This episode travels to the O’odham Indian reservations of southern Arizona, which are marked with the dubious distinction as having one of the highest rates of Type 2 diabetes in the world. There it explores a re-conceptualization of chronic disease as the body’s response to ‘futurelessness’ - a condition arising from decades of oppression and historical trauma. Afterwards, please join Dr. Kumanyika as she explores this concept of ‘futurelessness’ and its impact on the health of minority communities.