**University of Oklahoma MEDIA RELEASE**

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**INSPIRATIONAL STORIES FOR NATIVE FAMILIES FACING DIABETES**

*March 7, 2017* Personal storytelling—long a key aspect of Native culture—reaches a new level this month as a series of seven short video stories portray Native parents and children describing their ongoing struggles with diabetes. The stories, designed for viewing to inspire and encourage patients in Indian Health Service and tribal health clinic waiting rooms, are available to the public on the University of Oklahoma’s (O.U.) American Indian Diabetes Prevention Center’s (AIDPC) website: <http://aidpc.ouhsc.edu/DigitalStories.asp>. The site allows unrestricted downloads at no cost.

The videos were funded and produced as part of a National Institute on Minority Health and Health Disparities/National Institutes of Health (NIH) project at the O.U. College of Public Health.

The digital stories are designed for clinic and public distribution across Indian country. Families of children with diabetes each spent 2-3 days creating and telling their stories to the Center’s video team. Each family chose the images and music, and created the dialogue for their personal story. The stories allow them to share their successes in managing diabetes and the stressors endemic to diabetes care within their family setting.

To date, the stories include a Pueblo grandmother who’s experienced multiple “Flight for Life” helicopter rescues; a young Pueblo mother grows past her teenage rebellion against diabetes; the family of a southern plains diabetic young man who sings Native Gospel songs together; the daughter of an adventurous urban Indian family who has undergone two organ transplants; a national AIAN advocate who donated a kidney to his daughter; a Native nurse supporting her diabetic daughter through adolescence ; and a rural reservation mom on dialysis who helps her overweight son manage his health.

The use of storytelling as an instructional device is a highly valued approach to learning in the

American Indian culture. Families work with AIDPC to create digital stories through the use of pictures, audio-voice-over, and personalized accounts of familial diabetes experiences in which

problems have been solved, highlighting the medical and emotional issues surrounding diabetes.

According to AIDPC director J. Neil Henderson, Ph.D., “These videos take us beyond the clinic and into Native homes to vividly show the heroics of Native families coping with diabetes.”

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