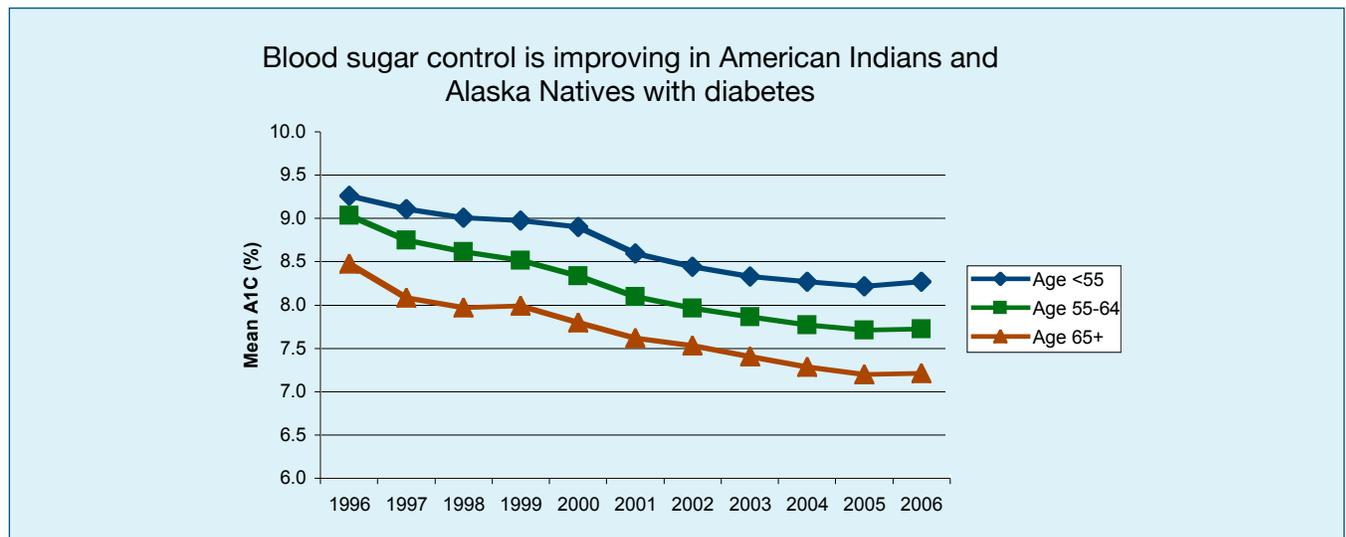


Special Diabetes Program for Indians: Improvements in Blood Sugar Control

Blood sugar control in American Indians and Alaska Natives with diabetes has steadily improved since the inception of the *Special Diabetes Program for Indians*.

- ❖ **Blood sugar control has improved** among American Indians and Alaska Natives with diabetes every year from 1996 to 2006.
- ❖ **The mean blood sugar level (A1C) in American Indians and Alaska Natives with diabetes decreased 13%** from 9.00% in 1996 to 7.85% in 2006. (A1C is a measure of long-term blood sugar control.)
- ❖ This decrease in A1C is a **major achievement over 10 years**. An A1C value of less than 7% is the goal for good blood sugar control in people with diabetes.



Mean A1C levels continue to improve (decrease).
Source: Indian Health Service Diabetes Care and Outcomes Audit

Why is this important?

- ❖ Keeping blood sugar levels as close to normal as possible can help prevent or delay diabetes-related complications, such as heart disease, stroke, blindness, amputations, and kidney disease.
- ❖ Every one-unit decrease in A1C (such as from 8% to 7%) translates to a 40% reduction in diabetes-related complications, such as blindness, kidney failure, and amputations.
- ❖ Aggressive blood sugar control reduces the risk of any cardiovascular disease event by 42%, and reduces the risk of heart attack, stroke, or death from cardiovascular disease by 57%.

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