



NAVAJO NATION SPECIAL DIABETES PROJECT

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WHEREAS:


1. The Holy People placed the Diné between the four sacred mountains to live in happiness. Our people depend greatly on essential resources Mother Earth provides. Some of our vital resources include corn, squash, beans, tobacco, antelope, buffalo, deer, elk, moose, rabbit, and turkey; and
2. Maintaining the "Happy Way of Life" is inclusive of prayer and physical labor as our people provide for themselves. Families planted crops, gathered plants, tended to their flocks, and hunted; and
3. Aggregating the land and being stewards of the land made our people healthy and strong; chronic illnesses such as Diabetes Mellitus were nonexistence; and
4. Prayer and running at dawn prepared the Diné; and
5. However, the lifestyle of our people has changed with colonization where mass production has produced processed foods that are chemically induced and loaded with various ingredients that are not healthy for Diné; and
6. Today, many Navajo People have Diabetes that has caused stress on family members, as well as a financial burden; although efforts by various health entities and programs to educate and prevent diabetes, it continues to increase among the Navajo Nation; and

NOW, THEREFORE, BE IT RESOLVED, the month of *November 2015* is hereby proclaimed as

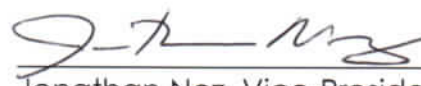
NAVAJO NATION DIABETES AWARENESS AND PREVENTION MONTH

in conjunction with the *National Diabetes Awareness Month* to encourage all citizens of the Navajo Nation to commit to living a healthy lifestyle by receiving Diabetes education, being physically active, and eating more plant-based meals such as vegetables and fruits, and eating less food laced with sugar and fat.

FURTHER IT BE RESOLVED, all citizens of the Navajo Nation are encouraged to walk and run, be physically active by working around the home, have family activities, and eat less sugary foods throughout the month of November and to change their lifestyle to prevent Diabetes.



Russell Begaye, President
The Navajo Nation



Jonathan Nez, Vice-President
The Navajo Nation

"THE ULTIMATE CHOICE TO HEALTHY LIVING BEGINS WITH ME!"

