sure all photos are the highest resolution possible.

Thank you!

Director's Corner



I'm often asked by those outside the AIDPC, "Why do Indians have so much diabetes?" I usually snub the popular "genetic defect" explanation (Thrifty Gene hypothesis) that I think is unconsciously satisfying to many non-Indians. Being genetically defective gives the non-Indian a free pass on any responsibility. I've seen Ku Klux Klan literature that focused on the African-American's presumed "genetic defect" leading to sickle cell anemia. Evolutionary data about the sickle cell allele in a heterozygous condition conferring immunity to malaria is unimaginable, if not also disallowed in the bylaws of the KKK'ers. That sickle cell anemia has a higher prevalence among all equatorial populations is also unthinkable. The "defect myth" makes a master status of presumed inherent imperfection with the follow-on that your poverty and disease is not MY fault, cannot be fixed, and so

your lot in life is just that. It sucks to be you. See ya 'round.

So, what is my response about what causes more diabetes in American Indian populations? I've found that spouting the "poverty, economic loss, disenfranchisement, and too little political power" explanation makes people wish they had never asked. I see facial expressions drop, physical backing away, and eye contact lost. Why? For some Oklahomans (and this example is real), the sight of a

Continued on page 4

Inside this issue:

Director's Corner	1
A Poem by H.F. Stein	2
What Have You Been Doing?	2
AIDPC News	3
Traditional Recipes	4
Conferences & Events	5

Trees Are Restless

H.F. Stein for G.H.

Woodlands creak with hope;
through the snow,
jonquils and daffodils scout the sun;
birds tend to their noisy business;
chicks prepare to burst their shells.

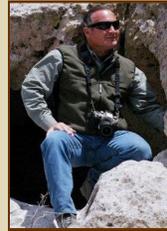
Winter has held the earth long enough.
Trees' arteries teem with life blood;
root tips begin their crawl;
buds explode into blossom and leaf.
All nature yearns for longer days.

Even the dirt longs for spring.
It is time.

Raisins and Almonds. Georgetown, KY: Finishing Line Press, 2014. P. 12

What Have You Been Doing?

Neil Henderson



Pat Mayer and I drove to do interviews on my project in Haywood, Oklahoma, where you're so close to Arkansas and Louisiana that you almost have to pay their taxes! Speaking of money, we later drove to Antlers, Oklahoma, and went to a bank office where I interviewed the Mom of a child with diabetes. Then, we drove to McAlester and the Choctaw Nation clinic where I interviewed the grandmother of a child with diabetes. And, so on. We also happened to see one of Pat's brothers, Irvin, in McAlester. He works security for one of the Choctaw Nation casinos. I will quickly add that we did not see him at his work place!

Jennifer Reeder

I have been working on several genealogy projects for the past month. Many times genealogy research has led me to meet quite a few long-lost family members. For example, over the weekend I met a distant cousin from California. We have been



corresponding for over five years on research for our family tree. She was in Broken Arrow for a graduation so my daughter and I met her for lunch on Sunday afternoon.

In the News



Howard Stein, AIDPC group facilitator, was interviewed via Skype on January 22, 2015 by Carlos Vazquez of <http://TherapyCable.com/circle-of-insight.html> about culture and the unconscious. It will be televised as a Web TV show in the future.

Men's room sign in Oklahoma at a travel plaza operated by American Indians that never used tipis. Looks like stereotypic icons for American Indians are here to stay!



What does this picture demonstrate?



Hint: see *Connections* of several months ago.

Traditional Recipes

Boiled Raisin Loaf

Recipe by Pearl Thomas (From the *Mvskoke Hompetv Encokv*, a recipe booklet from Mvskoke Food Sovereignty Initiative Staff)

Bring to a boil:

- 1 cup shortening
- 2 cups sugar
- 2 cups water
- 2 cups raisins
- 1 teaspoon cinnamon
- 1 teaspoon allspice
- ½ teaspoon cloves



Let cool for a few minutes. Add 1 teaspoon soda and 3 cups of flour. Mix well. Pour in a greased and floured pan. Bake in 350 degree oven until done. This cake is very moist.

Native Diabetes Wellness Program. (2013). *Traditional Foods in Native America: A Compendium of Stories from the Indigenous Food Sovereignty Movement in American Indian and Alaska Native Communities*. Atlanta, GA: Native Diabetes Wellness Program, Centers for Disease Control & Prevention.

Director's Corner, cont...

blonde woman driving a Cadillac Escalade with a Cherokee tag proves that the "Indian Self Determination Act" and a casino-dotted landscape have righted the wrongs done to Indians. Everything is just fine now!

But, if the "Everything is just fine now!" myth persists and the genetic "defect myth" responsibility-dodge continues, the real combination of poverty, violence, self-medicating substance abuse, depression, and resulting hopelessness remains hidden, a reality too uncomfortable to face. In other words, let the suffering continue!

At your next get-together or professional cocktail party, try answering why Indians *actually* have more diabetes than others. See how that works.

Last, how *should* we answer? How do we "translate" the complex, unhappy reality to those so far and powerfully removed from these conditions that they really don't care?

I. Don't. Know. ♦

J. Neil Henderson, Ph.D.
(Oklahoma Choctaw)

Director

American Indian Diabetes Prevention Center

Conferences & Events

Go Red for Native Women

February 20, 2015

NCED Conference Center and Hotel - Norman, OK

Conference is free to attend

Please call to register - Rachel Crawford (405) 593-6931

6th International Meeting on Indigenous Child Health

March 20-22, 2015

Ottawa, Ontario

For more information: <http://www.cps.ca/en/imich>

14th Native Women & Men's Wellness Conference

March 22-25, 2015

San Diego, CA

For more information:

<http://www.aii.outreach.ou.edu/conferencestrainings/2015-native-women-mens-wellness>

Native Fitness Training

March 25-27, 2015

San Diego, CA

For more information:

<http://www.aii.outreach.ou.edu/conferencestrainings/native-fitness-2015>

23rd Cross Cultural Medicine Workshop

April 23-26, 2015

Hotel Santa Fe, Santa Fe, NM

For more information:

<https://www.aaip.org/events/calendar/m.calendar/453/view/56>

7th Annual Tribal Public Health Conference

April 28-30, 2015

Hard Rock Hotel & Casino, Tulsa, OK

For more information: <http://www.ocaithb.org>

AIDPC Meeting Schedule

March 3, 2015

Noon-2:00 pm

OU College of Public Health

CHB 144

April 7, 2015

Noon-2:00 pm

OU College of Public Health

CHB 144

May 5 2015

Noon-2:00 pm

OU College of Public Health

CHB 144

June 2, 2015

Noon-2:00 pm

OU College of Public Health

CHB 144

July 7, 2015

Noon-2:00 pm

OU College of Public Health

CHB 144

August 4, 2015

Noon-2:00 pm

OU College of Public Health

CHB 144

September 1, 2015

Noon-2:00 pm

OU College of Public Health

CHB 144