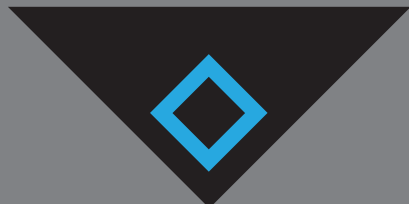




OUR YOUTH ARE SACRED LET'S PROTECT THEM

YOUTH DIABETES PREVENTION ACTIVITY BOOK





YOUTH DIABETES PREVENTION PROGRAM



“Iyaanipa’adra”

Dear Students & Parents,

We hope this letter finds your family in good health and spirits. We are writing to you in regards to a free program developed for T’siya Day School students (K – 6th), the Youth Diabetes Prevention Program. This program is provided in collaboration with the Zia CHR Program, Keres Consulting, Inc. (Keres), and grant funding from the New Mexico Indian Affairs Department. Keres is a Native American-owned company based in Albuquerque, NM.

Further, due to circumstances with COVID-19 and its great impact in tribal communities, we have joined together to provide your youth with an educational coloring book and summer care package.

What is Diabetes?

As children we need to know how to prevent diabetes and who it will effect. Diabetes is a disease which can be prevented by eating healthy, exercising and taking medications. Diabetes harms the body in many ways like the heart, eyes, teeth, feet, and many of the organs if you do not take care of yourself. Remember, diabetes is preventable.

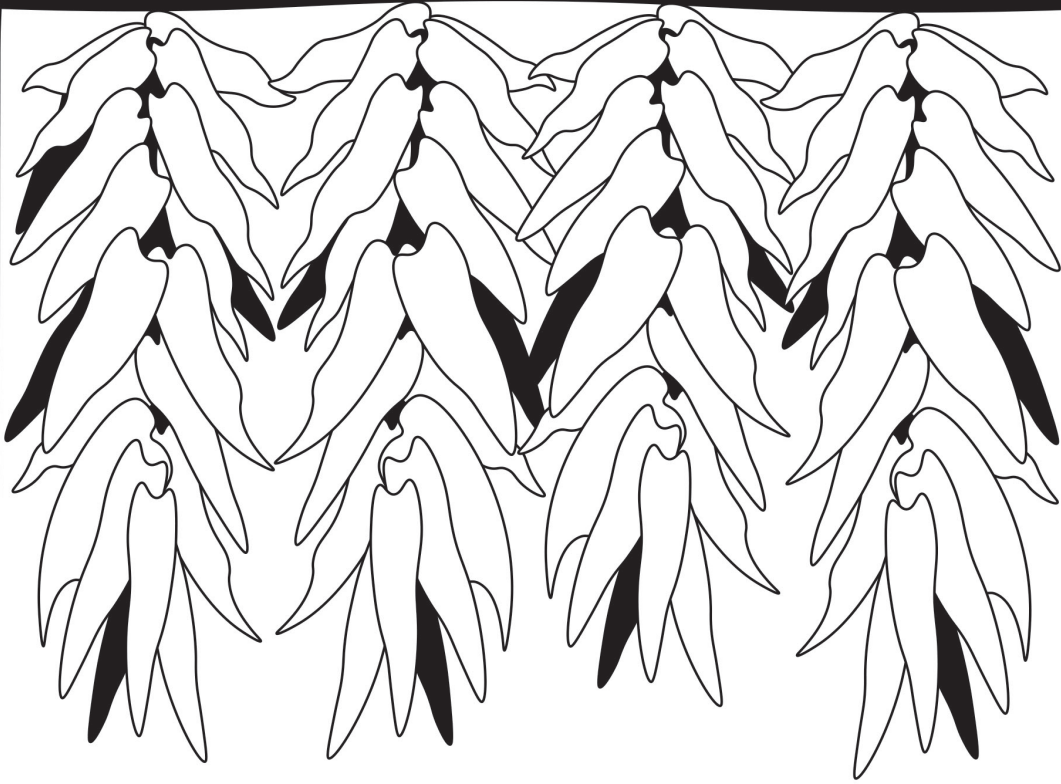
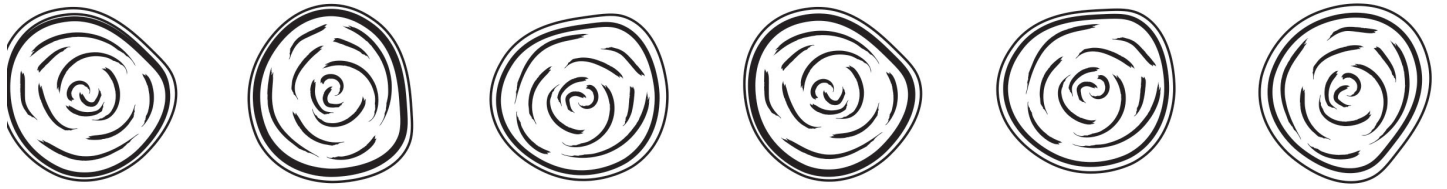
Continuing, this culturally tailored educational coloring book will provide you with information on diabetes, healthy lifestyle, and puzzles. We hope you will continue to recognize what diabetes is and talk with your parents, grandparents, aunts, uncles, and family members about diabetes.

Thank you and we hope you enjoy this coloring book and your summer care package!

Iyaanipa’adra

**KNOWLEDGE STARTS
WITH YOU. LEARN
FROM THE BEAUTY
AROUND US.**





**WE GROW OUR TRADITIONAL FOOD TO
NOURISH OUR PEOPLE AND OURSELVES.**



PHYSICAL ACTIVITY

WORD SEARCH

Find and circle all the words shown in the word list below

S	X	C	G	H	J	K	E	X	E	R	C	I	S	E
E	W	E	R	T	Y	U	I	O	P	A	S	D	F	G
L	I	V	B	H	E	N	D	U	R	A	N	C	E	U
F	N	H	A	B	E	R	Q	X	V	B	T	H	J	M
E	A	Q	E	R	T	Y	U	I	O	A	S	F	H	J
S	C	B	A	E	R	F	G	C	O	P	P	X	B	E
T	T	D	N	E	R	T	V	S	C	H	J	Y	U	I
E	I	C	X	A	D	F	R	T	E	R	C	V	H	Y
E	V	D	I	C	G	U	J	R	E	R	T	G	H	J
M	E	G	E	H	Y	U	A	E	R	O	B	I	C	E
S	D	F	T	C	G	Y	J	S	C	F	G	H	J	T
C	V	B	Y	F	G	H	J	S	E	R	T	Y	U	I
Z	D	R	T	Y	U	I	H	F	S	S	C	V	B	N
T	Y	U	I	O	P	A	S	D	V	B	V	A	C	C
T	B	H	J	K	E	R	T	Y	U	V	B	D	F	Y

WORD LIST:

INACTIVE

ENDURANCE

STRESS

AEROBIC

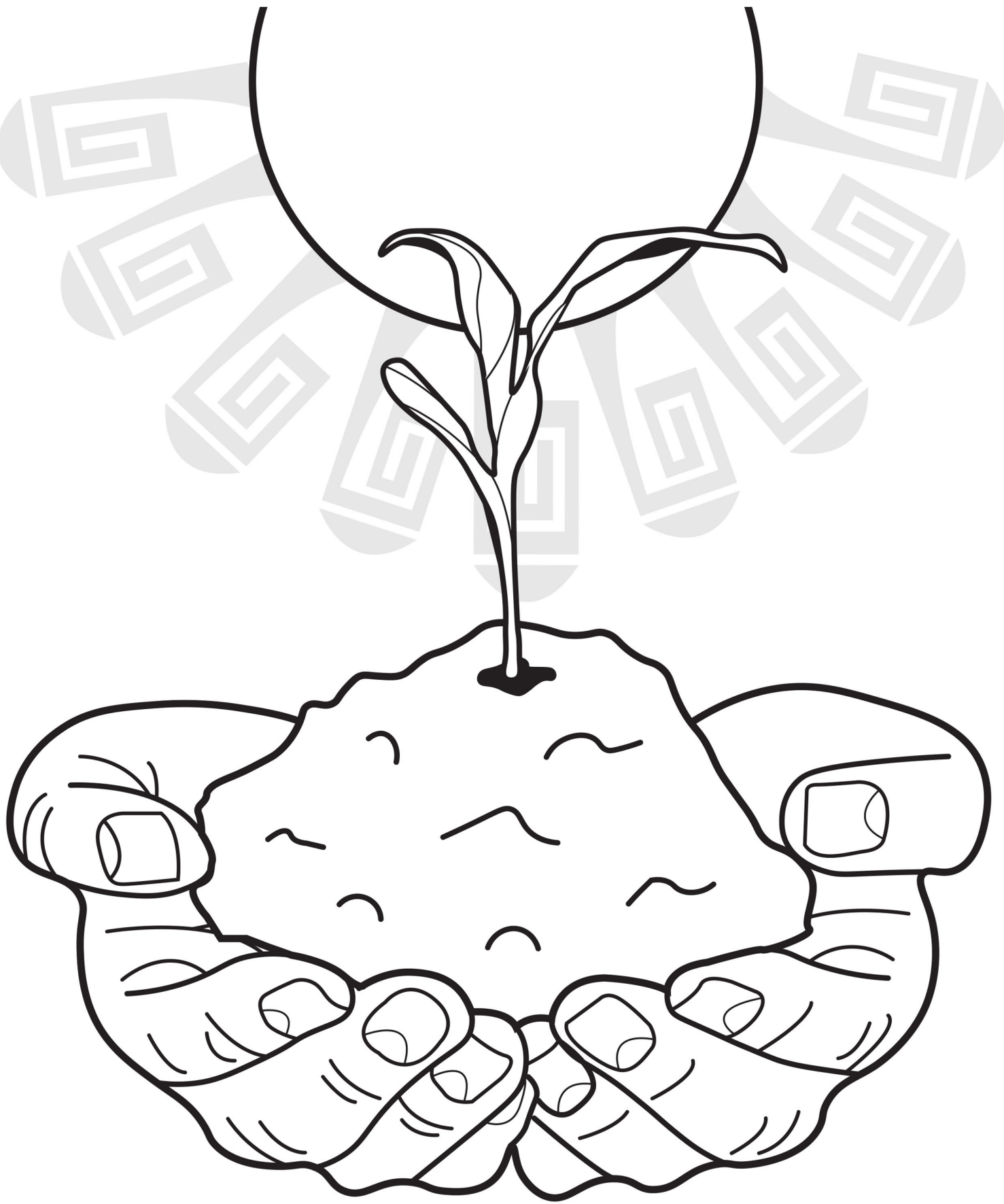
SELF ESTEEM

ANXIETY

BONUS WORD: What do you have to do to remain fit and strong?



**WE DANCE FOR THE LAND,
ANIMALS, PEOPLE, AND
FOR A HEALTHY LIFE.**



A HEALTHY LIFESTYLE BEGINS WITH YOU

FRUIT SCRAMBLE

WORD SCRAMBLE

Remember that fruit is essential to your health. It is an important food group and must be consumed every day. Unscramble these letters to discover your favorite fruit snack! Enjoy!

RAOGEN

PALPE

RGAEP

MOWTRLEAEN

ACPEH

COATRPI

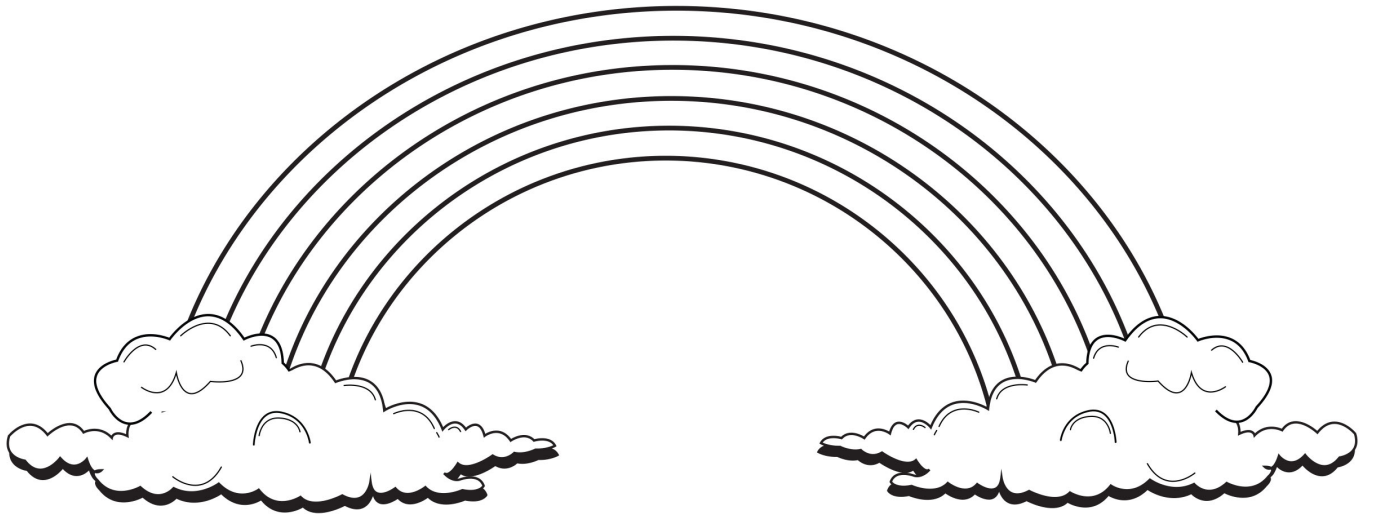
BYRRERSWAT

NABANA

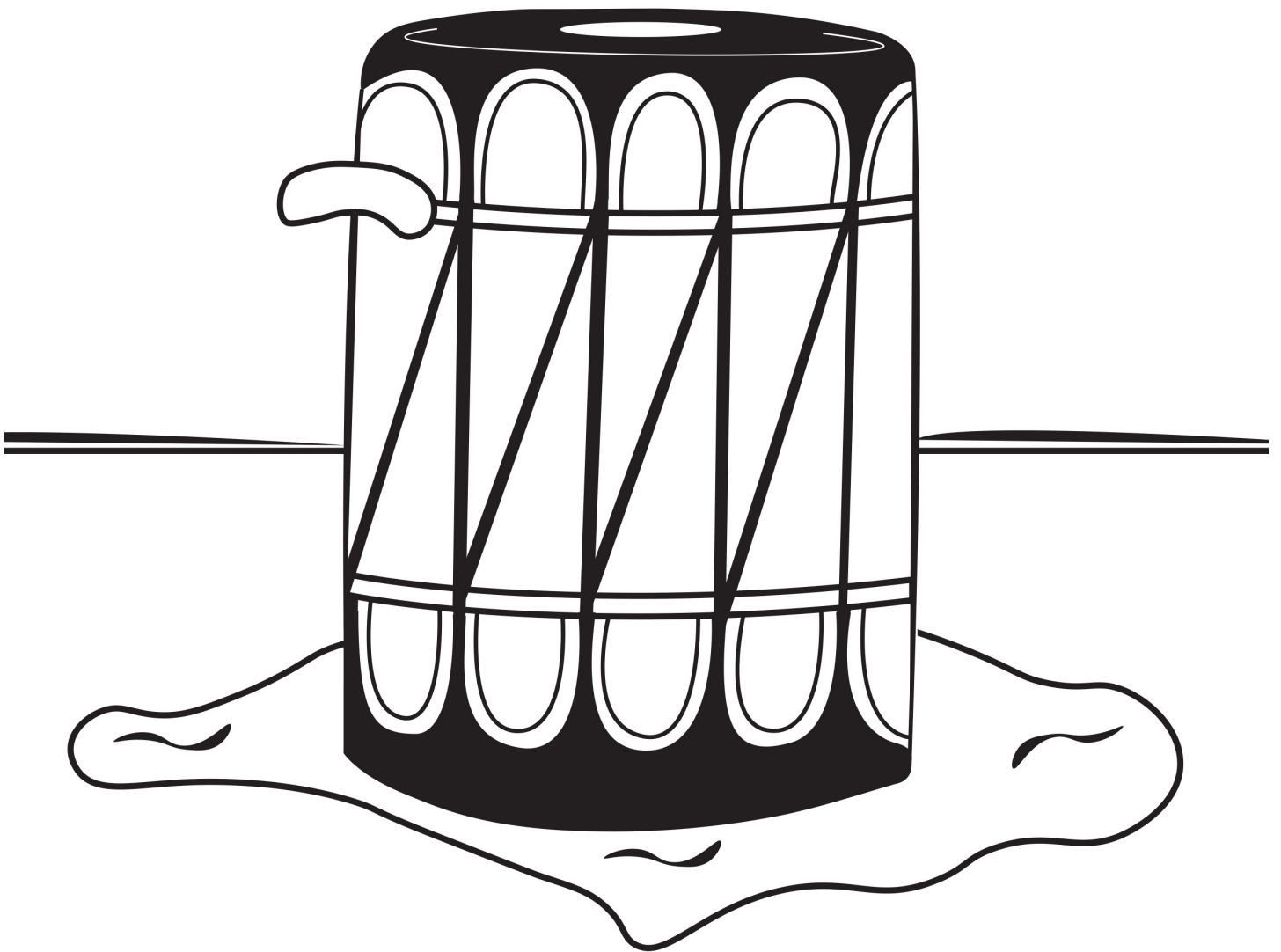
WIIK

GANMO





OUR SONGS HAVE A BEAUTIFUL HEART BEAT.



**TAKING CARE OF YOUR HEALTH IS IMPORTANT TO YOUR
PHYSICAL, MENTAL, AND SPIRITUAL WELLBEING.**



HEART HEALTH

WORD SEARCH

Find and circle all the words shown in the word list below

C	G	H	J	K	L	E	E	X	E	R	C	I	S	E
A	F	G	H	J	K	C	Z	X	C	V	B	N	M	A
R	T	Y	U	I	O	H	X	C	V	B	D	F	G	H
D	D	I	A	G	N	O	S	E	D	R	T	Y	F	H
I	E	D	C	F	G	L	C	F	T	V	S	E	F	H
O	U	J	N	G	R	E	E	D	S	X	Z	A	G	H
V	Q	W	R	G	H	S	A	R	T	E	R	I	E	S
A	P	L	K	H	U	T	V	B	F	T	H	V	D	S
S	R	E	F	V	B	E	S	G	H	J	K	L	Y	R
C	W	E	R	F	G	R	C	G	H	J	K	Y	U	I
U	X	X	N	I	C	O	T	I	N	E	G	H	J	K
L	C	T	G	H	B	L	Y	H	F	S	A	Z	C	V
A	R	E	C	F	G	H	J	K	L	V	B	N	M	E
R	S	D	F	G	H	N	N	I	C	O	T	I	N	E
Q	W	E	R	T	Y	U	I	P	A	S	D	F	G	G

WORD LIST:

CARDIOVASCULAR
DIAGNOSED

ARTERIES
CHOLESTEROL

CONTAGIOUS
NICOTINE

BONUS WORD: What do you have to do to remain fit and strong?





**WE MUST WEAVE OURSELVES
A HEALTHY LIFE.**

**IDENTITY AND SELF-CARE
IS IMPORTANT.
WE MUST TAKE CARE
OF OURSELVES**

