

Staying Healthy

Main Ideas

- ◆ This Session will cover depression as an outcome of diabetes.
- ◆ It will cover families' continued experience with working toward their goals.
- ◆ It discusses a family plan to continue working toward goals.
- ◆ This Session also will also cover a family plan to identify new health behavior goals .

Objectives

At the end of Session #5, each family should be able to...

- ◆ Identify 3 signs of depression.
- ◆ Describe 1 way to help someone who shows signs of depression.
- ◆ Identify how they will keep working on their goals.
- ◆ Explain how they will add new goals as they achieve their current goals.

Preparation

Special Considerations for Session #5: Staying Healthy

- ◆ In this Session family members are encouraged to talk about how having diabetes in their family makes them feel.
- ◆ This topic may be difficult for some family members to discuss.
- ◆ Consider reading the story indicated in Recommended General Activity #2 as a way to "break the ice" or approach the topic.

Recommended General Activity #1: Planning the Graduation

- ◆ First read through the following chapter "Congratulations!" on the Graduation Event.
- ◆ Consider having the families plan their graduation event.
- ◆ Plan a date, time, and location.
- ◆ Consider having families volunteer to bring healthy foods, using the recipes in the Appendix or other ideas.
- ◆ Ask families if they'd like to volunteer to lead a game or physical activity.
- ◆ Consider having families plan the order in which they will eat, share experiences, and play games.

Recommended General Activity #2: Story of 'Ma Rufina'

- ◆ You'll find this story in the Appendix.
- ◆ Try reading the story before beginning this Session's information topic.
- ◆ You may wish to make copies of the story for families.
- ◆ Try reading the story to the group first, then handing out the copies.
- ◆ Or families can take turns reading parts of the story to the group.
- ◆ Talk to the families about what the story means to them.

Preparation cont'd

Recommended Physical Activity: A moderate-level activity that increases pulse rate such as walking or dancing

- ◆ As in the last Session, consider an activity that requires a fair amount of movement.
- ◆ If the weather or time of day permits, consider taking a walk outside.
- ◆ Before class, look around the area where the Sessions are held and find a course that will take 15-20 minutes to complete.
- ◆ Look for a course with a relatively smooth surface. If possible avoid cracked sidewalks or an area with holes.
- ◆ Look for a course that is away from traffic.
- ◆ Have bottled water for everyone to carry.
- ◆ Before the walk, have everyone participate in one of the stretching exercises completed in previous Sessions.
- ◆ Briefly explain where you will walk and the approximate amount of time it will take to complete.
- ◆ Have everyone take a 30 second pulse rate at their wrist or neck while standing still, just before starting the walk.
- ◆ After walking for 5 minutes, stop and have them take their pulse rate again.
- ◆ The walking pace is appropriate if most participants' pulse rate increased 5-12 beats. If the average heart rate has increased greater than 20 beats, the pace is probably too fast.
- ◆ Remind everyone to drink their water while on the walk.
- ◆ If conditions are not appropriate, consider dancing and proceed with checking the pulse rate as described above.

Recommended Healthy Snack: Small whole fruit such as grapes, plums, or strawberries; graham crackers; and bottled water, tea, or coffee with fat-free creamer and artificial sweetener

- ◆ There is only time to try an easy snack.
- ◆ If walking or dancing are the physical activities in this Session, having bottled water available is recommended.
- ◆ Consider having the coffee and tea with the snack and distributing the water just before doing the physical activity planned.

REVIEW

Session #4: "Working Together"

What Family Activities Can Strengthen Family Unity?

- ◆ Eat together and talk. Don't eat in front of the TV—it reduces chances to talk during meals.
- ◆ Let everyone finish his or her statement. Don't interrupt.
- ◆ Encourage each other to talk when sad or depressed. Don't ignore each other's moods.
- ◆ Make time to do things together—for example, go to church or walk together.
- ◆ Thank or compliment each other.

What Family Activities Can Strengthen Family Unity?

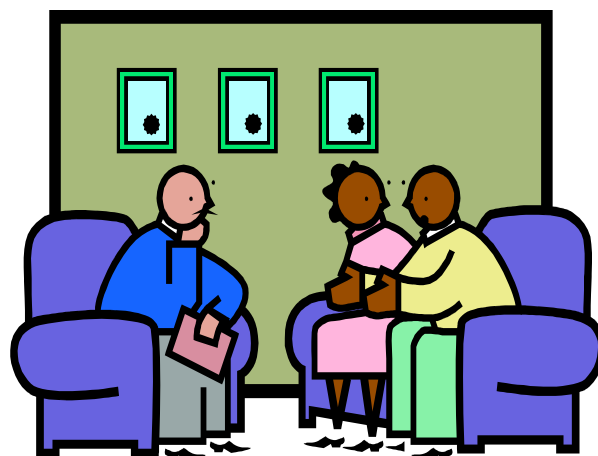


REVIEW...

What Can Family Members Do To Support The Person With Diabetes?

- ♦ Make recommended dietary changes easy. Everyone can start eating healthier.
- ♦ Make being more physically active easy. Everyone can start being active.
- ♦ Talk about medications and doctor visits. How often does the person with diabetes need to take medication? How often does he or she need to go to the doctor's office?
- ♦ Discuss if another family member should also go to the doctor's office.
- ♦ If someone does not go, ask about the outcome of the visit and listen to the answer.
- ♦ If there are more questions or concerns, ask the doctor or nurse at the clinic, or ask a promotora to find out the answers for you.

What Can Family Members Do To Support The Person With Diabetes?

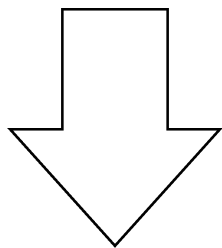
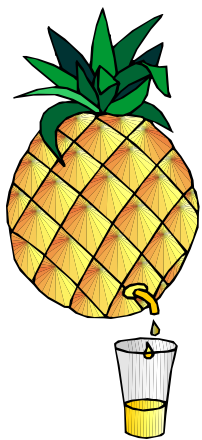


REVIEW...

How Can a Family Support A Family Member Who Shows Symptoms Of Uncontrolled Diabetes?

- ◆ These symptoms are the same as those described in Session #1, for undetected or undiagnosed diabetes.
- ◆ Ask if they have checked their blood sugar recently.
- ◆ If not, ask if they would like help checking their blood sugar.
- ◆ Note: Generally, the American Diabetes Association recommends blood sugar ranges from 90-130 before meals, and 110-150 before bedtime. The recommendations that follow are a general guideline to check one's blood sugar, and what to do if it seems too high or too low.
- ◆ If their blood sugar is greater than 140, suggest they drink some water and walk around.
- ◆ If their blood sugar is lower than 70, suggest that they eat something sweet, such as a piece of hard candy, or drink some fruit juice.
- ◆ After a short time (1-3 minutes), recheck the person's blood sugar level. If the level is not changing, call or visit your health care provider.
- ◆ Family members should react calmly and not get upset or angry with the diabetic family member over low or high sugar levels.

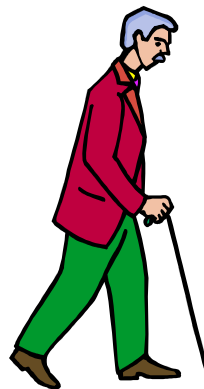
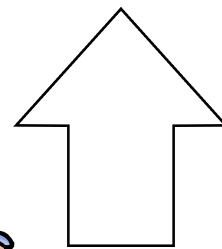
How Can A Family Support A Family Member Who Shows Symptoms Of Uncontrolled Diabetes?



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REVIEW...



Ask families to find the "Family Health Behavior Goals" handout they received in Session #3.

Family Health Behavior Goals:

Which Goals Did You Select?

Family Health Behavior Goals

Choose at least 2 goals to improve your family's health...

Goal	Yes	No
#1. We will create a list of family strengths. Each week we will add at least one more word or phrase that describes a positive quality of our family.		
#2. We will exercise together 3 times a week by _____ walking _____ dancing _____ stretching _____ other _____ 15 min. _____ 30 min. _____ (fill in) min.		
#3. We will eat small food portions, limiting our serving sizes to the size of the palm of our hands, or a deck of cards.		
#4. We will eat more foods low in fat and limit foods high in fat.		
#5. We will drink only skim milk or 1% milk.		
#6. We will not drink regular soft drinks or high-sugared drinks like fruit punch, Kool-Aid®, Gatorade®, or <i>aguas frescas</i> like <i>horchata</i> , <i>tamarindo</i> , or <i>jamaica</i> .		
#7. We will use only fat-free salad dressing and mayonnaise.		
#8. We will compliment each other at least once a week by identifying a skill, strength, or behavior expressed by each family member.		
#9. We will make time at least once a week for a family meeting to talk and listen. We will discuss our good experiences in the week and our problems.		
#10. Another goal is to:		

REVIEW...

What Successes Did You Experience
Over The Week While Working
Toward Your Health Behavior Goals?

Discussion

Ask families if they are seeing any early results with their goals. Are their muscles sore? Sore muscles are a sign that muscles are being used and are becoming stronger. Are they tired after walking? Being tired in the beginning is normal. They will soon build their endurance and be able to complete the walk with less effort.

What Successes Did You Experience
Over The Week While Working
Toward Your Health Behavior Goals?



SESSION #5: "Staying Healthy"

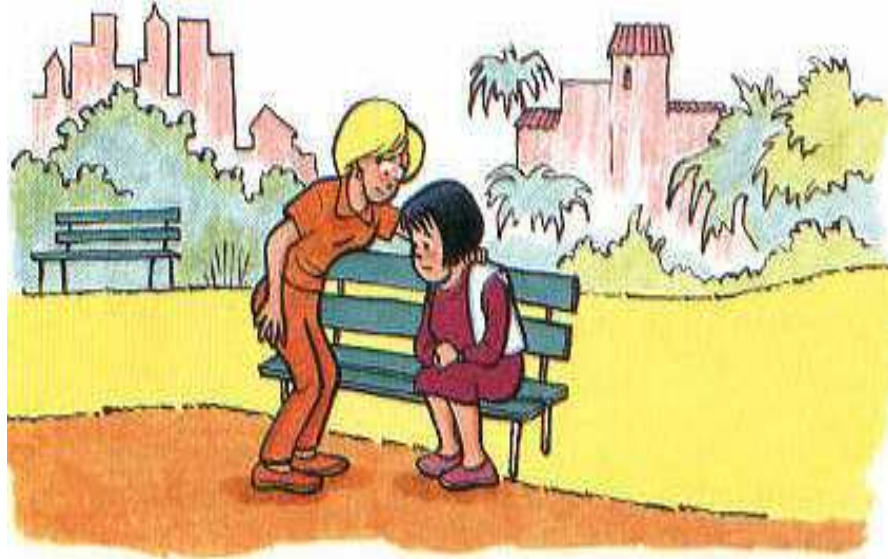
How Can Diabetes Make You Feel Emotionally?

- ◆ People react differently to a diagnosis of diabetes.
- ◆ Some people may be angry and think "Why me?" or "It's not fair!"
- ◆ Some people may get sad about having to make lifestyle changes.
- ◆ Some people may think about the complications and become scared or depressed.
- ◆ These reactions are normal.
- ◆ Family members should talk about their feelings.

Discussion

Ask the family members with diabetes about how they felt when they learned they had diabetes. Do they still feel the same? Has anything changed for them? Consider asking families to share how they felt when they first learned that someone in their family had diabetes.

How Can Diabetes Make You Feel Emotionally?



What Are Some Signs Of Depression?

- ◆ Feeling sad all day for about 2 weeks.
- ◆ Losing your appetite for about 2 weeks.
- ◆ Being sleepy and tired all the time.
- ◆ Going days without being able to sleep at night.
- ◆ Being forgetful or distracted often.
- ◆ Not being able to concentrate.
- ◆ Having thoughts of death and / or suicide that keep coming back.
- ◆ Losing interest in daily activities for about 2 weeks.

What Are Some Signs Of Depression?



Fatigue



Sadness



Unable to sleep



Confused or distracted

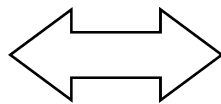
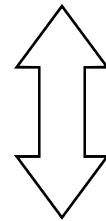
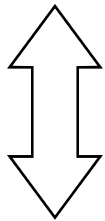
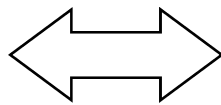
What Is The Connection Between Depression, Stress, And Diabetes?

- ◆ People who feel constantly stressed or feel as though they have too much stress can become depressed.
- ◆ Depressed or stressed, people may not take good care of themselves. They may not exercise or eat healthily. They may drink alcohol. They might not check their blood glucose or take their medication.
- ◆ For many people, hormones released during times of stress can cause blood sugar levels to increase.
- ◆ Reducing stress can help to ease feelings of depression and help control blood glucose levels.
- ◆ In a family with diabetes, the family member with diabetes as well as other family members may feel stressed and depressed.



People with diabetes are more likely to have clinical depression than people who do not have diabetes. When working with people with diabetes, it is important for you, the promotora, to be aware of the signs of depression. If you suspect someone is suffering from depression, you should not try to handle the problem alone, but offer gentle support, and refer him or her for professional help, if possible.

What Is The Connection Between Depression, Stress, And Diabetes?



How Can Families Cope With Stress?

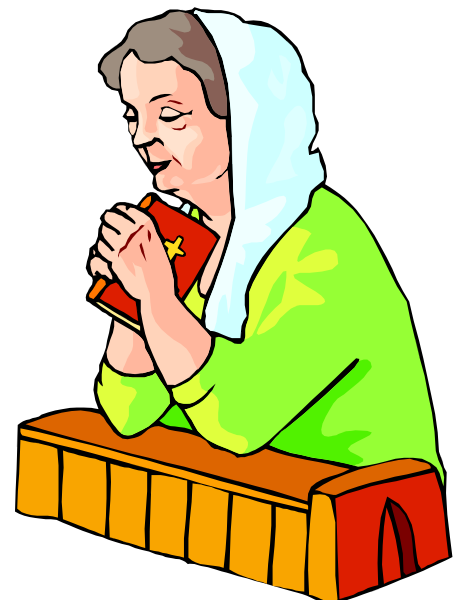
- ◆ Learn to relax.
- ◆ Do breathing exercises at least once a day. Sit or lie down and uncross your legs and arms. Take a deep breath. Slowly push out as much air as you can, while relaxing your body.
- ◆ Repeat this breathing and relaxing exercise for 5 to 15 minutes at a time.
- ◆ Replace troubling thoughts with good thoughts. When you sense a troubling thought, replace the thought with a happy memory, a poem, an expression, or a prayer.
- ◆ You can practice these relaxation techniques as a family or individually.



Idea!

Try using the activities found in the Appendix called “Managing Stress” and “Having Fun.”

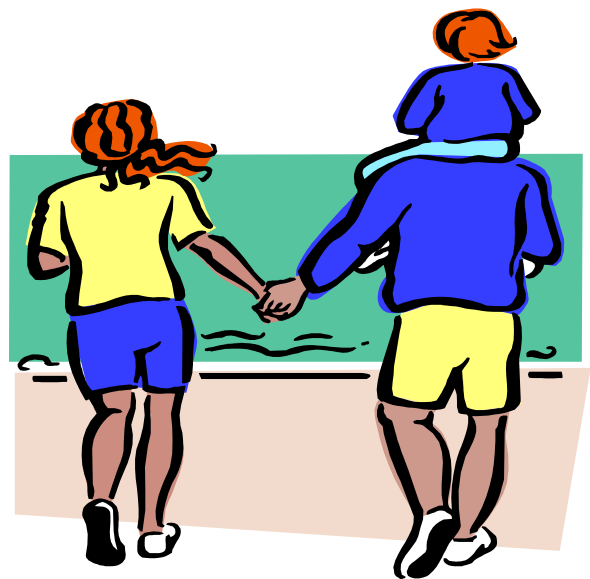
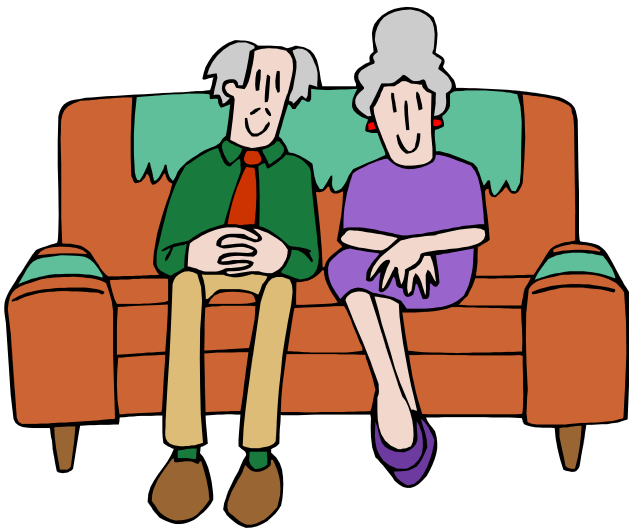
How Can Families Cope With Stress?



How Can Families Cope With Mild Depression?

- ◆ Talking about feelings can help reduce mild depression in some people.
- ◆ Family members can support each other by taking time to listen. You might consider setting some time aside each week to share happy and troubling feelings.
- ◆ Add positive activities in your life. For example,
 - * Walking or gardening as a family can lift everyone's spirits.
 - * Volunteering as a family or as individuals at your church or local school can make you feel good.
 - * Visiting or calling a friend just to say "hi" can encourage you to think positively and to focus on brightening someone's day.

How Can Families Cope With Mild Depression?



What Happens If Depression Continues?

- ◆ Even family members who don't have diabetes may get depressed.
- ◆ Any family member who continues to show signs of depression, even after talking with other family members, may be severely depressed.
- ◆ Anyone who shows signs of depression for more than 2 weeks should consult a physician.
- ◆ Help a severely depressed family member make an appointment.
- ◆ A severely depressed person may feel embarrassed and say that "Nothing is wrong" or "I'm just sad. I'll get over it."
- ◆ Severe depression may require medication.

Q&A

Give families enough time to ask questions. They may not be familiar with this topic, or have specific concerns. For example, the difference between mild or severe depression may not be clear for them.

Discussion

Ask families if they have any experiences to share that could be helpful to others in dealing with depression.

What Happens If Depression Continues?



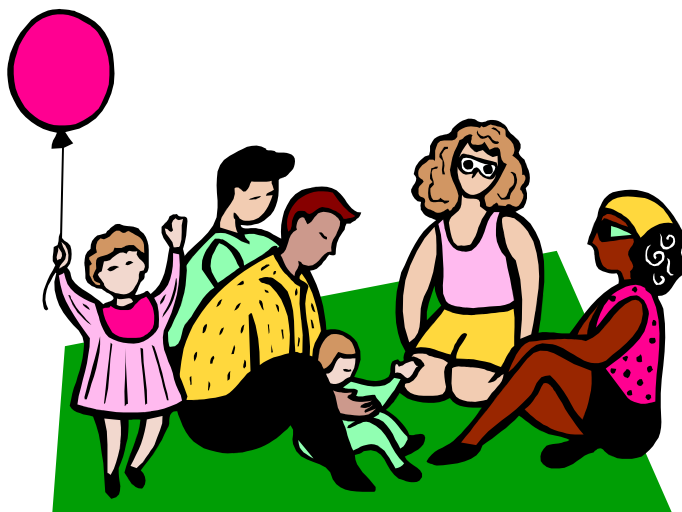
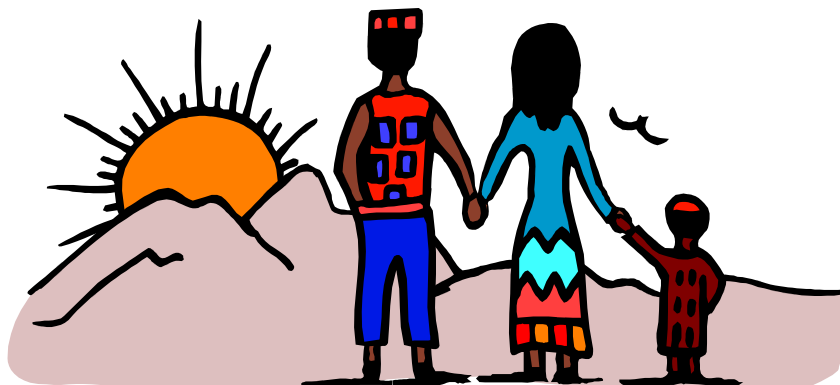


The information topic switches here to re-focus on goals and planning for the future. You might want to give everyone a break, play a game, or simply say "In this last Session, we want to discuss how you can keep up the good work and stay healthy."

How Can We Keep Working On Our Goal?

- ◆ Talk about your goals and early results.
- ◆ Keep everyone involved.
- ◆ Talk about what you like about working on your goals—such as having more energy, or spending more time together.
- ◆ Talk about what you don't like about your goals, or what is difficult. For example, not being able to eat your favorite foods, or getting up early to walk.

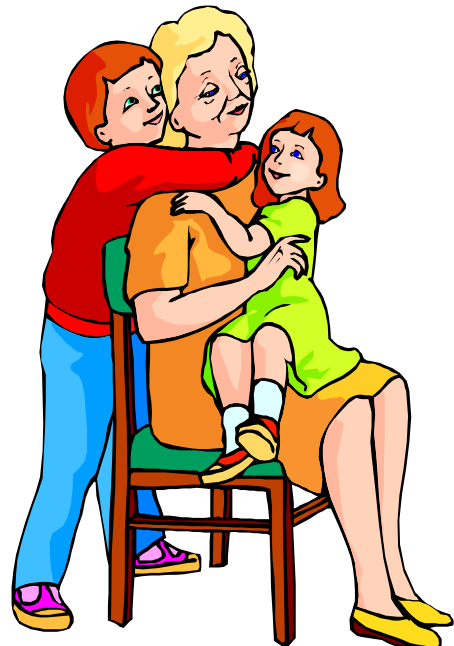
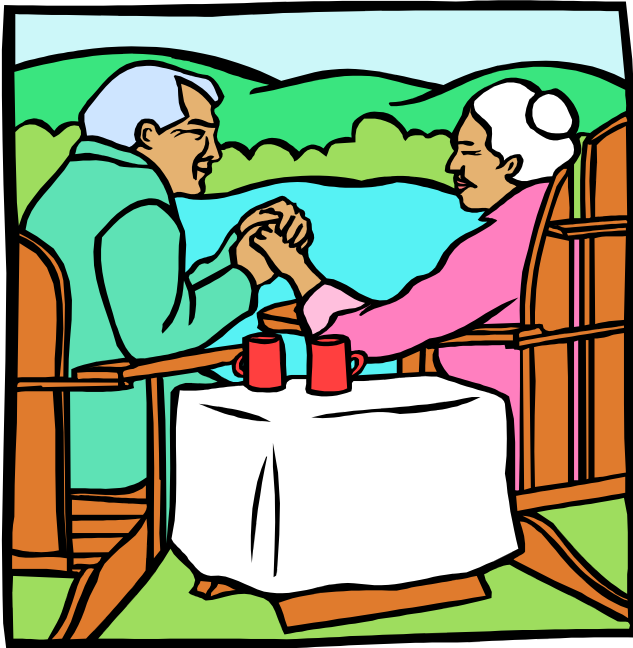
How Can We Keep Working On Our Goal?



How Can We Stay Motivated?

- ◆ Decide on a reward for your family when you reach and continue your goals for a month.
- ◆ Select a reward that reinforces family unity, such as going bowling.
- ◆ Try to avoid setting food rewards, such as going out to dinner, unless you have found a restaurant that offers healthy choices.
- ◆ Decide on another reward when you have continued to maintain your goals for another month.

How Can We Stay Motivated?



After Having Some Success, How Can We Select Some New Goals?

- ◆ Refer back to your "Family Health Behavior Goals" handout.
- ◆ As a family, read over the goals you did not pick.
- ◆ Can everyone agree on another goal?
- ◆ Talk about the specific steps to reach the new goal.
- ◆ Try not to speak to generally.
- ◆ Remember that if you select, for example, Goal #4: Eat more foods low in fat and limit foods high in fat—that you should ask yourselves, "What will we actually do? Can we agree to eat a vegetable with dinner every night? Or a piece of fruit every morning for breakfast?"



Idea!

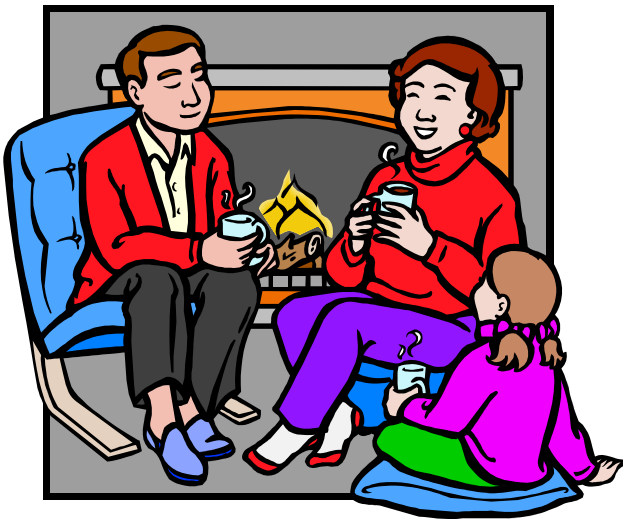
Give each family 5 minutes to discuss if they are ready for another goal. If so, what would they choose and how will they work toward that goal? Ask each family to share their decision.



Idea!

Give each family 10 minutes to plan how they will keep working on several goals. Could they meet once a week to review progress? Could one person in the family agree to be a health promoter by scheduling family walks or planning healthy meals? Ask each family to share their plan for continuing to work on their goal.

After Having Some Success,
How Can We Select Some New Goals?



Wrap Up!

SESSION #5

CONCLUSION

Discussion Questions To Conclude Session #5: "Staying Healthy"

1. What are 3 signs of depression?
2. How can you help someone who shows signs of depression?
3. How will your family continue to work toward your goals?
4. How will your family add new Family Health Behavior Goals?