

Walking the Road to Health for Men and Women

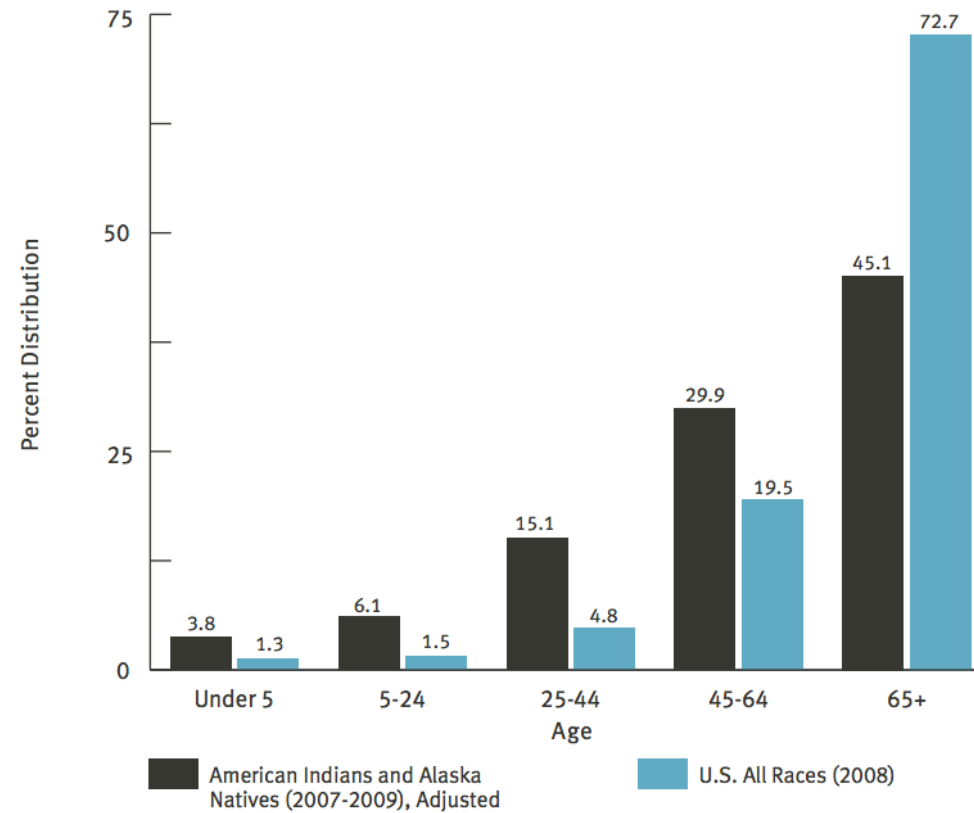
Suzanne England

Steven Whitehorn

Disparities in Health and Wellness among American Indian Men

Data from the IHS 2014 Trends in Indian Health

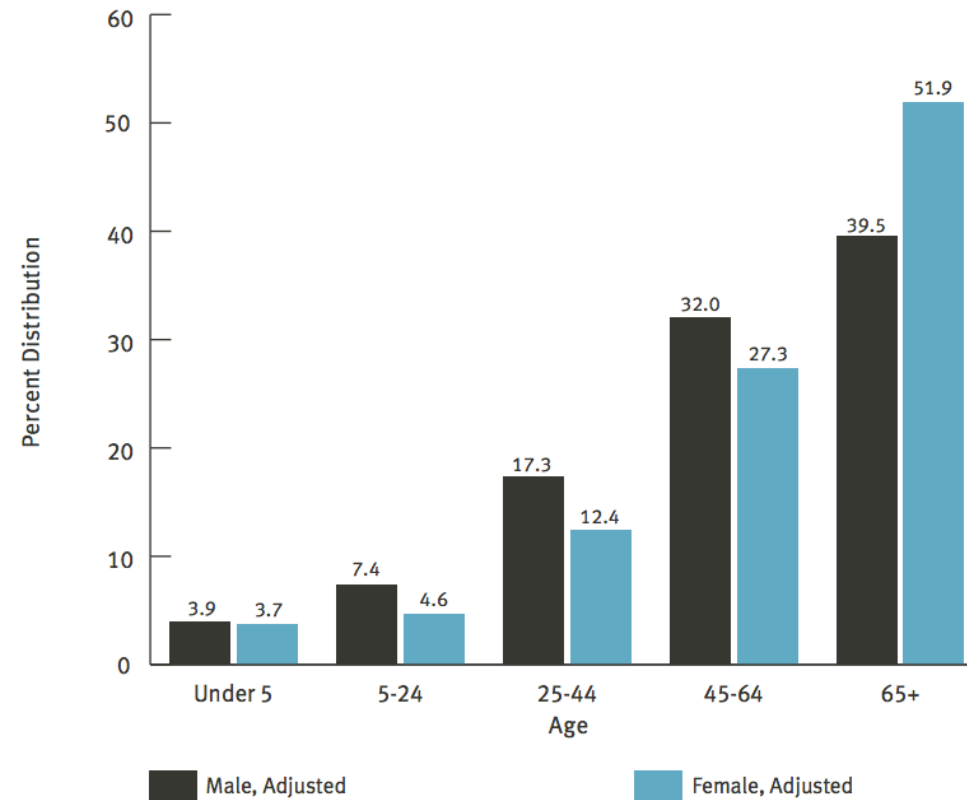
Mortality by Age



Source: Trends in Indian Health: 2014 edition. Indian Health Service. U.S. Department of Health and Human Services. Rockville, MD.

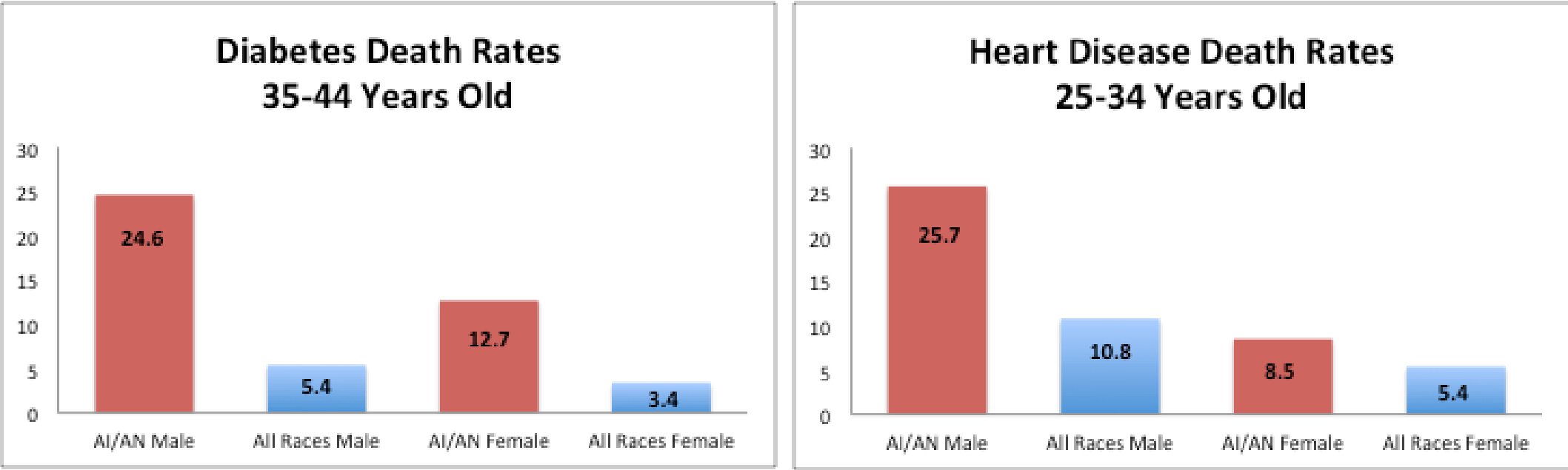
Mortality by sex

American Indians and Alaska Natives (2007-2009)



Source: Trends in Indian Health: 2014 edition. Indian Health Service. U.S. Department of Health and Human Services. Rockville, MD.

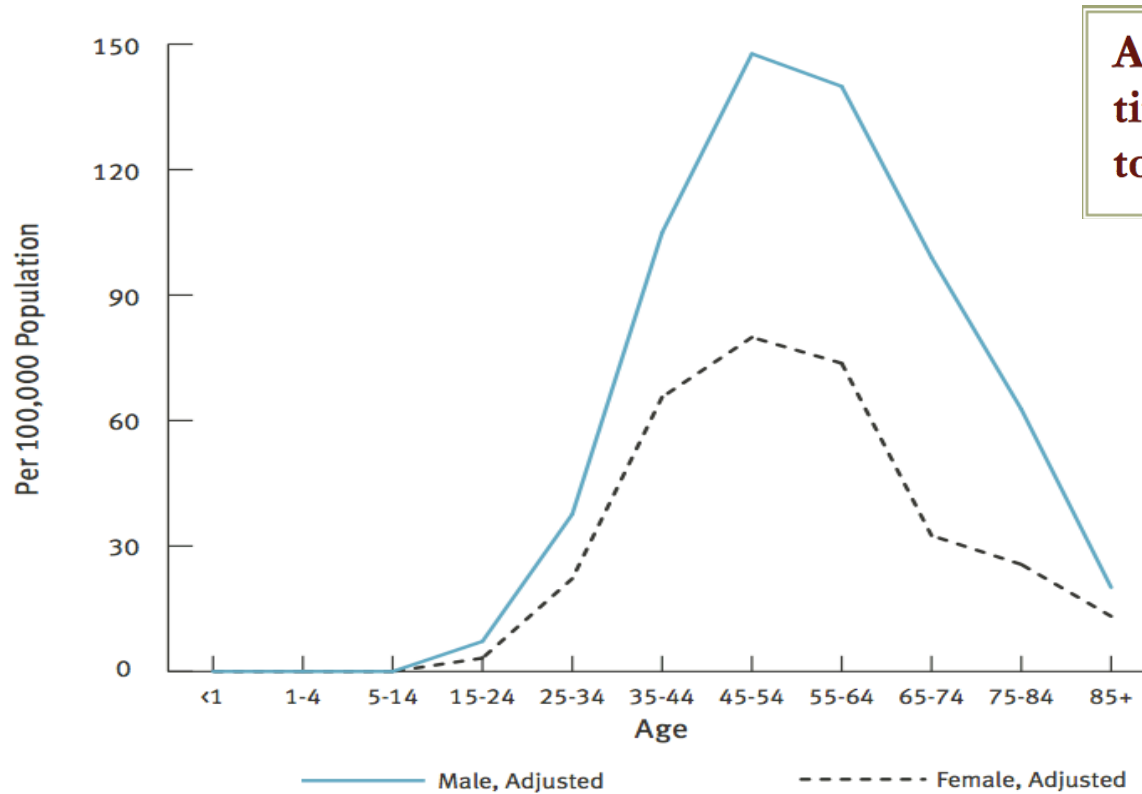
Disparities in Mortality due to Diabetes and Heart Disease



Source: Trends In Indian Health: 2014 Edition: American Indians and Alaska Natives, IHS Service Areas, 2007-2009 and US All-Races 2008 (Rate per 100.00 Population). Adjusted to compensate for misreporting of AI/AN race on state death certificates.

Alcohol-Related Mortality by Age and Sex

American Indians and Alaska Natives (2007-2009)

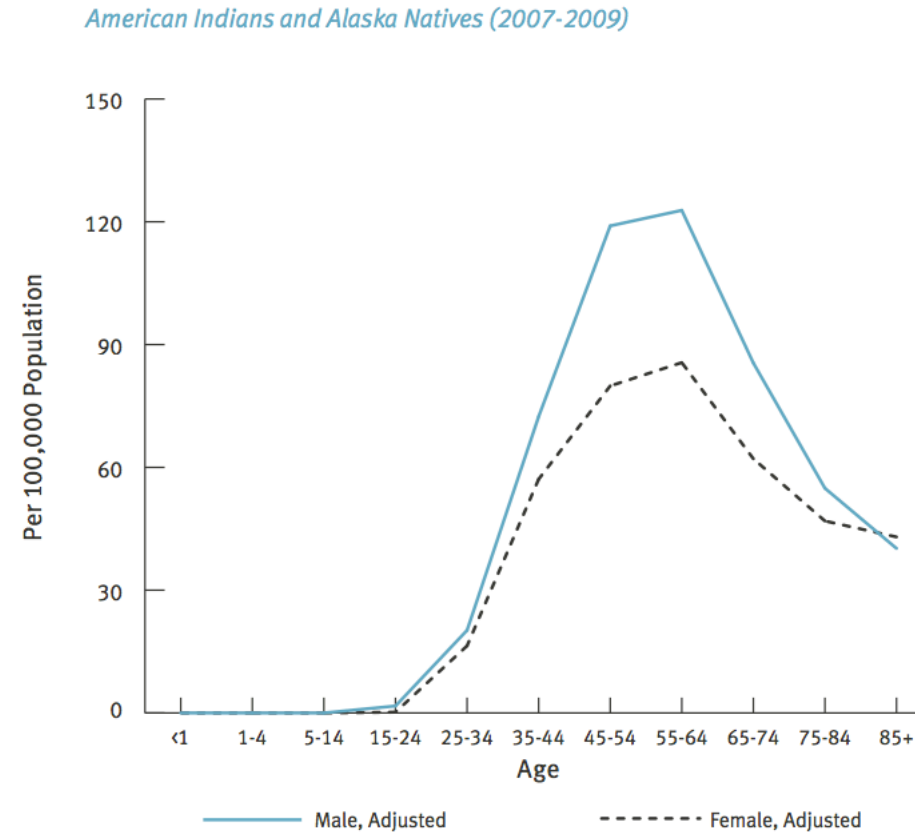


AI/AN individuals are five times more likely than whites to die of alcohol-related

Source: American Indian/Alaskan Native Behavioral Health Briefing Book. Aug 2011. Indian Health Service. U.S Department of Health and Human Services. Division of Behavioral Health.

Source: Trends in Indian Health: 2014 edition. Indian Health Service. U.S. Department of Health and Human Services. Rockville, MD.

Chronic Liver Disease and Cirrhosis Death Rates by Age and Sex



Source: Trends in Indian Health: 2014 edition. Indian Health Service. U.S. Department of Health and Human Services. Rockville, MD.

Leading Causes of Death for AI Males and Females

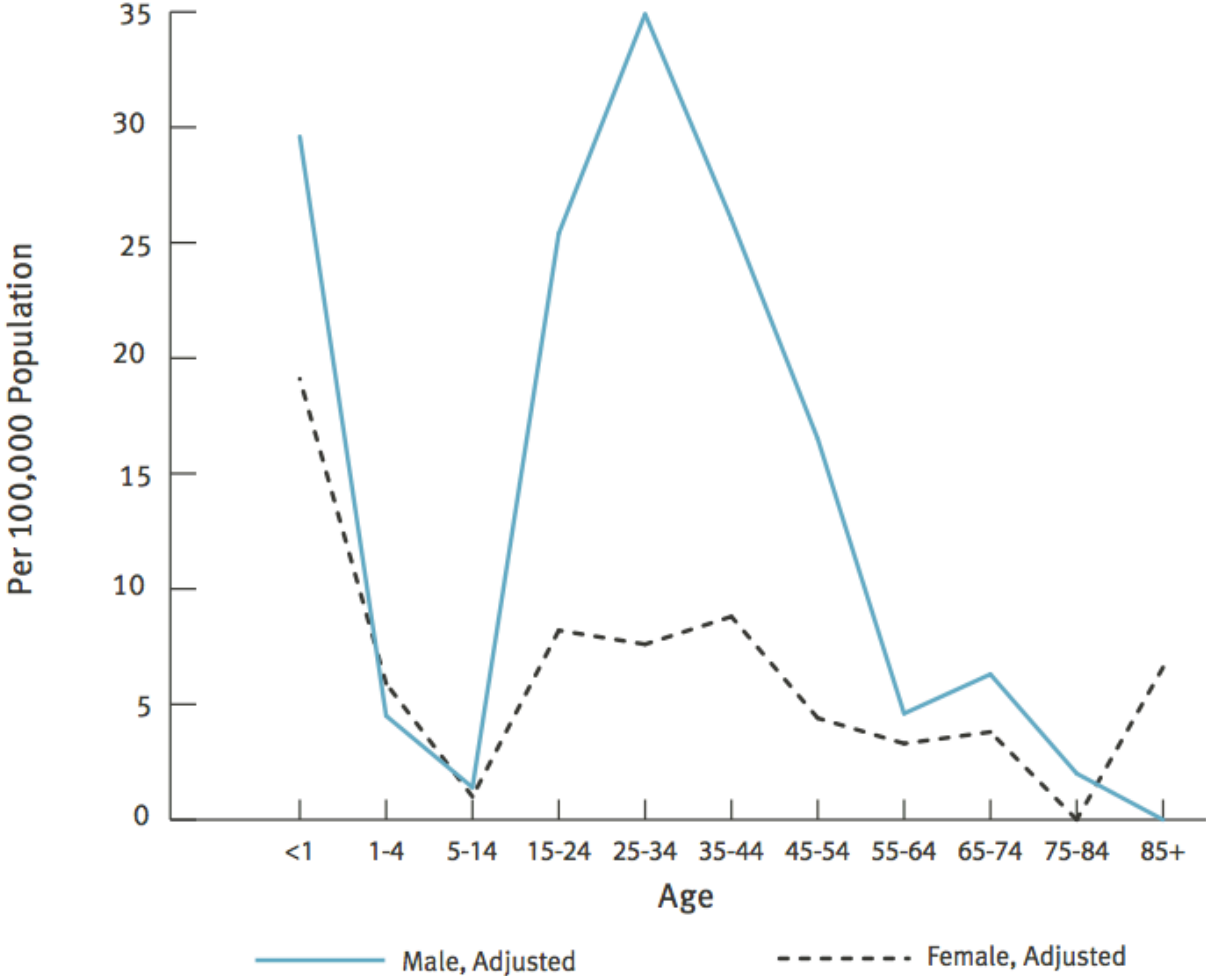
		FEMALE			
Cause of Death		<i>All Causes</i>			
MALE		14,787	17,173	510.5	592.9
<i>All Causes</i>					
Diseases of the heart		2,714	3,112	93.7	107.4
Malignant neoplasms		2,415	2,763	83.4	95.4
Unintentional injuries		1,353	1,733	46.7	59.8
Motor vehicle		624	821	21.5	28.3
Other unintentional injuries		729	912	26.4	33.1
Diabetes mellitus		925	1,104	31.9	38.1
Chronic liver disease and cirrhosis		776	903	26.8	31.2
Chronic lower respiratory diseases		643	760	22.2	26.2
Cerebrovascular diseases		631	718	21.8	24.8
Suicide	Nephritis, nephrotic syndrome, and nephrosis	413	466	14.3	16.1
Chronic lower respiratory diseases	Pneumonia and influenza	410	443	14.2	15.3
Cerebrovascular diseases	Septicemia	317	349	10.9	12.1
Homicide	<i>All other causes</i>	<i>3,830</i>	<i>4,822</i>		
Pneumonia and influenza					
<i>All other causes</i>					

¹ Adjusted to compensate for misreporting of AI/AN race on state death certificates.

Source: Trends in Indian Health: 2014 edition. Indian Health Service. U.S. Department of Health and Human Services. Rockville, MD.

Homicide Mortality Rates by Age and Sex

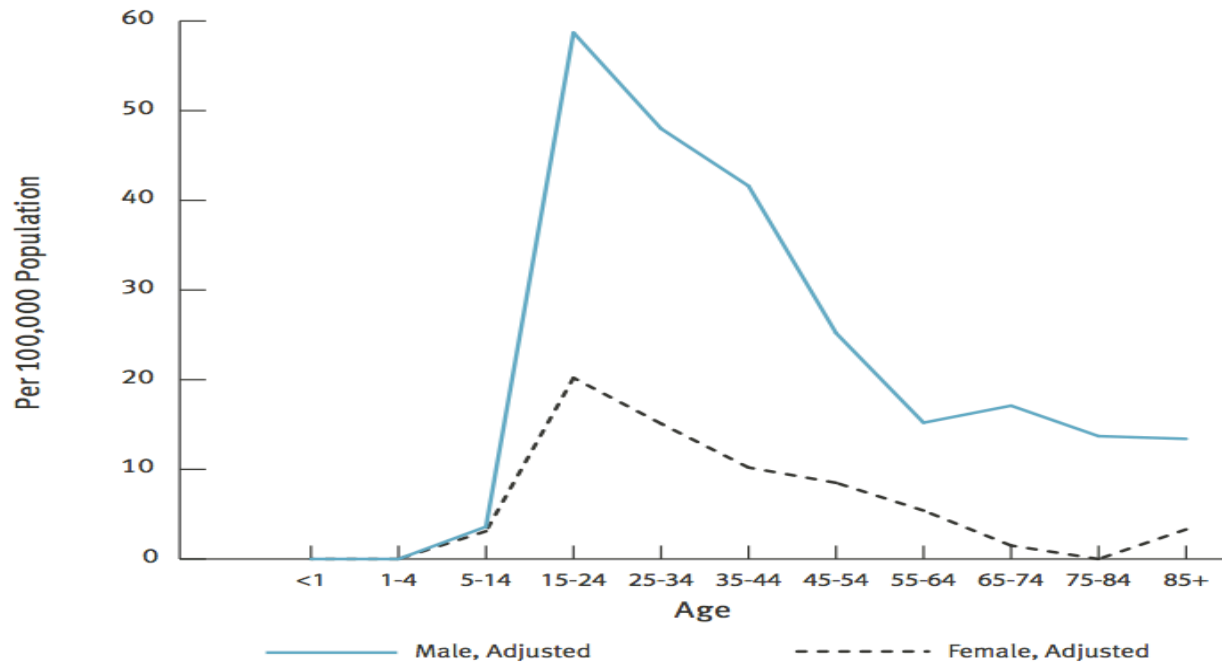
American Indians and Alaska Natives (2007-2009)



Source: Trends in Indian Health: 2014 edition. Indian Health Service. U.S. Department of Health and Human Services. Rockville, MD.

Suicide Rates by Age and Sex

American Indians and Alaska Natives (2007-2009)



Source: American Indian/Alaskan Native Behavioral Health Briefing Book. Aug 2011. Indian Health Service. U.S. Department of Health and Human Services. Division of Behavioral Health.

Source: Trends in Indian Health: 2014 edition. Indian Health Service. U.S. Department of Health and Human Services. Rockville, MD.

Yummy to Eat and
Nutritious

You are what you
eat!





Eating Healthy in a Fast Food World

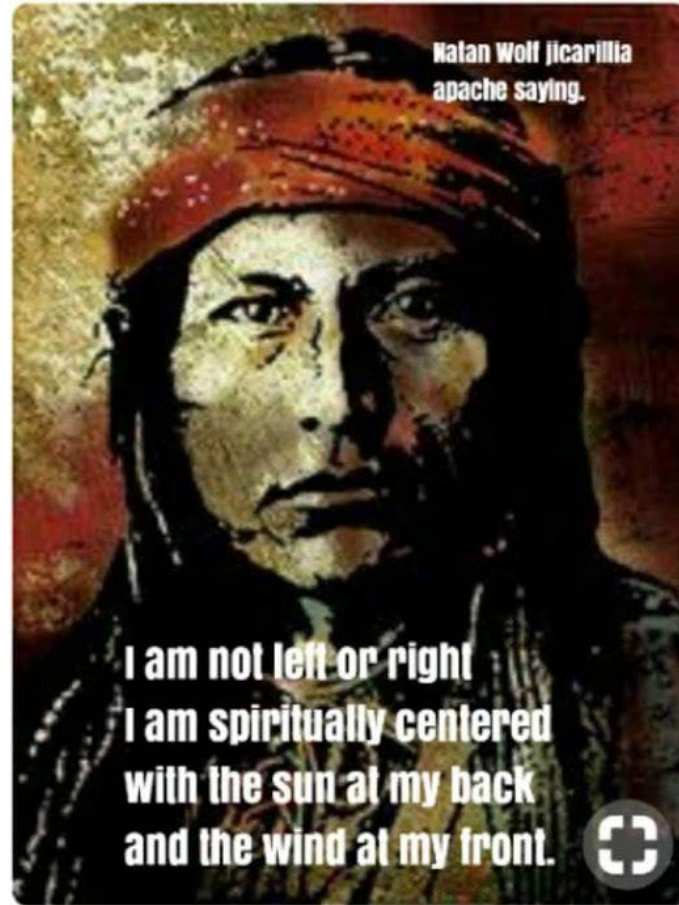


SLEEP: YOUR LIFE DEPENDS on it

Walking The Road of
Life

“ These shoes
are made for
walking”





Know Your Self

MOST EFFECTIVE
YOGA POSES
that You Can Do at
your
DESK OR OFFICE

CHAIR
RAISED
HAND POSE



CHAIR
PIGEON
POSE



SEATED
TWIST



WRIST AND
FINGER STRETCH

SIT AND
STAND CHAIR
POSE



SEATED
CRESCENT
MOON POSE



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FACE ARMS



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Questions