Indigenous Lifeways Are Prevention

- Sustainable
- Interrelated
- Non-Linear
- Respect for All Living Things
- Lifeways Rooted in Culture
- Regular Medical Care
- Traditional Medicines
- Connection to Nature
- Natural Diet
- Indigenious Lifeways are Prevention
- Daily Physical Activity & Rest
- Tradition
- Community
- Vaccinations
- Safe Behaviors
- Balance
- Respect

American Indian Cancer Foundation.
Our ancestors recognized that our lives are wakan* (sacred) and how we take care of unkíthančhanpi* (our bodies) is important.

Indigenous lifeways focus on the spirit, mind, body, heart, earth, and community. Each aspect is a thread in a web that is related to our past, living and future ancestors:

- Use traditional medicines
- Consume a natural diet, free from processed foods
- Maintain daily physical activity and rest
- Engage with the community in traditional activities
- Connect with nature

We can enhance our resilience and protection against chronic illness by embracing contemporary activities to achieve health equity. The combination of our traditional ways and these modern practices is essential to advance the health of our communities:

- Stay up to date on vaccinations
- Seek regular medical care
- Practice safe behaviors (alcohol, drugs, sex, etc.)
- Schedule regular preventative screenings

*Translated from Dakota