Few Differences in Diet and Health Behaviors and Perceptions Were Observed in Adult Urban Native American Indians by Tribal Association, Gender, and Age Grouping

Forty-nine percent of participants believed their diet was poor while a minority of 5% believed their diet was excellent.

Diet perceptions had little differences for gender, age group, or tribal association.

Perceptions of health were significantly different between genders on the lower and higher end of health perception ratings with 6% of males rating their health as poor in comparison to 19% of women and 9% of men vs 3% of women rating their health as excellent.

Values of percent kcal from fat, saturated fat, protein, cholesterol, dietary sugars, and iron intakes were not significantly different across tribes.

Intakes of food energy, vitamin C, and sodium were significantly lower for women than men.

Differences in consumption of lunch varied by tribe with 69% of the Sioux, 82% of Omaha, 100% of Other tribal groups.

Macronutrient distribution range (AMDR) and saturated fat recommendations were exceeded by over half of Sioux and Other tribal associations while half of the Omaha tribe also exceeded the recommended amount of AMDR.

Diabetes was prevalent in 51-76 year olds (56%) in comparison to 19-30 year olds (0%).

Age also played a role in alcohol consumption with 77% of participants who were 30 years or young consuming more than 30-50 year olds (50%) and 50-76 year olds (24%).

Among women consumption of alcohol (38%) and eating lunch (69%) was lower compared to males (93% and 94%).

This information may be able to help influence the creation of food and health education programs for urban Native Americans possibly improving overall health of this population.

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