

National Center for Chronic Disease Prevention and Health Promotion

Diabetes Public Health Resource

Eagle Books



About the Eagle Books

The Eagle Books are a series of four children's books for Native American children and others interested in healthy living. The books promote diabetes education and encourage a return to traditional ways, including physical activity and healthy eating. The series was developed by the Centers for Disease Control and Prevention's Division of Diabetes Translation, in collaboration with the Tribal Leaders Diabetes Committee and the Indian Health Service, in response to the burden of diabetes among Native Americans and the lack of diabetes prevention materials for children.

The books are written by Georgia Perez (who served as a Community Health Representative for 19 years in Nambé Pueblo, New Mexico) and are illustrated by Patrick Rolo (Bad River Band of Ojibwe, Wisconsin) and Lisa A. Fifield (Oneida Tribe of Wisconsin), the series includes four books:

- *Through the Eyes of the Eagle*
- *Knees Lifted High*
- *A Plate Full of Color*
- *Tricky Treats*

Over 2 million books have been distributed throughout Indian Country, the rest of U.S., and internationally. To expand the reach of these vital health messages, artwork from the Eagle Books will be exhibited through two outreach efforts. To order the books, visit: <http://www.cdc.gov/diabetes/pubs/eagle.htm>

The 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. To view or download the animated versions visit: www.cdc.gov/cdctv or for additional resources visit: www.cdc.gov/diabetes/pubs/eagle.htm.

National Museum of the American Indian, Smithsonian Exhibition

Through the Eyes of the Eagle: Illustrating Healthy Living for Children will be on display October 3, 2008 through January 4, 2009 at the Smithsonian's National Museum of the American Indian in Washington, D.C. and New York, N.Y. Original watercolors featured in *Through the Eyes of the Eagle* and *Plate Full of Color* will be on display in Washington, D.C. Artwork from *Knees Lifted High* and *Tricky Treats* will be exhibited in New York, NY. Programs and activities, are available at both museums. For more information visit: www.AmericanIndian.si.edu.

Outreach Campaign and Diabetes Education in Tribal Schools Curriculum (DETS)

CDC is launching an Eagle Books Community Outreach Campaign for the next four years. From 2008 through 2012, American Indian and Alaska Native communities throughout Indian Country will have an opportunity to host a week-long series of events celebrating the Eagle Books and their culturally-relevant messages about physical activity and healthy eating. The first event is cosponsored with Keweenaw Bay Community College, at the Keweenaw Bay Indian Community in Michigan's Upper Peninsula. This community was chosen as the pilot site for the Eagle Book Community Outreach Campaign because of the community's widespread use of the Eagle Books in their local schools and the role of Keweenaw Bay Community College in integrating the Eagle Books into the *Health is Life in Balance*, Diabetes Education in Tribal Schools Curriculum (DETS). *Health is Life in Balance*, DETS is a culturally-based diabetes science K-12 curriculum developed for students at eight tribal colleges and universities and three federal agencies (NIH as the lead agency, CDC and the IHS). The curriculum will be available in Winter 2008. For more information visit: <http://www3.niddk.nih.gov/fund/other/dets/>

Content adapted from : National Center for Chronic Disease Prevention and Health Promotion Division of Diabetes Translation http://www.cdc.gov/diabetes/pubs/eagle_exhibition.htm