Sugar and Its Impact on Alaska Native People: Diabetes

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Sobering statistics from the IHS

- **2.2 x higher**—Likelihood of American Indians and Alaska Natives to have diabetes compared with non-Hispanic whites

- **68%**—% increase in diabetes from 1994 to 2004 in American Indian and Alaska Native youth aged 15-19 years

- **30%**—Estimated % AI/AN who have pre-diabetes

Diabetes is on the RISE among Alaska Native people

1985 (610 people) 2011 (4357 people)
- Highly processed food/sugar drinks are being shipped into communities
- High Cost/Limited Access to Healthy Food

Traditions and Diabetes Prevention: A Healthy Path for Native Americans
Sue McLaughlin, BS, RD, CDE
Available Per person / Per day = Prevalence

1%

http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0057873
80% of food items in U.S. grocery stores are spiked with added sugar

1/3 of Americans will have diabetes by 2050
The Harmful Effects of Excess Fructose

- Insulin resistance = obesity and DM2
- Fructose doesn't affect satiety in the same way as glucose, making you eat more total calories automatically if your fructose intake is high.
- Excess fructose consumption may cause leptin resistance, disturbing body fat regulation and contributing to obesity.
Fructose ≠ HFCS
If you can’t convince them, confuse them.

- Harry Truman
Quality & Quantity Matters

- There is mounting evidence that sugary drinks contribute to chronic inflammation, high triglycerides, decreased “good” (HDL) cholesterol, and increased insulin resistance, all of which are risk factors for diabetes.

HOW DOES SUGAR AFFECT THE BRAIN?
Complications: Too Much Sugar in the Blood

- Heart Attacks, Strokes, and Erectile Dysfunction
- Vision and Hearing problems
- Kidney Damage
- Nerve Damage: Feet, Hands, Stomach, etc.
Thank you