

Leading causes of death among American Indians:

1. Heart disease
2. Cancer
3. Unintentional injuries
4. Diabetes
5. Stroke
6. Chronic liver disease and cirrhosis
7. Chronic lower respiratory disease
8. Suicide
9. Influenza and pneumonia
10. Homicide

American Indians also report disproportionately high levels of:

- Mental health issues
- Obesity
- Substance abuse
- Sudden infant death syndrome

Source: Federal Office of Minority Health

At a glance

Type 2 diabetes (also known as adult-onset diabetes)

- Causes are both genetic and environmental, with risks increased by obesity, poor diet and lack of exercise.
- American Indians and Alaska natives are two to three times more likely to contract the disease than whites,
- Afflicts an estimated 20 percent of American Indians 45 and older.

Increasingly diagnosed in children and adolescents.

- Can lead to other complications, including kidney failure, heart disease, amputations and blindness.

Sources: U.S. Department of Health & Human Services, National Women's Health Information Center

On the Web

American Diabetes Association: [www.diabetes.org](http://www.diabetes.org)

Indian Health Services: [www.ihs.gov](http://www.ihs.gov)  
Office of Minority Health: [www.cdc.gov/omh](http://www.cdc.gov/omh)  
[http://www.ihs.gov/misc/links\\_gateway/Links\\_Main.cfm](http://www.ihs.gov/misc/links_gateway/Links_Main.cfm)  
<http://americanindianhealth.nlm.nih.gov/>  
<http://members.tripod.com/~AIHC1998/>  
<http://www.cdc.gov/nchs/fastats/indfacts.htm>  
<http://www.nihb.org/>  
<http://www.crihb.org/Default.htm>