

Our Cultures Are Our Source of Health (:30)

[Wes Studi] At the turn of the last century, Native people lived off the land. As times changed, our way of life of growing, gathering, and hunting traditional foods changed.

Today, Native people are on the move to help prevent type 2 diabetes. Eat healthy. Be active. Make wise choices. Our people and cultures hold the answers. We will return to our life in balance.