



Diabetes and The Family

Family Notebook

Arizona Prevention Research Center

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Families and Diabetes

Main Ideas

- ◆ This Session explains the reason for a family diabetes education program.
- ◆ It will give a general overview of diabetes and its risk factors.
- ◆ It will also describe the characteristics of healthy families with diabetes.

Objectives

At the end of Session #1, families should be able to...

- ◆ State 1 reason they are participating in the program.
- ◆ List 2 or more characteristics of a healthy family.
- ◆ List 2 or more diabetes risk factors.

SESSION #1: "Families and Diabetes"

The purpose of the family program is to...

- ◆ Learn more about diabetes and its risk factors.
- ◆ Talk about how families with diabetes can stay healthy.
- ◆ Join the family together to support a family member with diabetes.
- ◆ Join the family together to learn about healthy lifestyles for diabetes prevention.
- ◆ Try different healthy foods.
- ◆ Try different physical activities like dancing, walking, or stretching.

Diabetes and the Family

Program Purpose...



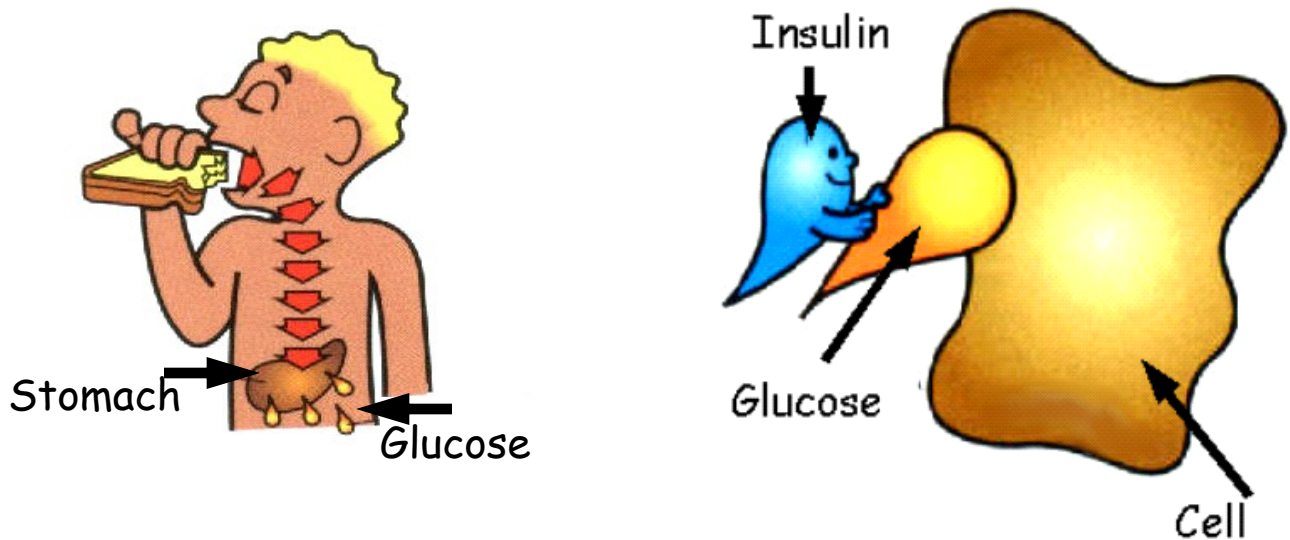
What Is Diabetes?

Diabetes Is Like An Interrupted Pathway...

It Is A Condition In Which The Body Has Too Much Sugar In The Blood...

- ♦ The body breaks down food into **glucose** or blood sugar. Glucose is the body's energy source.
- ♦ The glucose is carried by the blood to the body's cells.
- ♦ A hormone called **insulin** helps the glucose get into the cells where it can be used for energy.
- ♦ In the case of diabetes, there is little or no insulin available, or the body's cells resist the insulin.
- ♦ When insulin is not available, the glucose builds up in the blood.
- ♦ A blood test can show if someone has a high level of blood glucose and has diabetes.

What is Diabetes?



Insulin helps glucose 'travel' to the body's cells...

But with diabetes...

there is no or very little insulin
or
the body's cells resist the insulin.



Can Diabetes Be Cured?

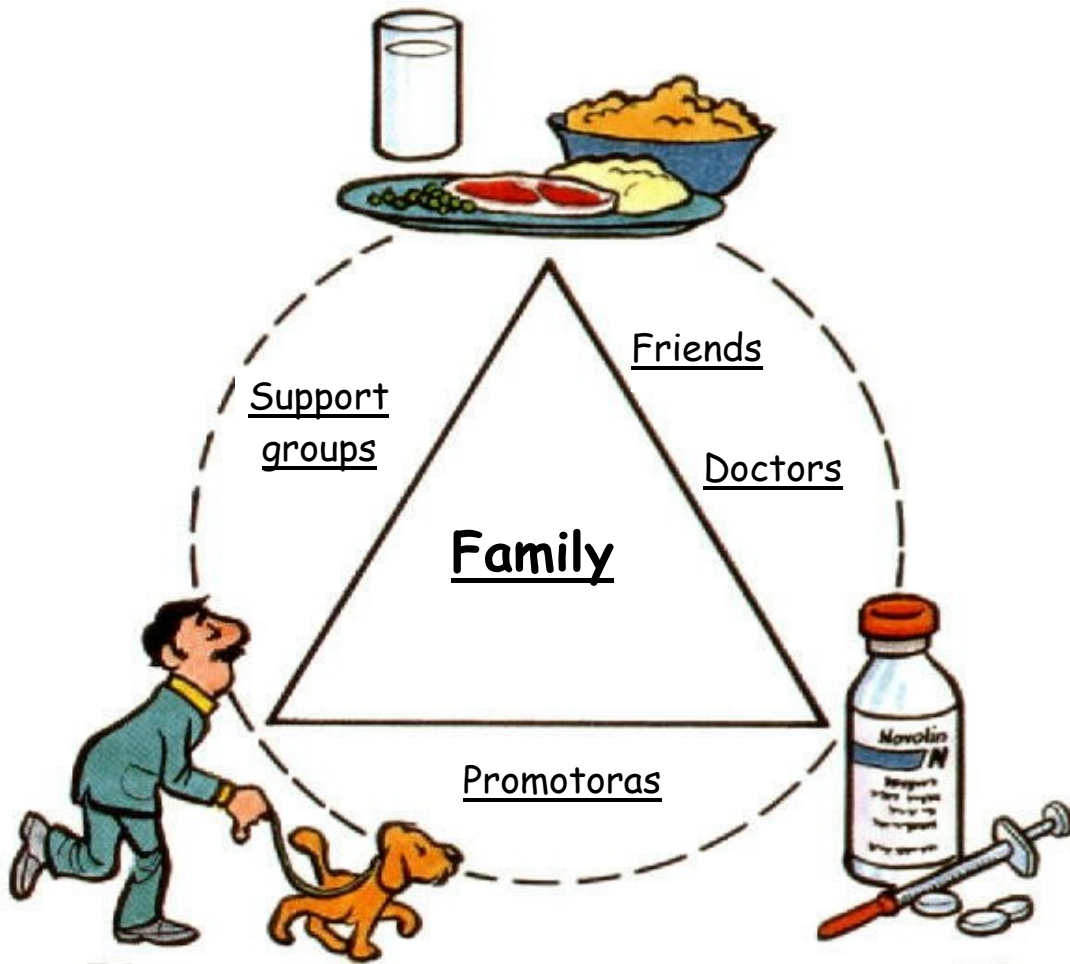
Diabetes Cannot Be Cured But It Can Be Controlled With...

- ♦ Support from family and friends.
- ♦ Support from the community (examples: promotoras, doctors, support groups).
- ♦ Healthy food choices and portion sizes.
- ♦ Physical activity that helps make insulin work better.
- ♦ Medications.

Can Diabetes Be Cured?

Diabetes Cannot Be Cured But It Can Be Controlled...

Healthy food choices and portion sizes



Physical activity

Medications

What Happens When Diabetes Is Not Controlled?

Dangers And Complications Of Poorly-Controlled Diabetes Are...

- ♦ Feeling sad or angry
- ♦ Feeling sick and tired all the time
- ♦ Burning feeling in feet and hands
- ♦ Loss of sensation in feet and hands
- ♦ Sores or infections on the feet that won't heal
- ♦ Digestive problems
- ♦ Sexual problems in women and men
- ♦ Foot and leg amputations
- ♦ Kidney failure
- ♦ Problems with eyes and blindness
- ♦ Heart attack
- ♦ Stroke

What Happens When Diabetes Is Not Controlled?



Tiredness



Sexual problems
for men or women



Burning sensation or
Loss of sensation in
feet or hands



Sores or Infections
on the foot



Amputation



Heart attack
or Stroke



Blurry vision or
Loss of sight

Who Is At Risk For Diabetes?

Individuals Who Have One Or More Of These Characteristics Have An Increased Risk For Diabetes...

- ♦ Overweight
- ♦ Over 40 years of age
- ♦ Not physically active
- ♦ Hispanic, Native American, African American, or Asian decent
- ♦ Have diabetes in the family (heredity)

Who Is At Risk For Diabetes?

People Who Are...



Physically inactive



Overweight



Over 40 years old



Smokers



Related to someone with
diabetes (heredity)



Of Hispanic, Native American, African American, or
Asian decent

What Are The Symptoms Of Diabetes?

Symptoms Include...

- ♦ Tiredness
- ♦ Weight loss
- ♦ Blurred vision
- ♦ Feeling thirsty
- ♦ Urinating a lot
- ♦ Grouchy and in bad moods

What Are The Symptoms Of Diabetes?



Fatigue and tiredness



Irritability and frustration



Blurry vision



Weight loss



Urinating frequently

How Can Diabetes Affect The Whole Family?

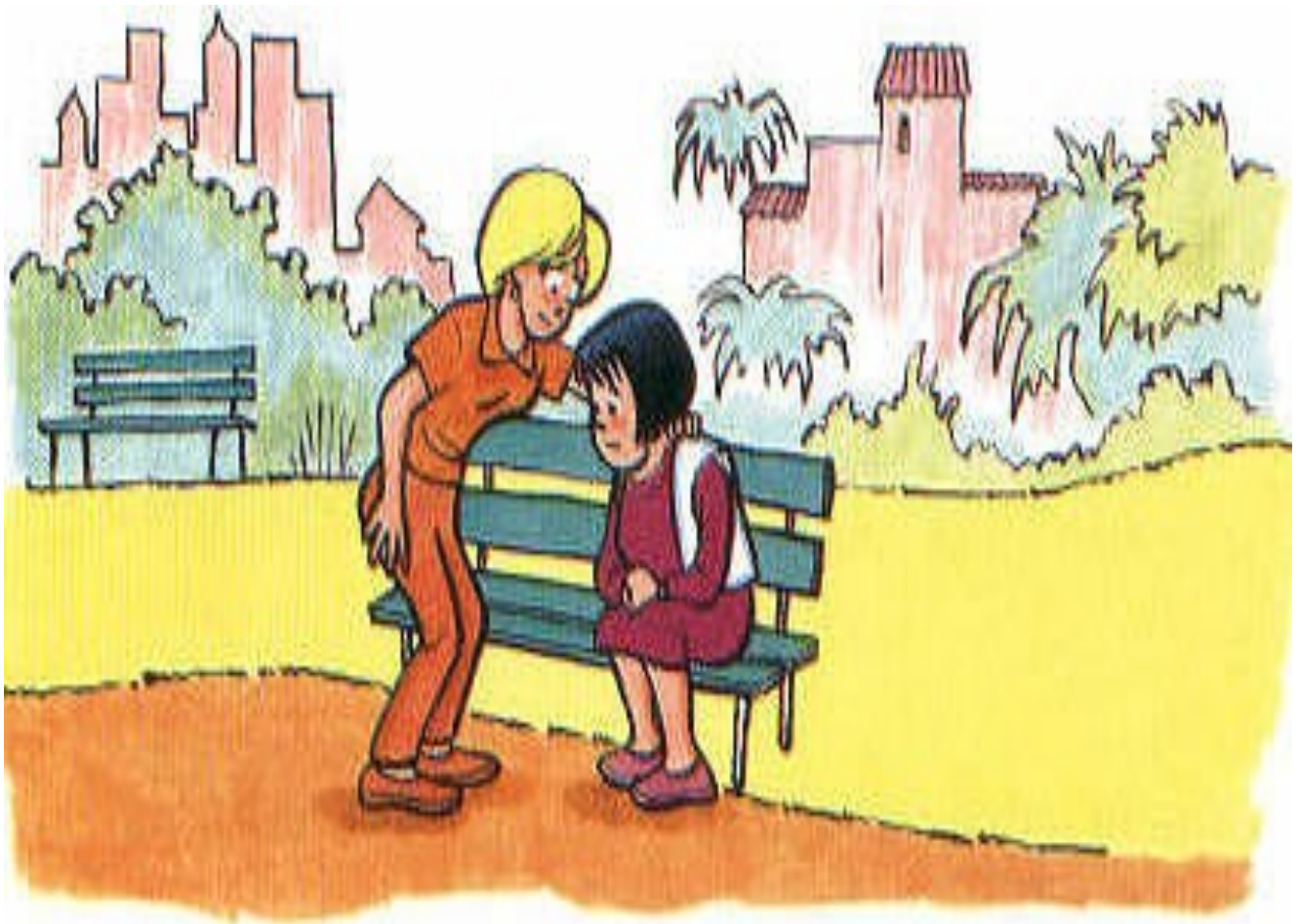
Diabetes Can Change A Family Because Family Members May...

- ♦ Become fearful or worried about...
 - ...the health of the person with diabetes.
 - ...how to help this person.
 - ...the future of the family.

- ♦ Become angry, resentful, or depressed because...
 - ...nobody seems to understand the illness and family members fear what might happen.
 - ...they feel "Why does this have to happen to our family?"
 - ...they believe that "This illness will change what our family can do."
 - ...they believe that "Our family can't have fun anymore."

- ♦ Create walls or barriers between themselves and other family members to avoid talking about...
 - ...the illness.
 - ...changes.

How Can Diabetes Affect The Whole Family?



What Are Some Characteristics Of Healthy Families With Diabetes?

Listen

- ♦ Healthy families listen to each other's stories, problems, and accomplishments.
- ♦ They listen without interrupting.

Talk

- ♦ Healthy families talk openly about good and bad feelings.
- ♦ They do not keep secrets, bury their feelings, or "play games."

Support

- ♦ Healthy families support each other's goals, ideas, plans, or accomplishments.
- ♦ They join together to solve problems and get through difficult times.

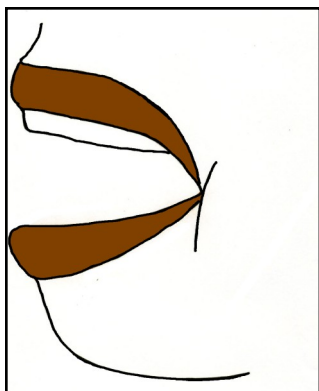
Value

- ♦ Healthy families believe that everyone in the family brings a unique strength to the group.
- ♦ They compliment each other for his or her contribution to the family.
- ♦ They are proud of their family.
- ♦ They believe the family is capable of reaching goals.

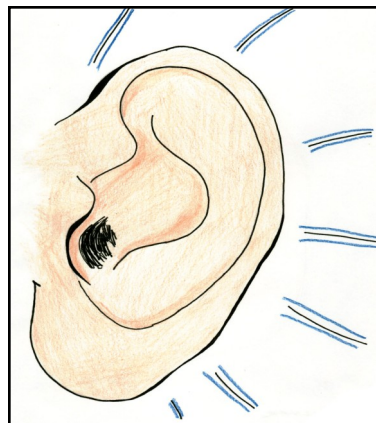
Laugh

- ♦ Healthy families enjoy each other's company.
- ♦ They can "bounce back" after difficult times, using humor during difficult situations.

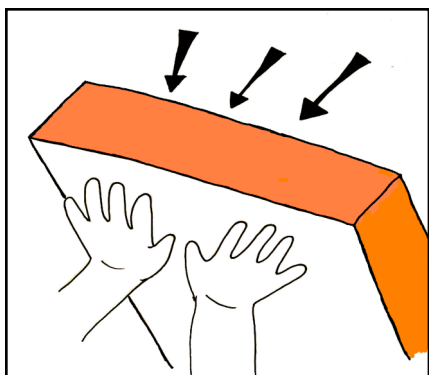
What Are Some Characteristics Of Healthy Families With Diabetes?



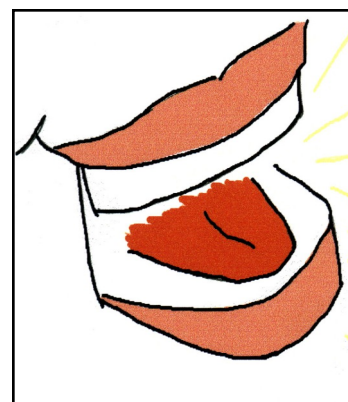
Talk



Listen



Support



Ha Ha

Ha Ha

Ha

Laugh

Wrap Up!

Discussion Questions To Conclude Session #1: "Families and Diabetes"

1. Why are you participating in the program *Diabetes and the Family*?
2. Name 2 or more risk factors for diabetes.
3. What are 2 or more diabetes complications that you can prevent?
4. What are 2 characteristics of a healthy family?

Being Healthy

Main Ideas

- ◆ This Session discusses the role of food and exercise in preventing and controlling diabetes.
- ◆ It offers general guidelines for making healthy food choices, and gives ideas for preparing healthy foods.
- ◆ This Session gives ideas for building more physical activity into the day.
- ◆ It also describes safety guidelines to follow when doing physical activity or exercise.

Objectives

At the end of Session #2, families should be able to...

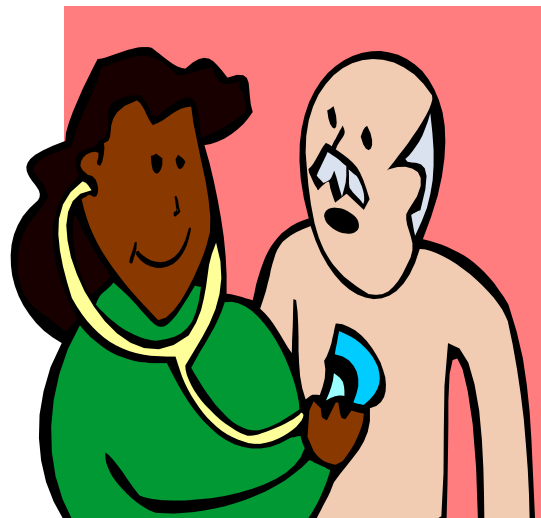
- ◆ Identify 3 ways to make healthier food choices.
- ◆ Describe 3 ways to eat healthily when they get together with family or friends.
- ◆ Identify 2 ways to build more physical activities into their day as a family or as individuals.

SESSION #2: "Being Healthy"

How Can Physical Activity Keep Us Healthy?

- ◆ Physical activity helps insulin work better.
- ◆ When insulin works better, more glucose gets into the cells and lowers the glucose level in the blood.
- ◆ Physical activity helps strengthen the body's muscles.
- ◆ Physical activity exercises the heart and keeps the heart strong.

How Can Physical Activity Keep Us Healthy?



How Can We As A Family Be More Physically Active?

- ♦ Make physical activity or exercise a family affair.
- ♦ Have a regular time for exercise (example: every other morning, every evening after dinner).
- ♦ Walk together.
- ♦ Walk to visit friends or family.
- ♦ Garden or do yard work together.
- ♦ Play basketball or baseball.
- ♦ Swimming or water aquatics.
- ♦ Have everyone join in with the housework; sweeping, mopping floors, and vacuuming are also exercise!

How Can We As A Family Be More Physically Active?



How Can We Build Activity Into Our Family Gatherings?

- ◆ Make physical activity a part of being with friends and family.
- ◆ During family gatherings, suggest that everyone go out together for a walk, play a game of tag, or dance to music.
- ◆ Make physical activity as much a part of visiting as eating.
- ◆ After a church service, take a short walk around the church. Encourage other friends and family members to join you.

How Can We Build Activity Into Our Family Gatherings?



How Much Physical Activity Is Good?


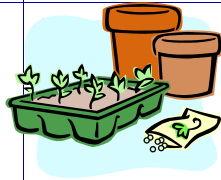
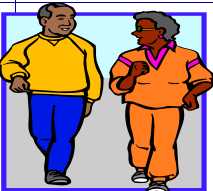


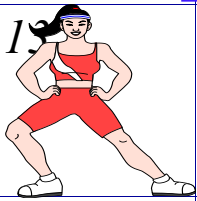
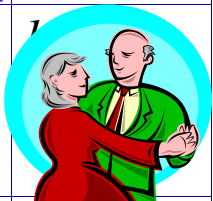




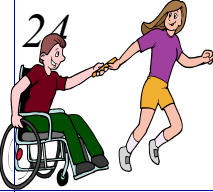


- ♦ Small amounts of physical activity throughout the day can build up to make you more active.
- ♦ You should participate in a physical activity at a level that you can feel your heart beat faster, but that you can still talk.
- ♦ Be active for at least 30 minutes a day, 3-4 times a week.
- ♦ These 30 minutes can occur all at one time or in shorter periods that add up to 30 minutes in a day (but at least 10 minutes of activity at a time).

How Much Physical Activity Is Good?



* 30 minutes

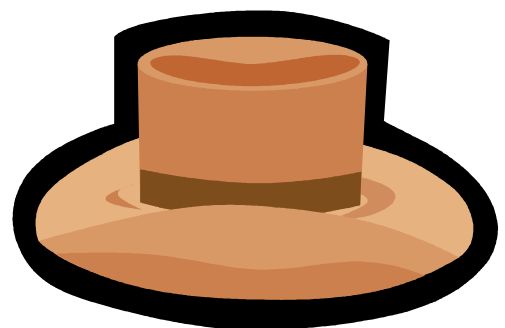
* 3 or 4 days / week

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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16 			19 	20	21	22
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30						

How Can We Best Prepare To Be Active?

- ◆ If you are going to be active for more than 10 minutes, you should stretch using techniques demonstrated in this session.
- ◆ Be comfortable. Wear loose-fitting clothing so you can move.
- ◆ If you are walking, your shoes should be comfortable.
- ◆ If you are riding a bike, the seat should be adjusted so you can sit comfortably as you are pedaling.
- ◆ If you are gardening, use gloves.
- ◆ Drink at least 8 glasses of water a day, more if it's hot.
- ◆ During the summer, exercise in the early morning or inside (example: go for walks inside the mall).
- ◆ Wear a hat.

How Can We Best Prepare To Be Active?



Are We Ready?

- ◆ If you have not been active recently, don't overwork yourself.
- ◆ Start with a slow pace and short amounts of time.
- ◆ Work up to 30 minutes or more a day, 3-4 times week.

Are We Ready?



How Can Healthy Foods Help Prevent And Control Diabetes?

**Eating Healthy Foods Can Help Control Body Weight.
Healthy Foods Include...**

- ♦ Beef, pork, chicken, and fish that is baked, broiled, or grilled.
- ♦ Beans without added grease (like lard or oil).
- ♦ Vegetables and fruits.
- ♦ Whole grain foods like high-fiber cereals and breads, and corn or whole wheat tortillas.
- ♦ Low-fat and non-fat foods like skim, fat-free, or non-fat milk; non-fat yogurt; low-fat sour cream; and fat-free salad dressing or mayonnaise.

How Can Healthy Foods Help Prevent And Control Diabetes?

Eating Healthy Foods Can Help Control Body Weight.
Healthy Foods Include...



What Foods Should We Limit?

- ◆ Regular sodas (it's better to choose diet sodas).
- ◆ Sweetened drinks (like Kool-Aid®, fruit punch, and sports drinks like Gatorade®) and *aguas frescas* like *horchata*, *jamaica*, or *tamarindo* because they are high in sugar.
- ◆ Fried foods or foods with added grease like fried chicken, french fries, tortilla chips, and potato chips—they are high in fat.
- ◆ Processed meats such as sausage, bologna, and bacon—they are high in fat.
- ◆ Gravy—it is high in fat.
- ◆ Butter, margarine, lard, or regular salad dressing—they are high in fat.
- ◆ Whole milk or 2% milk—they are high in fat.
- ◆ Alcohol.

What Foods Should We Limit?



Regular sodas



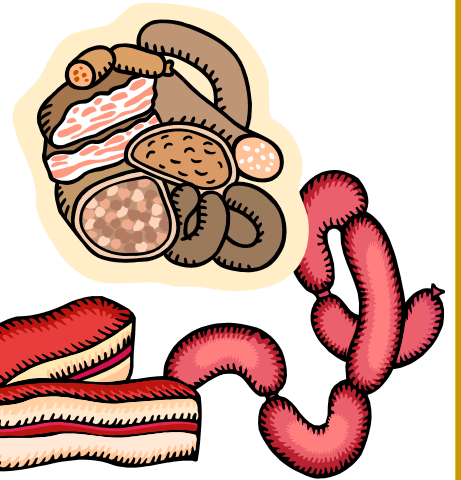
Alcohol



Whole milk
2% milk



Butter, lard, margarine



Processed meats



Fried foods

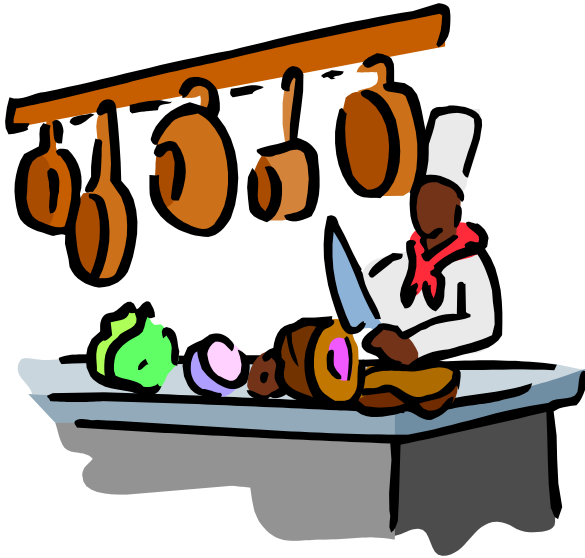


Gravy

How Can We Prepare Healthy Meats?

- ♦ Trim fat off meat.
- ♦ Take skin off chicken and turkey.
- ♦ Bake, grill, or broil meats.
- ♦ Drain fat or grease from cooked meat.
- ♦ Don't fry food—the grease adds fat to food.

How Can We Prepare Healthy Meats?



Cut fat or skin off meat



Don't fry or add
oil or butter

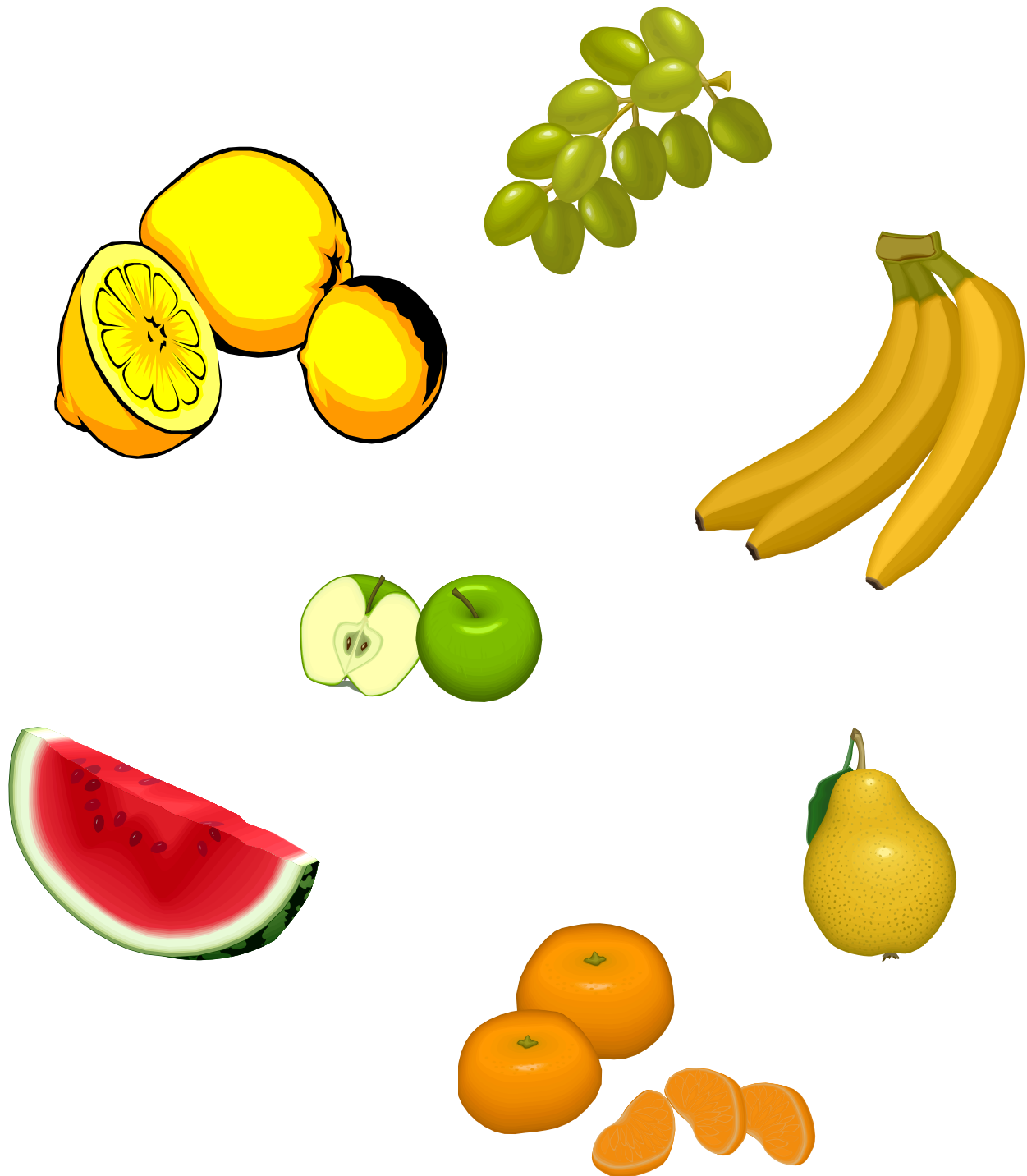


Bake or grill meats

How Can We Buy And Prepare Healthy Fruits And Vegetables?

- ◆ Steam or boil vegetables.
- ◆ Do not add butter or margarine to vegetables—try lemon or lime juice for flavor.
- ◆ Eat fruit instead of drinking fruit juice—the pieces of fruit will make you feel full.
- ◆ If you drink fruit juice, drink a small amount—no more than a cup.
- ◆ If you buy canned fruit, buy fruit that is packed in its own juice.
- ◆ Do not buy canned fruits that are packed in syrup.

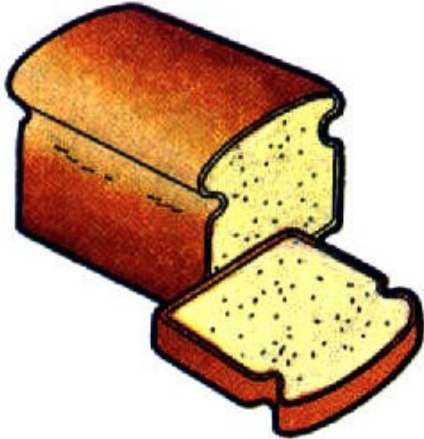
How Can We Buy And Prepare Healthy Fruits And Vegetables?



How Can We Buy And Prepare Breads, Cereals, And Baked Goods In A Healthy Way?

- ◆ Buy cereals and bread that are 2 grams or higher in fiber—look at the label to see the amount of fiber.
- ◆ Eat or cook cereal with fat-free (non-fat or skim) or low-fat (1%) milk.
- ◆ Use mustard instead of mayonnaise on sandwiches.
- ◆ Use reduced-sugar jelly instead of butter or margarine on toast.
- ◆ Choose corn tortillas instead of flour tortillas—corn tortillas are lower in fat.
- ◆ Eat fresh corn tortillas instead of fried.
- ◆ Try making flour tortillas with $\frac{1}{2}$ white flour + $\frac{1}{2}$ whole wheat flour.
- ◆ Choose graham crackers and ginger snaps instead of cookies, cakes, and pastries.
- ◆ Choose pretzels instead of chips and snack crackers like Cheez-it® and Ritz Crackers®.

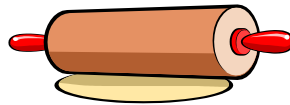
How Can We Buy And Prepare
Breads, Cereals, And Baked Goods
In A Healthy Way?



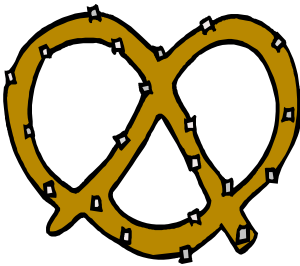
Choose whole wheat breads



Mustard instead of
mayonnaise



Corn tortillas instead of flour



Fat-free snacks



+

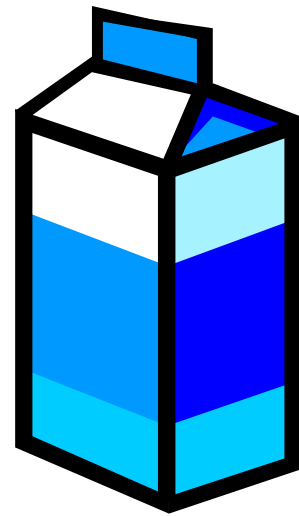
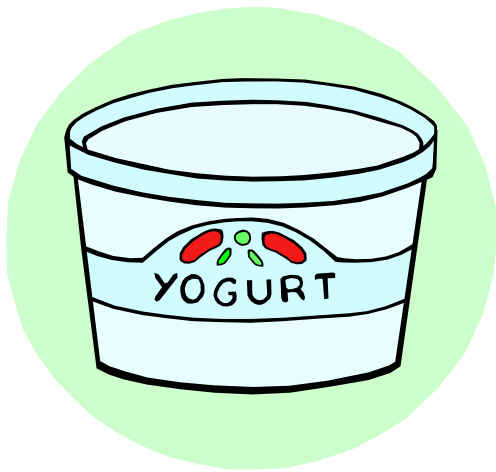


Use skim milk with cereal

How Can We Buy And Eat Healthy Milk Products?

- ◆ Drink fat-free (non-fat or skim) or low-fat (1%) milk.
- ◆ Eat low-fat or fat-free yogurt.
- ◆ Avoid ice cream. Choose low-fat frozen yogurt instead.

How Can We Buy And Eat Healthy Milk Products?



Yogurt or Milk
non-fat / fat-free / low-fat

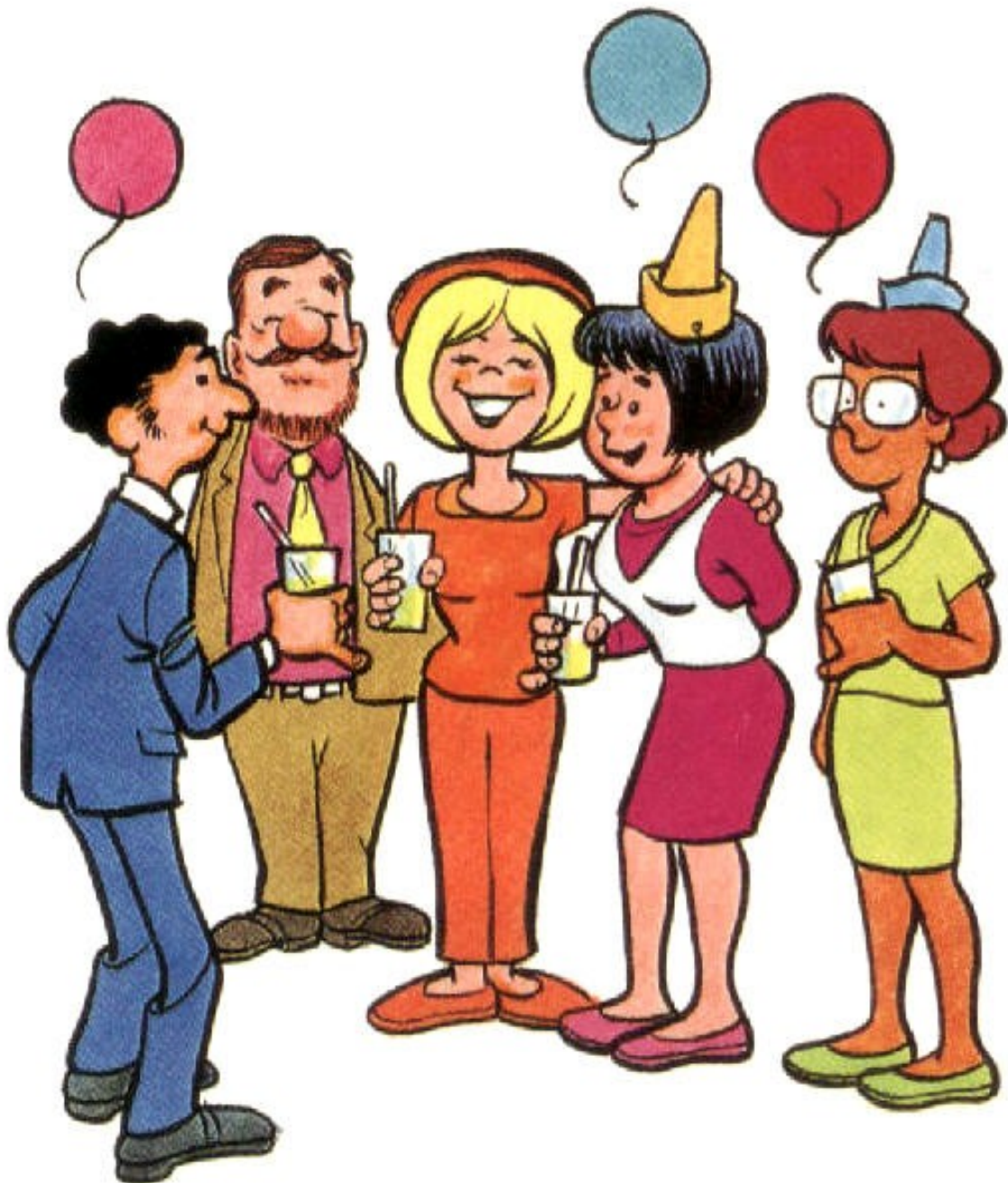


Low-fat frozen yogurt

How Can We Eat Healthily When We Are Visiting Or Celebrating With Friends And Family?

- ◆ Take small portions of food. Don't take any servings larger than your palm or a deck of cards.
- ◆ Fill up on the low-fat choices, like fruits and vegetables.
- ◆ Avoid sodas and alcoholic beverages. Drink iced tea with lemon instead.
- ◆ If you use sugar, use only a small amount, or use an artificial sweetener.
- ◆ If you are the host, serve grilled, baked, or broiled meat; one or more vegetables; and a fresh fruit salad for dessert.
- ◆ If you are the guest, bring a salad with lots of vegetables and low-fat or fat-free dressing, or corn tortillas.

How Can We Eat Healthily When We
Are Visiting Or Celebrating
With Friends And Family?



Wrap Up!

SESSION #2

CONCLUSION

Discussion Questions To Conclude Session #2: "Being Healthy"

1. What are 3 ways to make healthier food choices?
2. Describe 3 ways to eat healthily at gatherings with family or friends.
3. What are 3 ways for the family to be more physically active?

Diabetes and Cardiovascular Disease (CVD); Goal Setting

Main Ideas

- ◆ This Session discusses the importance of adopting behaviors for a healthy heart, preventing cardiovascular disease (CVD), and controlling diabetes. It informs families about CVD and its high risk factors.
- ◆ This Session gives guidelines for examining one's own health behaviors.
- ◆ It describes steps for setting goals to change health behaviors to prevent or better manage diabetes.
- ◆ This Session describes steps for working toward goals and also offers tips for maintaining healthy behaviors.

Objectives

At the end of Session #3, families should be able to...

- ◆ List the highest risk factors for CVD that can be changed and those that cannot be changed.
- ◆ Describe heart healthy behaviors in preventing CVD and controlling diabetes.
- ◆ Identify at least 2 family health behaviors they would like to work toward.
- ◆ Describe their plans for working toward their goal.
- ◆ Share their health behavior goals with group facilitators and / or other program participants.

SESSION #3: "Diabetes and Cardiovascular Disease (CVD)"

- ♦ Who is at risk for cardiovascular disease (CVD)?
 - Everyone!
 - Especially people with diabetes or with more than one risk factor for CVD.
- ♦ What are the symptoms for CVD?
 - An uncomfortable tightness, fullness, squeezing or pain in the center of the chest that lasts for more than a few minutes and may stay or return. Remember that symptoms are VERY different in women (nausea, vertigo, very severe toothache).
 - Pain that spreads from the shoulders, neck or arms.
 - Chest discomfort with drowsiness, fainting, sweating, nausea, or shortness of breath.
- ♦ What happens when you cannot control the illness?
 - Physical incapacity
 - Death

Cardiovascular disease is serious, and can be life threatening.



**REMEMBER THAT WHEN YOU ARE
TAKING CARE OF YOUR DIABETES,
YOU ARE TAKING CARE OF YOUR
HEART!**

- CVD Risk Factors That CANNOT be Controlled -

Age

Heart attack or stroke (cardiovascular diseases) can present themselves at any age. However, one is more likely to develop these illnesses or have a heart attack at an older age.

Heredity (Family History)

If your brother, father or grandfather had a heart attack before they were 55 years old, or your sister, mother or grandmother had one before age 65, you too are at risk. If you have already had a heart attack, you are at great risk to have a second heart attack.

Ethnic Origin (Race)

African-Americans have more problems with high blood pressure than the white population and a higher risk for cardiovascular disease. Compared to the white population, Mexican-Americans, American Indians, and Native Hawaiians have a greater risk for heart disease. This is because, in part, of higher percentages of obesity and diabetes.

- CVD Risk Factors That CANNOT be Controlled -



Heredity



Age



Ethnic Origen

Smoking - A CVD Risk Factor That CAN be Controlled

♦ Smoking can cause:

- Heart attack and stroke (cardiovascular diseases)
- Approximately 80 to 90 percent of heart attacks and strokes are related to smoking
- One year after a person quits smoking, their risk for heart attack or stroke is cut in half.

♦ Stop smoking for the health and wellbeing of you and your family!

- The smoke from one cigarette puts more than 4,000 damaging substances in the air.
- You put your and your family's health at risk when you smoke.
- Smoking raises your risk of heart attack, emphysema, stroke and cancer.

Smoking - A CVD Risk Factor
That CAN be Controlled



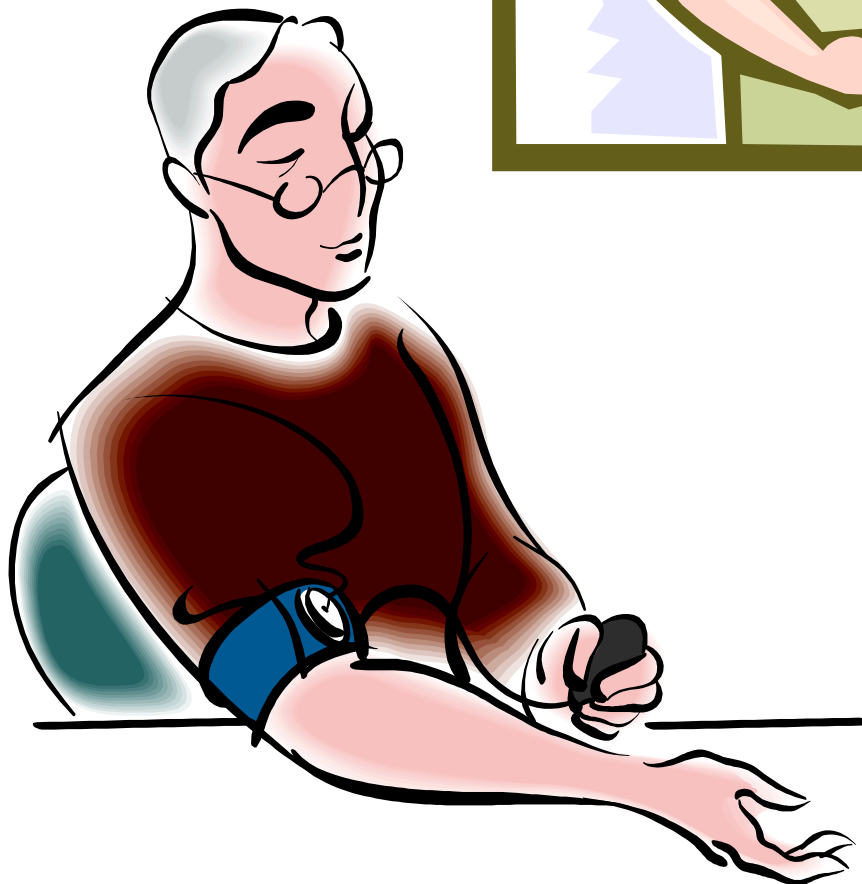
Blood Pressure - A CVD Risk Factor That CAN be Controlled

What is blood pressure?

- Blood pressure is the force that blood exerts against artery walls.
- Blood pressure is necessary to circulate blood around the whole body.

- (1) The blood pressure lesson has two numbers. Both numbers are important.
 - The first number (120) is the blood pressure when the heart beats.
 - The second number (80) is the pressure when the heart rests.
 - You write it like this: 120/80
- (2) Not keeping one's blood pressure at 120/80 can result in HIGH blood pressure. High blood pressure increases the risk of having a brain hemorrhage, heart attack, kidney problems and blindness.
- (3) The best way to know if you have high blood pressure is to have it measured once each year. If you do have high blood pressure, you have to measure it more often.

Blood Pressure - A CVD Risk Factor
That CAN be Controlled



Cholesterol - A CVD Risk Factor That CAN be Controlled

What is cholesterol?

- ◆ Cholesterol circulates through the blood in different kinds of packets called lipoproteins (fat plus protein).
- ◆ Lipoproteins with low density, or LDL, carry cholesterol through blood vessels blocking them like sediment in a pipe. This is why LDL cholesterol is called "bad" cholesterol.
- ◆ Cholesterol also circulates in the blood with high density lipoproteins, or HDL. These help to remove the accumulated cholesterol in the arteries. This is why HDL cholesterol is called "good" cholesterol.

(1) Let's look at it like this:

The car LDL (bad cholesterol) leaves fat and cholesterol in the street (like in your blood vessels). The HDL man (good cholesterol) sweeps up the fat and cholesterol that the LDL left behind and throws it away. (In the body, the liver gets rid of it.)

(2) What do different levels mean?

Below 200: Great News!

200-239: Alert! This level needs attention. It's time to change what you eat, your activity and your weight.

240 or more: DANGER! You are at high risk of having your arteries blocked, which can result in a heart attack. Consult your doctor at once!

(3) How can you know if you have high cholesterol?

Cholesterol can be measured with a blood analysis, normally in the doctor's office or places where they measure cholesterol, like a health fair.

Cholesterol - A CVD Risk Factor That CAN be Controlled



Excess Weight and Obesity - CVD Risk Factors That CAN be Controlled

- ◆ Being overweight or obese can increase your risk of cardiovascular disease.

Example:

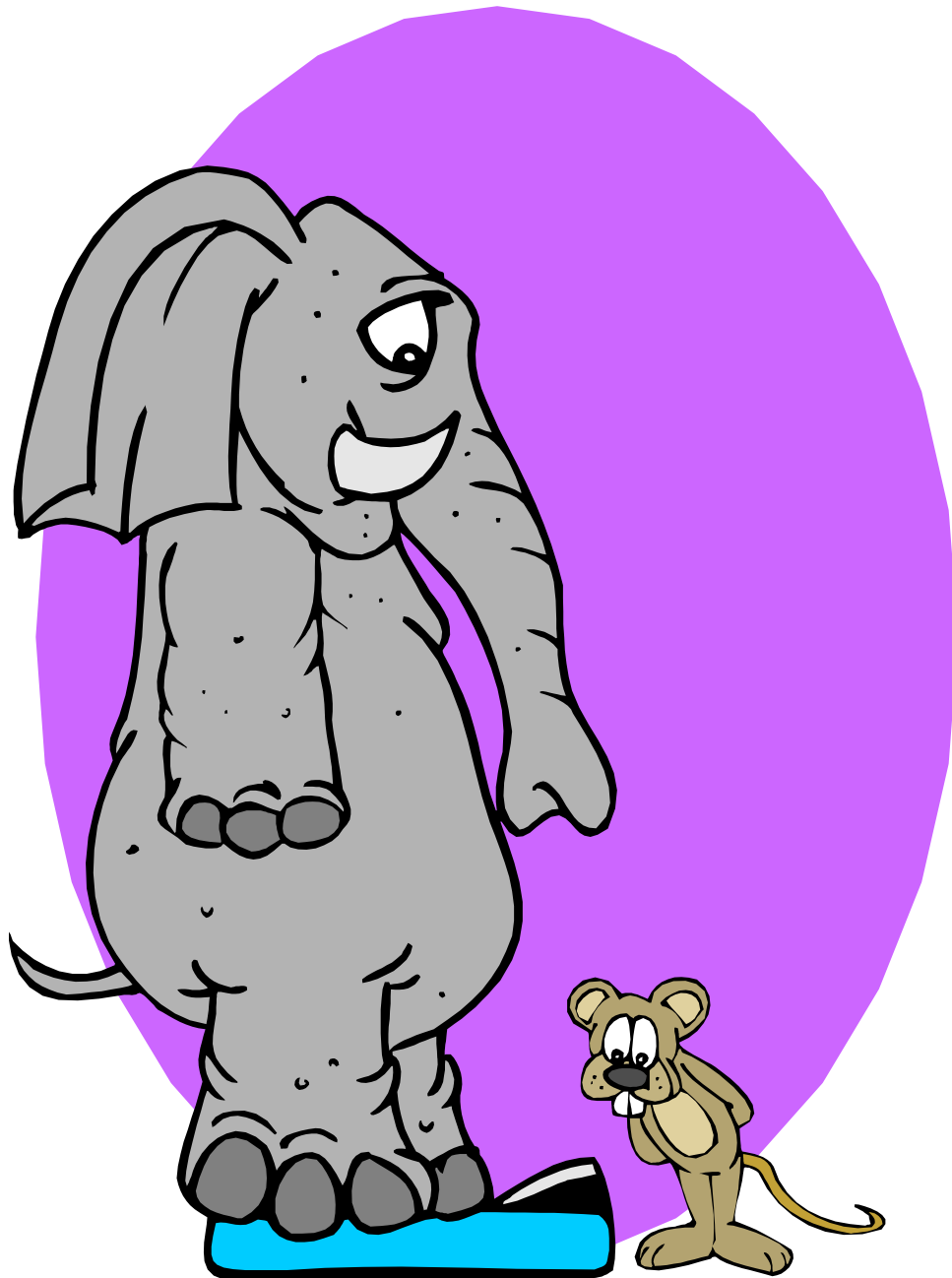
Mariano weighs 175 pounds and is 5 feet 6 inches tall (1.68 meters). Virginia, his wife, weighs 125 pounds and is 5 feet tall (1.52 meters). Let's look at the weight chart to see if Mariano and Virginia are within the healthy weight scale.

Answer: Mariano is moderately overweight and Virginia has a healthy weight.

A woman's waist is large if it is more than 35 inches around. A man's waist is large if it is more than 40 inches around. A large waist can increase the risk of developing heart disease.

- ♥ The key to losing weight is to be physically active and exercise at least 3-4 times a week for a period of at least 30 minutes a day.
- ♥ Another key to lose weight is to know what to eat and how much is one portion.

Excess Weight and Obesity
- CVD Risk Factors That
CAN be Controlled

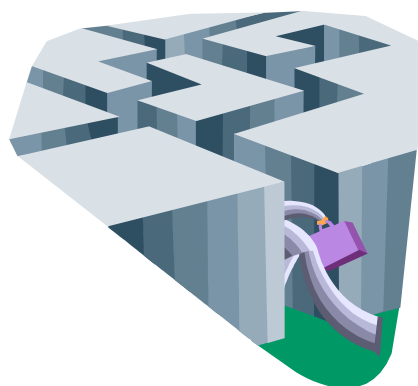
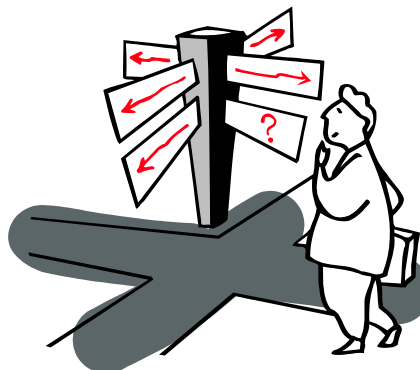


SESSION #3: "Goal Setting"

How Can We Start Making Some Changes In Our Health Behaviors?

- ♦ Start by talking.
- ♦ Discuss just 2 or 3 changes you would like to make.
 - * Would you like to make different food choices?
 - * Would you like to be more active?
- ♦ Then, be specific. Identify specific behaviors or activities that would help you make those changes.
- ♦ For example: If your family would like to be more active, what could you do?
 - * Could you walk every morning for 30 minutes?
 - * Could you work in the garden together every other evening?
- ♦ Avoid being too general, by saying things like:
 - "I want to be more active every day."

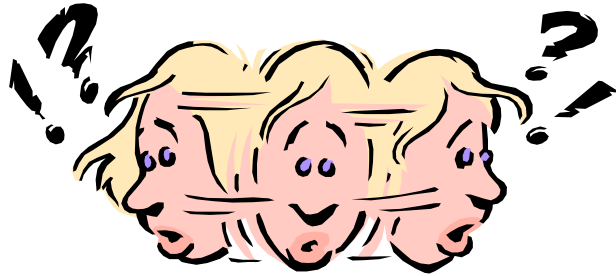
How Can We Start Making Some Changes In Our Health Behaviors?



How Do We Choose Goals That Will Work For Our Family?

- ♦ Talk about several different health behaviors.
- ♦ Discuss the challenges of working on each new behavior.
- ♦ Ask yourself questions to test your chances of success, for example:
 - * Will everyone wake up 30 minutes earlier to walk?
 - * Can everyone walk for 30 minutes?
- ♦ If your answers are "no," talk about behaviors that everyone can accomplish if they try.
 - * Example: You could start by walking 15 minutes every other morning.
- ♦ Once you have defined a behavior everyone believes they can do with effort and support, you have identified your first goal!

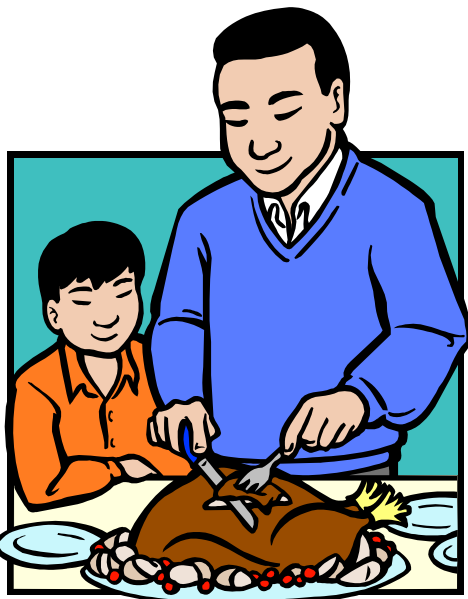
How Do We Choose Goals That Will Work For Our Family?



How Can We Improve Our Chances For Success?

- ◆ Start immediately. Don't keep saying you'll start tomorrow or next week.
- ◆ Make your new goals a priority.
- ◆ Create a family environment that will support your goals, for example:
 - * If you're going to walk in the morning, agree to go to bed a little earlier.
 - * If you are going to limit high-fat foods, agree to order grilled chicken at a fast food restaurant, or agree not to order french fries.
 - * If you are going to stop drinking soft drinks, stop buying soft drinks or high-sugared drinks even for guests.

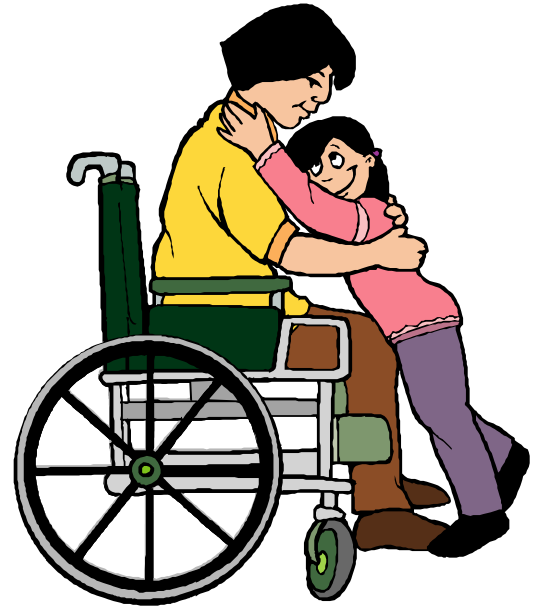
How Can We Improve Our Chances For Success?



How Can We Stay Motivated?

- ♦ Recognize your accomplishments, even if they are small ones.
- ♦ At the end of the day, review your progress:
 - * If you walked, give each other a hug or a pat on the back.
 - * If you ate grilled chicken instead of fried chicken, remind each other that you achieved success toward your goal.
 - * Mark on a calendar each day you were successful with a goal.
- ♦ In the week, work to have at least one successful day.
- ♦ If you are struggling, discuss possible reasons in a short family meeting.
- ♦ Identify problems and try to overcome the barrier.
- ♦ At the end of the week, review the marks on the calendar. Count how many days you actually accomplished your goals.
- ♦ Congratulate yourselves on accomplishing your first steps.

How Can We Stay Motivated?



Activity: Family Health Behavior Goals

- ◆ Each family should have a copy of the “Family Health Behavior Goals” hand-out.
- ◆ Read through each goal.
- ◆ Ask families to discuss and together select (check) at least 2 goals on which they will work.
- ◆ Have families discuss plans to work on their goal.
- ◆ For example, if they choose Goal #9: To have a weekly family meeting,
 - * Encourage families to be specific
 - * They should say what day and time like:
 “Wednesday evening after dinner”
 or
 “Sunday after church”
- ◆ If families select Goal #10 and write one of their own goals, help them focus:
 - * For example, goals like “to eat better” or “to lose weight” are too general.
 - * Encourage them to identify what they will do to eat better or to lose weight—what is the specific behavior they should have?
 - * They can then write a specific behavior goal, such as, “Eat more salads.”
- ◆ Have families share their goals and describe their plans to achieve them.

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:		

Wrap Up!

SESSION #3

CONCLUSION

Discussion Questions To Conclude Session #3: Diabetes and CVD; Goal Setting

1. Let's play the Cardiovascular Disease Risk Factor Game. Please check the Appendix!
2. What are 2 (or more) health behavior goals you would like to work toward?
3. What are your plans for working toward your 2 goals?

Working Together

Main Ideas

- ◆ Session #4 will cover family members' experiences with working toward their goals identified in Session #3.
- ◆ It will also discuss ways families can work together to build family unity.
- ◆ This Session also covers ways that families can work together to support the family member with diabetes.

Objectives

At the end of Session #4, each family should be able to...

- ◆ Identify at least 1 success they've had while working toward their goals.
- ◆ Identify at least 1 challenge they've experienced while working toward their goals.
- ◆ List at least 1 way they can build family unity.
- ◆ Prepare a healthy meal together.
- ◆ List at least 2 ways that they can support the family member with diabetes to control his or her blood sugar.

SESSION #4: "Working Together"

How Can A Diagnosis Of Diabetes Affect The Whole Family?

- ♦ Everyone in the family may feel unhappy.
- ♦ Family members may be concerned that they do not know how to take care of someone with diabetes.
- ♦ Family members may be unsure how to react if there is a problem.
- ♦ The person with diabetes may feel that they will become a burden to their family.

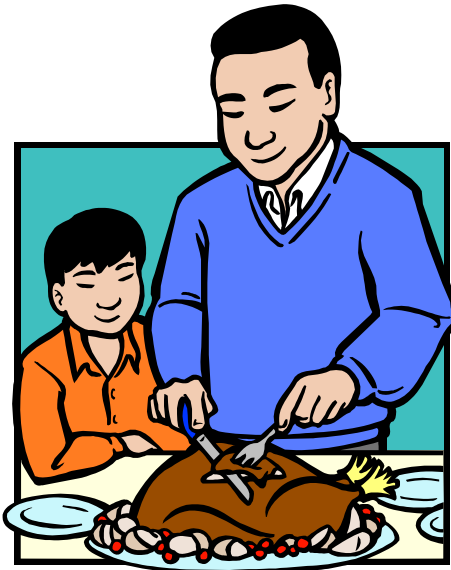
How Can A Diagnosis Of Diabetes Affect The Whole Family?



How Can A Family Stay Close And Work Together?

- ◆ Make time to be together.
- ◆ Listen and talk together.
- ◆ Work together to solve problems.
- ◆ Support each other through words and actions.

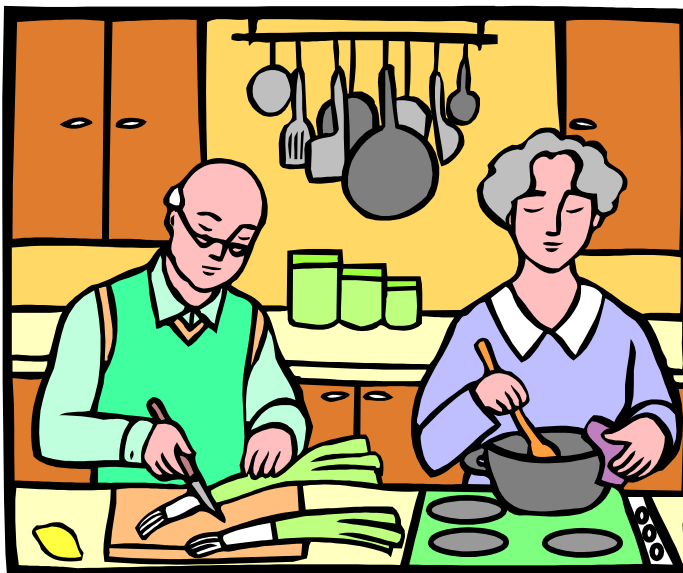
How Can A Family Stay Close And Work Together?



How Can Families Work Together To Make Healthy Food Choices At Home?

- ◆ They can plan meals together.
- ◆ They can go grocery shopping together.
- ◆ They can agree to buy only healthy foods.
- ◆ They can prepare a healthy meal together and eat together at least once a week.
- ◆ When trying new foods, they can decide if they would like to eat this food more often.

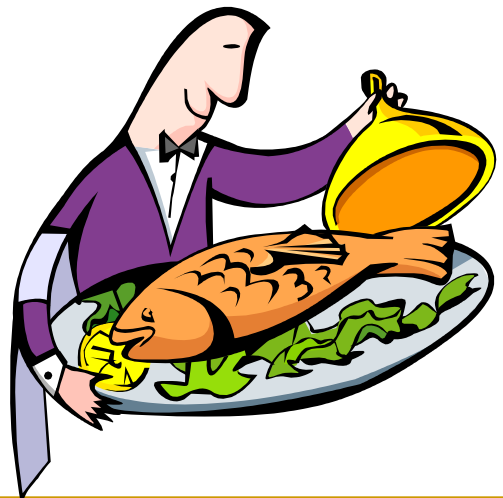
How Can Families Work Together To Make Healthy Food Choices At Home?



How Can Families Work Together To Make Healthy Food Choices Away From Home?

- ◆ Restaurant foods and fast foods are often high in fat.
- ◆ Restaurant foods and fast food servings sizes are 2-3 times larger than anyone needs.
- ◆ Encourage each other to choose grilled or broiled meats.
- ◆ Take the skin off the chicken.
- ◆ Ask for foods without sour cream, guacamole, or cheese—these foods are high in fat.
- ◆ Choose smaller portions, for example, single hamburgers. Don't choose "biggie" sizes.
- ◆ Share a small order of french fries.

How Can Families Work Together To Make Healthy Food Choices Away From Home?



What Family Activities Can Strengthen Family Unity?

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

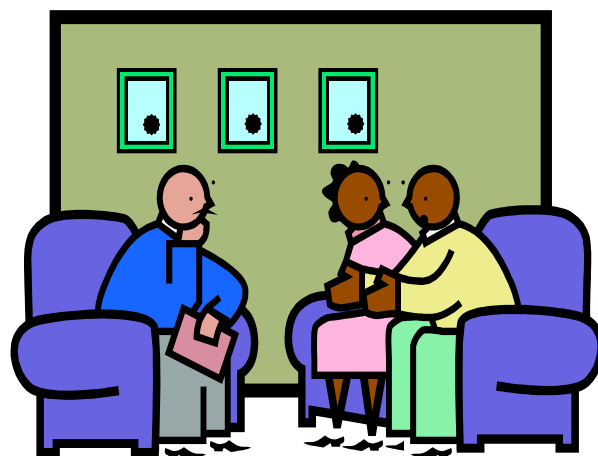
What Family Activities Can Strengthen Family Unity?



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

- ♦ Make recommended dietary changes easy. Everyone can start eating healthier.
- ♦ Make physical activity 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 a family member should accompany the person with diabetes to doctor appointments.
- ♦ If a family member does not go, ask about the outcome of the visit and listen to the answer.
- ♦ If there are more questions or doubts, ask the doctor or nurse at the clinic, or ask a promotora to find out the answers.

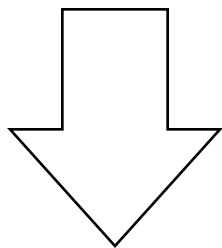
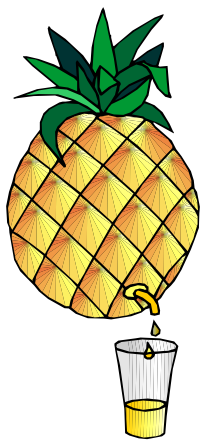
What Can Family Members Do To Support The Person With Diabetes?



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 70-130 before meals, less than 180 after a meal, 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.

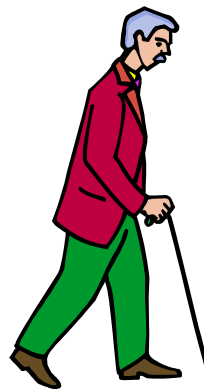
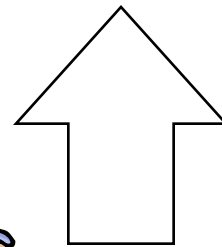
How Can A Family Support A Family Member Who Shows Symptoms Of Uncontrolled Diabetes?



70



140



Wrap Up!

SESSION #4

CONCLUSION

Discussion Questions To Conclude Session #4: "Working Together"

1. What is 1 way to strengthen family unity?
2. What are 2 ways to support a family member with diabetes?

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...

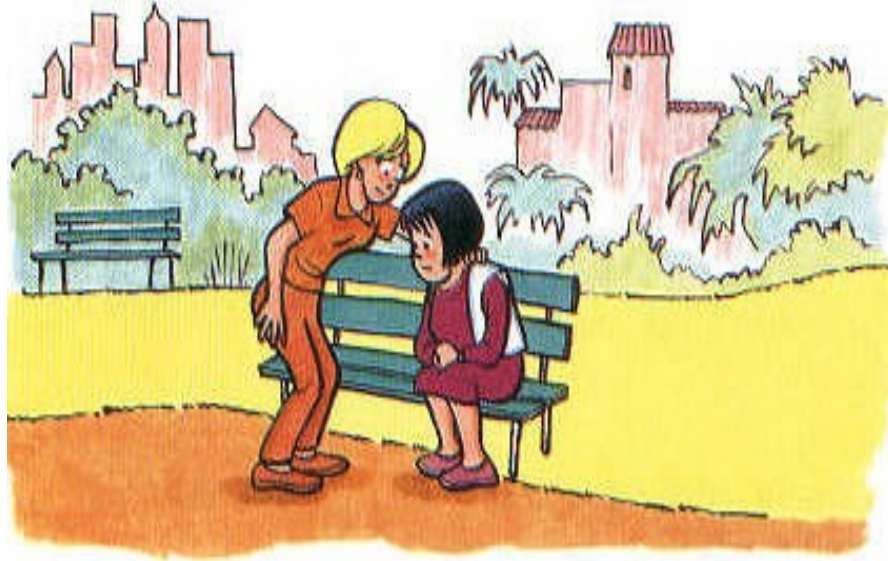
- ◆ Identify 3 signs of depression.
- ◆ Describe 1 way to help someone who shows signs of depression.
- ◆ Identify how they will keep working on their goals.
- ◆ Explain how they will add new goals as they achieve their current goals.

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.

How Can Diabetes Make You Feel Emotionally?



What is Depression?

Though depression is common among people of all ages and ethnic groups, there are certain groups that are more affected than others:

- ♦ Depression is two times more common in women than in men.
- ♦ Hispanics in the United States have higher percentages of depression than non-Hispanic whites.
- ♦ According to population studies in the United States, depression occurs most frequently in adults between 25 and 44 years old.

Depression is a mood problem that frequently coexists with other emotional/physical problems, like anxiety and diabetes, respectively. The suffering that results from severe depression not only affects the individual, but also their friends and family.

Depression is defined as an emotional state marked by a feeling of great sadness, feelings that one isn't worth anything, guilt and anxiety. Almost all adults will experience these emotions with the loss of a loved one or other tragic events.

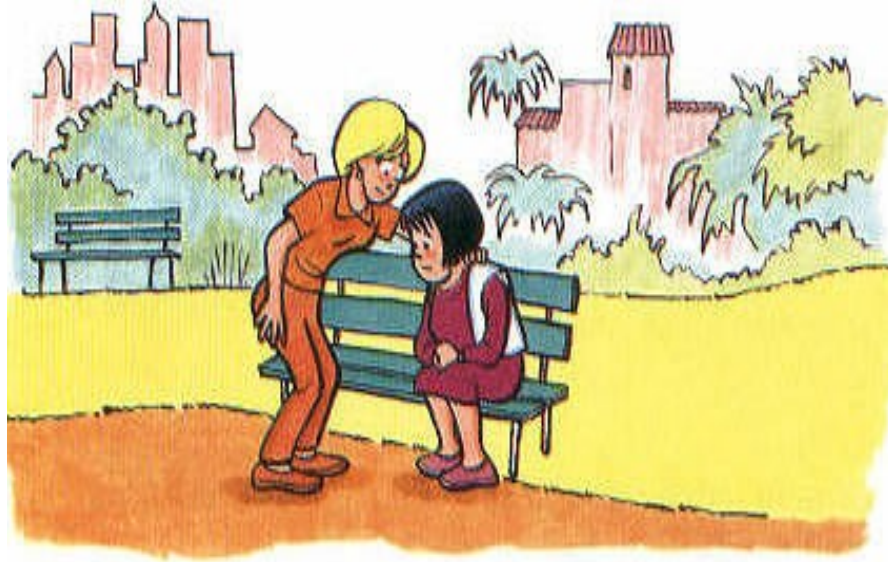
Severe depression differs from these normal negative emotions in duration or intensity. Severe depression does not consist of a feeling of passing sadness, nor a sign of personal weakness. People that suffer from severe depression need help to get better.

Though the symptoms may last weeks, months or years without treatment, people with depression can recover with appropriate treatment.

Sources:

1. U.S. Department of Health and Human Services. *Mental Health: A Report of the Surgeon General*. Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center of Mental Health Services, National Institutes of Health, National Institute of Mental Health, 1999. PP. 244-245.
2. Compañeros en la Salud.

¿Que es la Depresión?



Session #5

What are the Symptoms of Depression?

PHYSICAL	
Changes in sleep habits	Having problems sleeping, waking up during the night, wanting to sleep more often than normal, wanting to sleep during the day
Changes in eating habits	Reduced appetite and weight loss, or increased appetite and weight gain
Loss of energy, fatigue	Feeling tired all the time
Feeling worried	Feeling anxious all the time and not being able to calm down
Lowered Libido	Loss of interest in sex or intimacy
Persistent physical symptoms	Including headaches, chronic pains, constipation or other digestive problems that don't respond to treatment
Frequent accidents	Unintentional injuries, bruises
PSYCHOLOGICAL	
Loss of interest in everyday activities	Loss of interest in doing things one used to enjoy
Feeling depressed or sad	Persistent sadness, anxiety, irritability, or states of feeling "empty"
Pessimism, desperation	One feels that nothing is good.
Isolation or withdrawal	
Guilt, feeling useless	Feeling that one never does anything well; inappropriate guilt.
Morning sadness	Feeling worse in the morning than the rest of the day
Greater anger	Frequent arguments or loss of temper
Loss of interest in personal attention and personal appearance	
THOUGHT	
Less concentration and less ability to pay attention	Unable to watch TV or read because other thoughts and feelings interrupt
Confusion, bad memory	Less capacity to remember common things.
Slow thought process	Difficulty making decisions
Suicidal thoughts	Wanting to die; thinking of ways to harm oneself

Sources:

- (1) Lozano-Vranich B, Petit J. 2003. The Seven Beliefs - A Step-By-Step Guide to Help Latinas Recognize and Overcome Depression. New York, NY: Harper Collins Publishers. P. 29.
- (2) *Campeños sin Fronteras*. CDMP Campeños Diabetes Management Program. Somerton, Arizona. (Materials adapted from: Stanford Patient Education Center.)
- (3) Stimmel, GL. 2000. Mood Disorders. In: Herfindal ET, Gourley DR (eds). Clinical Pharmacy and Therapeutics, 7th Edition. Baltimore, MD: Williams & Wilkins, 1203-1216.
- (4) American Diabetes Association. Disponible en www.diabetes.org/type-2-diabetes/depression.jsp.

What Are Some Signs Of Depression?



Fatigue



Sadness



Unable to sleep



Confused or distracted

**HISPANICS TEND TO EXPRESS
THEIR EMOTIONS PHYSICALLY:
EMOTIONS AFFECT THE WAY
THAT HISPANICS FEEL *PHYSICALLY*.**

**Physical manifestations
are not imaginary, but real.**

Physical manifestations are known as somatization.

Depression can be expressed as...

... *a heaviness*, weight on one's shoulders, tension in the chest, or the inability to take deep breaths

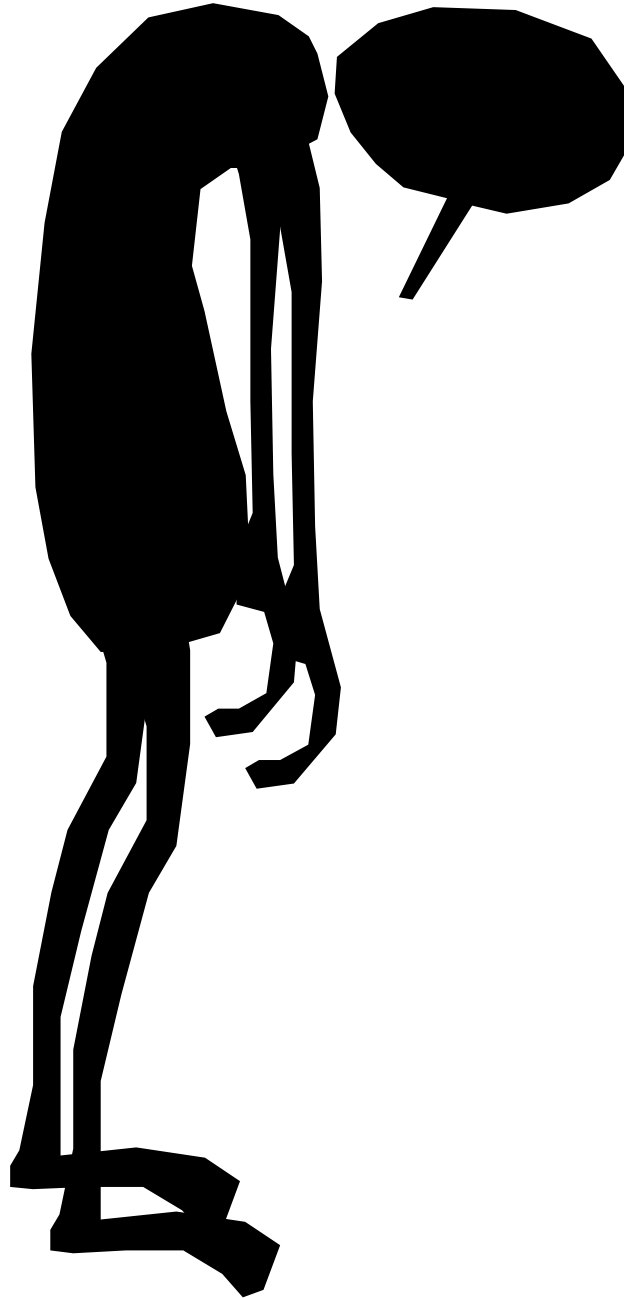
... *pain in one's bones*, or a physical pain that hurts even in the soul

... *nerves or fatigue*, which refers to a general vulnerability in life towards stressful events, or a specific reaction to an emotionally distressing life experience. Physical symptoms include headache, stomachache, trembling, trouble sleeping, inability to function, and tearfulness.

Source:

(1) Lozano-Vranich B, Petit J. 2003. The Seven Beliefs - A Step-By-Step Guide to Help Latinas Recognize and Overcome Depression. New York, NY: Harper Collins Publishers. Pp. 35-36.

HISPANICS TEND TO EXPRESS
THEIR EMOTIONS PHYSICALLY:
EMOTIONS AFFECT THE WAY
THAT HISPANICS FEEL *PHYSICALLY*.



Some Causes of Depression

- ◆ Genetic factors
 - ... Susceptibility to depression can be hereditary

- ◆ Psychological factors
 - ... Low self-esteem or little love for one's self
 - ... Pessimism
 - ... Difficulty dealing with stress
 - ... Inability to manage one's own problems

- ◆ Environmental factors
 - ... Physical illness, severe or chronic
 - ... Abnormal functioning hormones
 - ... A significant loss (job, loved one, etc.)
 - ... Financial problems

NOTE: In general, depression is caused by a combination of all of these factors. To prevent or alleviate depression, it is important to deal with multiple causes.

Source: *Campesinos sin Fronteras* with materials edited by Deena E. Staab, Ph.D.; Translation by Rebecca Calderon. Information compiled by D/ART Public Inquiries; National Institute of Mental Health.

Can We Prevent Depression?

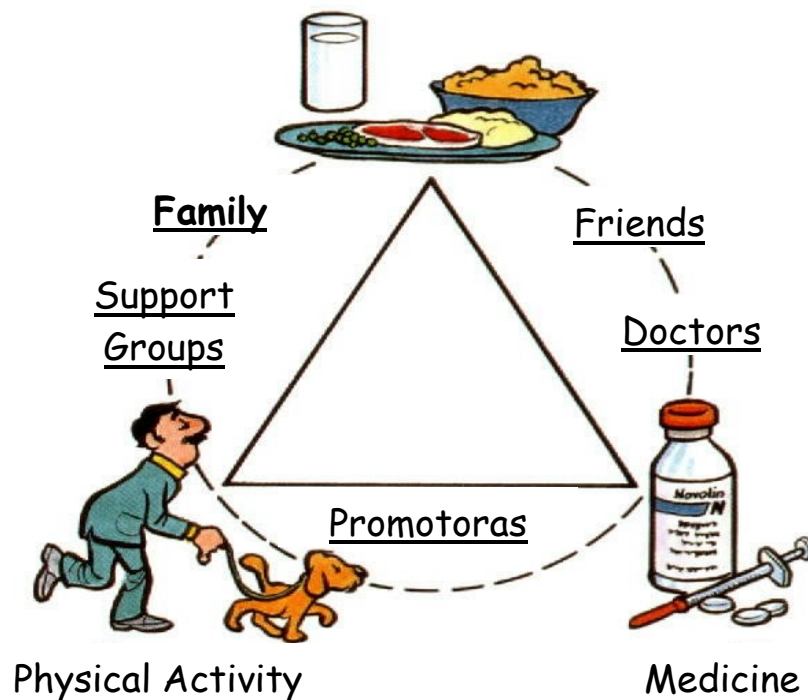
- ◆ Controlling one's diabetes can help prevent depression.
- ◆ Reducing tension can help or alleviate feelings of depression and help to control levels of glucose in the blood.

Some Causes of Depression



Genetic Factors, Psychological Factors,
and Environmental Factors

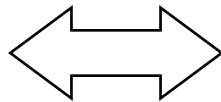
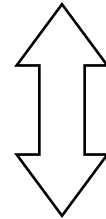
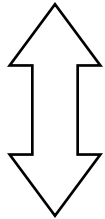
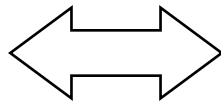
Can We Prevent Depression?



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.

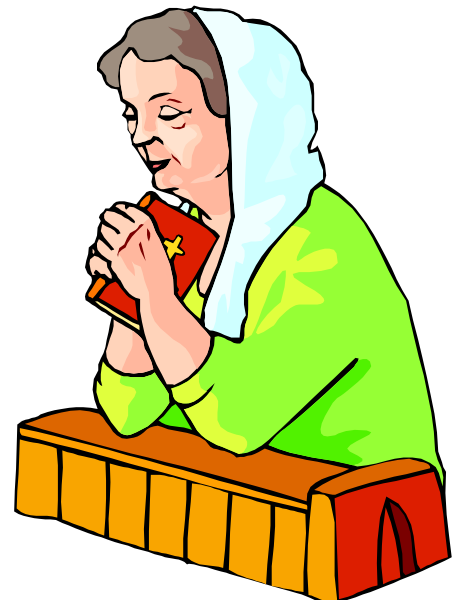
What Is The Connection Between Depression, Stress, And Diabetes?



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.

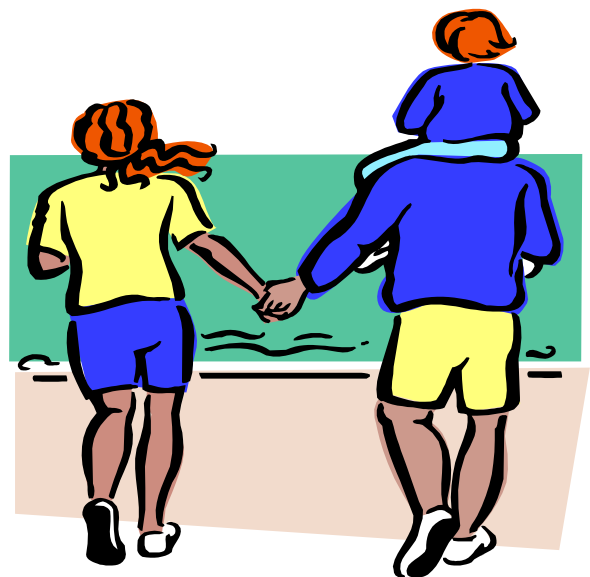
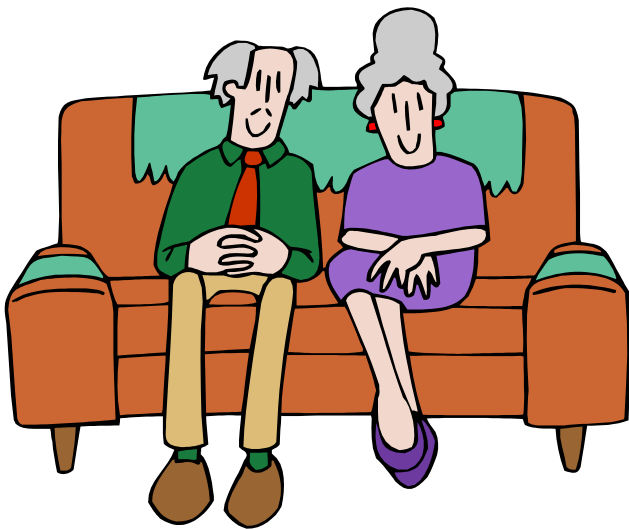
How Can Families Cope With Stress?



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.
- ◆ A severely depressed person may feel embarrassed and say that "Nothing is wrong" or "I'm just sad. I'll get over it."
- ◆ Anyone who shows signs of depression for more than 2 weeks should consult a physician.
- ◆ Help a severely depressed family member make an appointment.
- ◆ Severe depression may require medication. Family members should encourage the patient to continue to take their prescribed medication, or speak with the doctor to see if it is possible to stop taking it.

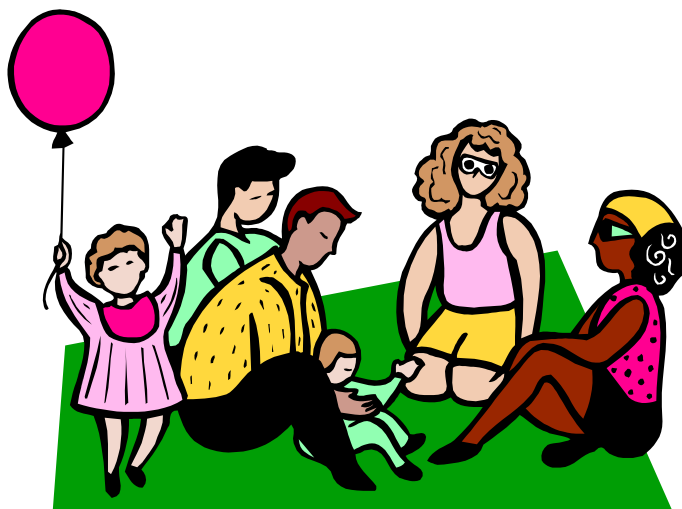
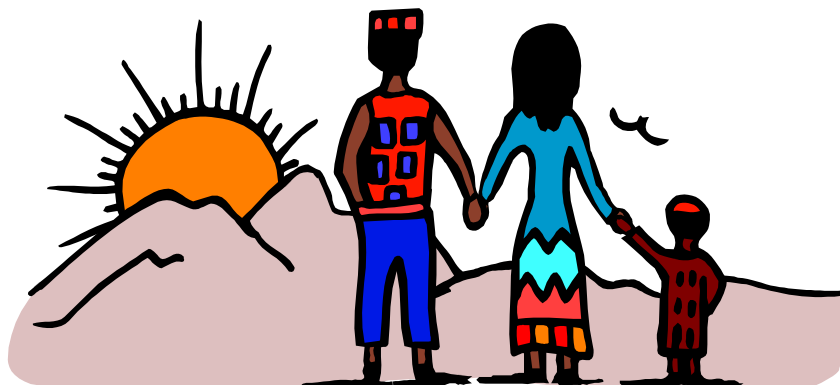
What Happens If Depression Continues?



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.

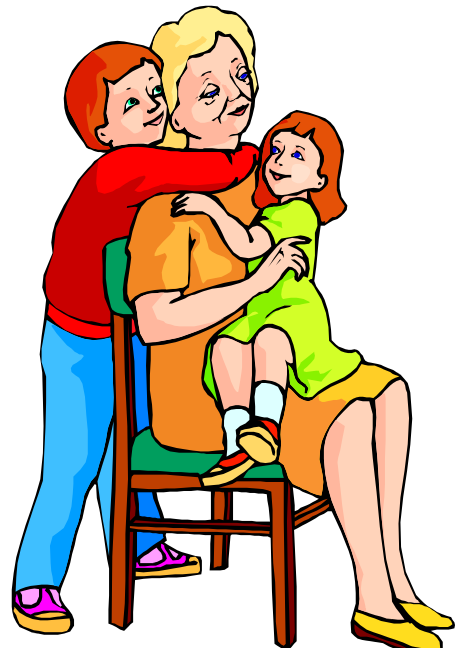
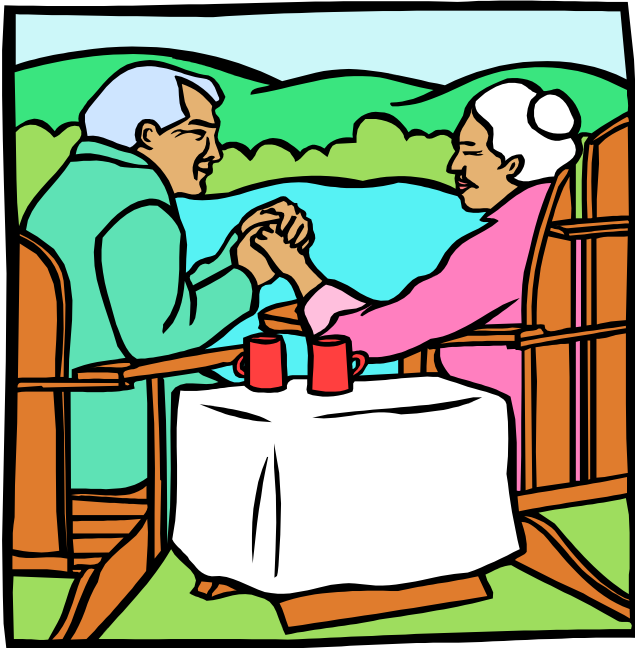
How Can We Keep Working On Our Goal?



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 too 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?"

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?