

Defeating Diabetes One Person at a Time.

–Lake County Tribal Health Consortium–



SPECIAL POINTS OF INTEREST FOR NATIVE AMERICANS

- Native American populations have the highest rate of diabetes in the U.S.
- Death rate from diabetes is 3 times higher than the general U.S. population.
- Type 2 diabetes in youths under 19 will result in increased complications of diabetes. This will result in lower quality of life and earlier death rates.

Diabetes is an epidemic in the Native American population.

Indian Health Services has given us a tool for you to improve your health. We want to become your partner in improving your health.

You pick a goal that you feel is something you want to do and something that you think you can do. It is your choice what you choose. We will help you meet this goal.

Studies have proven that this really works.

Help stamp out diabetes in your tribe.

You have the power to make a difference.

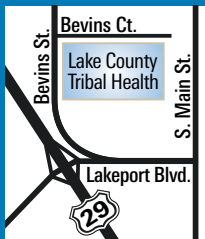
You can change your health and your children's health for the better.

How this works:

Choose one of the goals on the next sheet (or make up your own goal) and bring it to us, or fill it out here the day of your next appointment. We will help you take baby steps to a happier, healthier life.

Modern Medicine *Personalized Care* 

Lake County Tribal Health



**Medi-Cal & Private
Insurance Accepted**

Un-Insured? Not a problem!
We offer sliding scale and
payment plans.



707-263-8382 • 1-800-750-7181

925 Bevins Court, Lakeport
www.lcthc.com

Everyone is welcome.