

After reading the National Diabetes Data Bank (2005) I found the most interesting part to be the paragraph mentioning American Indians and Alaska Natives. It stated that this people yielded the highest percentage of people with diabetes. The American Indians who I know maintain a very healthy diet and are in good shape. However, this fact does say that 25.7% of Alaska Natives living in the Southwest US are diagnosed with diabetes. The fact that more than one in five western Native Americans has diabetes really surprises me.

If I were to guess, I would think that white Americans have the highest percentage of diabetes, however, this article states that only around 10% of the white population has it. That does not seem unrealistic since most of the white population in the United States is obese. I would also like to put the phrase America as a "fast food nation". The primary race that suffers diabetes is white. I never see Native Americans at the local restaurants, and the Native Americans I see always appear to be in good shape. Because of all this, I would think that obesity should increase to a higher diabetes rate among white Americans and a lower diabetes rate among American Indians.