



Diabetes and The Family

Promotora Manual

Arizona Prevention Research Center

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Diabetes and the Family

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Introduction

BACKGROUND
AND PURPOSE

Diabetes and the Family

Diabetes and the Family is a diabetes prevention program designed for patients with diabetes and their families. The primary objectives of the program are to:

- 1) Provide family members with basic information about diabetes.
- 2) Teach health behaviors that might reduce all family members' risk of diabetes or secondary complications.
- 3) Suggest ways that families might unite to support healthy behaviors and the special needs of a family member with diabetes.
- 4) Have fun learning and experiencing!

An important theme of this program is family unity. When a family member has diabetes, the diagnosis impacts both the patient and the other family members. The patient may be depressed, overwhelmed, and frightened. Family members may feel helpless in not being able to "rescue" or "help" their spouse, parent, child, or sibling. Family members may also become depressed about how life will change. Or, they may suppress their helplessness and ignore the problem, become angry and resentful, or become over-protective.

Families can live normal lives if they unite, communicate their feelings, and reach an understanding of how they will support their family member with diabetes. This program has been designed for family members of all ages to enjoy building a healthy lifestyle together, as well as to prevent and manage the disease.

Introduction

This family program was first developed by *Salud Fronteriza iSI!* (*Border Health Strategic Initiative*) between 2002 and 2003, and adapted by the Southwest Center for Community Health Promotion (Center) in 2005. Below, some information about *Salud Fronteriza iSI!*, the Center and the family programs is given. For more detailed information, please refer to the article "Taking a Broad Approach to Public Health Program Adaptation: Adapting a Family-Based Diabetes Education Program" which is accessible at: <http://www.springerlink.com/content/jg711l8078484ngv/>

About Border Health iSI!

The *Border Health Strategic Initiative (iSI!)* is a comprehensive, community-based diabetes prevention program. *Border Health iSI!* was developed to address diabetes prevention at many levels within the community. This program attempts to reach diabetic patients, providers of diabetic patients, families of diabetic patients, neighbors trying to prevent diabetes, school children at a risk of diabetes, and community leaders working to create an environment supportive of health behaviors.

Border Health iSI! has been a collaborative effort. Health promotion strategies and materials have been created through a partnership between the University of Arizona, College of Public Health and community health service agencies and providers, including promotoras, who work in the US-Mexico border counties of Yuma and Santa Cruz, Arizona. The partners who worked on the development and testing of this program combined their expertise in health promotion, health education, social support, and community outreach to yield an approach to diabetes prevention that addresses the needs of people who have limited access to health services and education.

Diabetes and the Family is the family component of *Border Health iSI!* This program builds on the skills and expertise of promotoras who have extensive experience with community members, families, and patients at the US-Mexico border. This manual was developed for promotoras working with diabetic patients and their families.

Border Health iSI! and *Diabetes and the Family* Would Like to Thank...

The promotoras, administrators, and staff of: Campesinos Sin Fronteras, Somerton, AZ; Platicamos Salud, Nogales, AZ; Puentes de Amistad, Somerton, AZ; for their contributions to the development, implementation, and evaluation of this curriculum.

We would also like to thank Nicky Teufel-Shone PhD, Rebecca Drummond MA, the Border Health SI! faculty and staff from the U of A Mel and Enid Zuckerman College of Public Health, and the Centers for Disease Control and Prevention for making this project possible through a congressional appropriation for US-Mexico border health (grant #200-2000-10070).

Finally, we would like to acknowledge Microsoft® Corporation's division of "Design Gallery Live" (<http://dgl.microsoft.com>) for the provision of Microsoft® Clip Art, from which many of the graphics for this production were obtained.

Changes in Diabetes and Family

This version of the program Diabetes and Family was modified for the purpose of the Canyon Ranch Center for Prevention and Health Promotion's (Center) family component.

The Center was carrying out a Comprehensive Diabetes Core Intervention Research Project. It was financed by the Centers for Disease Control and Prevention (CDC, Cooperative Agreement Numbers U48/CCU915770 and U48-DP000041) and for the most part worked with multi-ethnic communities on the U.S.-Mexico border. These communities are characterized by significant health disparities.

The Center implemented education programs with patients, in the community, and with families. These programs were conducted by promotoras and contributed to the prevention and control of diabetes and its accompanying conditions such as obesity, cardiovascular disease and depression because they taught participants about healthy changes in physical activity and diet. The Center also worked toward environmental changes and policies related to these behaviors.

The majority of the changes in this version of the program Diabetes and the Family are related to the evaluation and investigation of the Center's family component. While the evaluation component is critical to the program to learn if it has a positive impact on its participants, it is not included in this manual. To learn more about the evaluation, please contact the Center at crcphp@email.arizona.edu.

The content of Sessions 3 and 5 were expanded for the Center program. Session 3 now contains important information on how to prevent cardiovascular diseases which was adapted from the manual *Your Heart, Your Life*. Session 5 was expanded with some materials from SONRISA which is a curriculum toolbox for promotoras to address depression associated with diabetes. You can find SONRISA on the following webpage: <http://crcphp.publichealth.arizona.edu/Resources/default.aspx>

Facilitating this Program

INSTRUCTIONS
AND GUIDELINES

Main Ideas

- ♦ This chapter will give an overview of the *Diabetes and the Family* program.
- ♦ It describes the major components of the program which include home visits, celebratory events, and educational sessions.
- ♦ It explains the flexible format of the educational sessions.
- ♦ It offers guidance and tips for implementing the program, including how to plan activities and facilitate discussions.

Program Timeline

- ♦ The majority of this program will take place over the course of 7 weeks.
- ♦ The first 7 weeks consist of the following:

Week 1	Kick-Off	KO
Week 2	Educational Session #1	#1
Week 3	Educational Session #2	#2
Week 4	Educational Session #3	#3
Week 5	Educational Session #4	#4
Week 6	Educational Session #5	#5
Week 7	Graduation	G

- ♦ After the 7 weeks, there is also one follow-up home visit:

Week 9	Promotora Follow-Up Home Visit	FV
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Program Timeline cont'd...

The entire program, including the follow-up visit, will last 12 weeks...

First Month						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	Evaluation					
2	KO					
3	#1					
4	#2					

Second Month						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	#3					
6	#4					
7	#5					
8	G					

Third Month						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
9						
10	FV					
11						
12	Evaluation					

About This Manual

This manual includes the following...

Facilitating the Program and Instructions (this chapter)

- ♦ This chapter gives an overview of the *Diabetes and the Family* program, a program timeline, description of the manual, instructions, and guidelines for implementing this program.
- ♦ This program has been successfully implemented in group format and in the home environment. The agency will need to discuss which delivery style is better for its community.

Initial and Follow-Up Home Visits

- ♦ Home visits are an integral part of this program. They offer a chance to get to know each family individually, build trust and confidence in the participants, and answer any questions families may have regarding the program.
- ♦ In addition to their social value, these visits serve at least 2 other purposes: documentation of participation, and program evaluation.

About This Manual cont'd...

Celebratory Events (Kick-Off and Graduation)

- ♦ These chapters offer Main Ideas about the events as well as some suggestions for activities and preparation.

Educational Sessions

- ♦ The Session chapters contain the Main Ideas and Objectives for each Session, suggestions for activities, as well as educational information accompanied by flipcharts containing illustrations. The promotoras should use the illustrations to facilitate the conversation and learning. It's not necessary for participants to read the information, or for the promotora to read the information to them word for word—the participants only need to be able to express the general idea of the information presented.
- ♦ Each Educational Session contains 5 major components which include a:
 1. General Activity (games, stories, food preparation, testimonials, etc.)
 2. Physical Activity (stretching, walking, dancing, relaxation exercises, etc.)
 3. Healthy Snack or Meal
 4. Information and Discussion (with individual chapters, graphics, flipcharts)
 5. Wrap Up! (concluding the Session)
- ♦ The promotoras can decide the order in which these activities take place. They can also decide which General Activity, Physical Activity, or Snack they want to use. The Sessions include ideas and suggestions for guidance.
- ♦ These Educational Session components are discussed in further detail later in this chapter.

The Appendix

- ♦ Instead of prescribing particular General and Physical Activities and Snacks, this program seeks to encourage the promotoras to use their best judgment and expertise about what they think families will enjoy.
- ♦ The Appendix offers a variety of activities and recipes. When indicated in a Session that there should be an activity, the promotora can choose something that is not in the manual that she knows to be effective for teaching a particular idea.

Educational Session Components

Sessions will last from $1\frac{1}{2}$ - 2 hours, depending on the planned activities and number of participants. Before implementing a Session, you will need to consider how long your activities will take. It is recommended to spend at least 30 minutes on Information and Discussion. The following Session Components can take place in any sequence. Promotoras can choose which General Activity, Physical Activity, and Snack they consider appropriate for each particular Session.

1. Physical Activity (approx. 15 minutes)

- ♦ Each Session should have at least one Physical Activity.
- ♦ Physical Activities can include stretching exercises, walking, dancing, and physical games.
- ♦ There are activities in the Sections and in the Appendix to choose from or you may use other activities you consider appropriate.
- ♦ As you move through the Sessions, you will probably want to start slowly. First, introduce families to low-activity relaxation and stretching exercises and then, in later Sessions, advance to exercises that increase the heart rate, such as walking and dancing.
- ♦ For each Physical Activity, select music suitable for the pace of the activity. For relaxation and stretching, music should be calming or soothing. For higher-paced activities, music should convey a higher energy level and offer a beat relevant to the activity.
- ♦ Remind families to participate in a way that is comfortable to them. Encourage everyone to participate to the best of their ability.
- ♦ Choose activities that all participants can do (consider age, number of participants, any physical limitations of participants, and relevance to Session topic).
- ♦ You may choose 1 Physical Activity that takes 15 minutes, or 2-3 shorter activities throughout the Session.

Educational Session Components cont'd...

2. General Activity (approx. 20 minutes)

- ♦ Each Session should have at least one General Activity.
- ♦ General Activities can include games, stories, testimonials, and food demonstrations.
- ♦ There are activities in the Sessions and in the Appendix to choose from or you may use other activities you consider appropriate.
- ♦ Choose activities that all participants can do (consider age, number of participants, literacy, and relevance to Session topic).
- ♦ You may choose one General Activity that takes 20 minutes, or 2-3 shorter activities throughout the Session.

3. Information and Discussion (approx. 30 minutes)

- ♦ Information and Discussion for Sessions #1-5 are included as chapters in this manual.
- ♦ You should read through the whole chapter before implementing a Session.
- ♦ Each chapter contains Main Ideas and Objectives.
- ♦ **Review:** Each Session (except Session #1) begins with a review. The review contains selected information from the previous Session. Using the graphics, you should try to have participants remember and share the information they learned. It is not necessary to read all the bulleted information again to the group, but you should remind them of any information they may not remember. Do not spend too much time on the review (5 minutes should be sufficient).
- ♦ **Theme of the Session:** You should familiarize yourself with the Session information that accompanies the graphics. It is best if you do not read directly from the information. Use the questions on the graphics to generate conversation and lead to talking about the new topic.
- ♦ **Q&A:** Throughout the informational component of the Session, you will find guidelines for asking and answering questions. These questions are primarily to address any technical or complicated information you present.
- ♦ **Discussion:** Throughout the informational component of the Session, you will also find places to stop and lead a discussion. These discussions generally will be about families' experiences with diabetes.
- ♦ **Idea:** Occasionally you will find suggestions or ideas. You may try them or use your own variation.
- ♦ **!** : Occasionally you will find a box indicating something very important to do. Be sure to read these messages.

Educational Session Components cont'd...

4. Healthy Snack (approx. 15 minutes)

- ♦ There should be one snack during each Session (except in Session #4 that involves preparing a meal).
- ♦ Snacks are meant to be used for food sampling and are opportunities for participants to try new low-fat, low-sugar, and high-fiber alternatives.
- ♦ Snacks should be simple to prepare and are not food demonstrations.
- ♦ Try a combination of 2 items that will allow for sampling different foods. For example:
 - * Small whole fruit, such as grapes, plums, or strawberries
 - * 1 type of no-fat cookies, such as ginger snaps, graham crackers, or non-fat vanilla wafers
 - * Raw vegetables, such as baby carrots or cut celery
 - * Cut fruit, such as orange wedges, melon wedges, or unpeeled banana halves
 - * Pretzels
 - * Bagels and low-fat cream cheese
- ♦ Do not serve more than 2 items and do not serve large amounts—just enough for everyone to try something. It shouldn't be too filling.
- ♦ Do not serve more than 2 beverages:
 - * Bottled water
 - * Iced tea, with lemon or artificial sweetener available
 - * Coffee, with artificial sweetener and fat-free creamer available
 - * Sugar-free lemonade made from a powdered mix
- ♦ Remember to take napkins and small paper plates.
- ♦ You should talk to participants about the snacks. Do they like them? Why / why not?

5. Wrap Up! (approx. 10 minutes)

- ♦ Each Session or Event has a Wrap Up!
- ♦ The Wrap Up! allows participants to share information with the group, and it will let you determine to what extent you have met the objectives of the Session.
- ♦ Before participants leave a Session or Event, ask them the Wrap Up! questions.
- ♦ Each participant does not have to answer every question, but you should try to let at least one person from each family share their answers.

Suggestions and Recommendations

Preparation

- ♦ First, read the appropriate chapters for Visits, Educational Sessions, and Events.
- ♦ When you plan a Visit, ask yourself:

What documents do I need?

How many copies should I take?

Is there anything else I should take the family?

- ♦ When you plan an Educational Session or Event, think about all the activities. Ask yourself:

What Snack will I prepare?

What Physical Activity and General Activity will I choose?

In what order will I implement these activities?

How long will each activity take?

Do I have all the materials and supplies I need?

Do I need to make copies of handouts?

Time Management

- ♦ Be sure to arrive at least 10 minutes early to have all your materials prepared and still be able to greet families.
- ♦ Keep track of time; you don't want to hurry through important information.
- ♦ Encourage conversation, but be sure to stay on schedule.

Beginning and Ending

- ♦ When you begin, be sure to greet everybody.
- ♦ Be sure to take attendance.
- ♦ Start with asking if anyone has any questions.
- ♦ After the Wrap Up! ask if anyone has any questions, then confirm the time and day of the next Session, Event, or Visit.

Welcome!

KICK-OFF

Main Ideas

- ◆ At the Kick-Off Event families will meet other families that are participating in *Diabetes and the Family*.
- ◆ It is an opportunity for families to enjoy a healthy meal together.
- ◆ Families can participate in games and physical activities with other families.
- ◆ Everyone will confirm that they have signed up for a fun and informative program.

Objectives

At the end of this session, families should have...

- ◆ Met other families.
- ◆ Eaten a low-fat, low-sugar, and high-fiber meal.
- ◆ Participated in at least 1 physical activity.

Preparation

This event relies on the creativity, expertise, and resources of the promotoras. The following section is provided as a guide for planning and implementation.

Location

- ♦ Select a place that has bathrooms, protection from intense sun or rain, and sufficient space for tables, chairs, or picnic tables. (Example: church, park, community center)
- ♦ Kitchen facilities are desirable, but food can also be prepared ahead of time and brought to the event.
- ♦ It is important to choose a safe place, acceptable for all families.
- ♦ It would be better to reserve a place just for this *Diabetes and the Family* event and its participants.

Materials and Supplies

- ♦ Name tags
- ♦ Family Attendance Sheets
- ♦ 1 table at entrance to greet families, take attendance, etc.
- ♦ 1-2 tables for serving food buffet-style
- ♦ Several tables and chairs for families to sit and eat
- ♦ Music (something festive, could be live or tape / CD)
- ♦ Decorations such as balloons, streamers, etc. (optional)
- ♦ Copies of food recipes (optional)
- ♦ Prizes for games and activities (optional)

Preparation cont'd...

Food *For ideas and recipes refer to the Appendix of recipes in this manual*

- ♦ If possible, use porcelain or washable plastic plates instead of disposable ones to protect the environment.
- ♦ Select and prepare 1-2 healthy main dishes. (Examples: vegetarian chili, low-fat enchiladas)
- ♦ Select and prepare 2-3 side dishes. (Examples: dark green lettuce salad, raw or steamed vegetables, low-fat beans)
- ♦ Select healthy breads such as whole wheat rolls, low-fat flour tortillas, or corn tortillas.
- ♦ Select and prepare 1-2 low-sugar beverages. (Examples: iced tea, spiced iced tea mix, diet soft drinks, water, etc.)
- ♦ Select and prepare 1-2 healthy deserts. (Examples: fruit salad, low-fat cake, or low-fat brownies)

Attendance

- ♦ Consent Forms and Evaluation Questionnaires should be completed by all participating family members prior to the implementation of the Kick-Off.
- ♦ Use the information from the Home Registration Form to plan this event for your particular group of families. Determine the number of children, teenagers, adults, and elderly adults who are likely to attend.
- ♦ To encourage participation, create and send invitations to each family reminding them of the date, time, and location of the event.
- ♦ If this is not the first time offering the program, invite families who participated in *Diabetes and the Family* in the past to help illustrate the benefits of the program. (It is not necessary for these guests to register in the program or sign the Consent Forms.)

Preparing for Activities

- ♦ You will want to decide ahead of time which activities you plan to have in order to have the necessary materials prepared.
- ♦ Consider how many activities you will have time for as well as the ages and number of people you think will participate.
- ♦ Use activities appropriate for a celebration with various families. You may select some-

Activities

Attendance and Greetings

- ♦ As people arrive, greet them and mark their attendance.
- ♦ Give them a name tag to write their name on and wear.
- ♦ Show them where to go until everybody has arrived (to the refreshment table for a beverage, to their seats, etc.).

Introductions

- ♦ When you have everybody's attention, make an introduction.
- ♦ Introduce yourself and other facilitators, if any.
- ♦ Give an introduction to the program, its purpose, and a brief overview of what to expect.
- ♦ Offer the opportunity for questions.
- ♦ Have each participant introduce him or herself

Idea!

To begin introductions and “break the ice” you can have participants state their names and answer a funny or interesting question. Try modeling the introduction first for participants to follow.

Example: “Let’s go around and introduce ourselves. Why doesn’t everybody say their name, and tell the group something about your family that you’d like to share. I’ll go first. I’m (name) and every Christmas vacation my family goes to Hermosillo to see my parents.”

Choose the next person for introductions and proceed until everyone has had a chance to participate. Try choosing a question or statement that will make people laugh or take interest in each other and feel relaxed. Statements about families are recommended.

Activities cont'd...

The Order of the Following Activities Can Be Determined by the Promotoras...

Games *For ideas refer to the Appendix in this manual*

- ♦ Select 1 or more games that encourage families to work as a team.
- ♦ Example: Scavenger Hunt

Food

- ♦ Serve food buffet-style
- ♦ Invite families to serve themselves
- ♦ Talk about why this food is considered healthy
- ♦ Share recipes with the families

Discussion and Testimonials

- ♦ Discussion should include...
 - * A brief overview of the main ideas of the program.
 - * Introductions of families to each other.
 - * Testimonials from families that previously attended the program.
 - * Confirmation of the date and time of Session #1.

Wrap Up!

- ♦ See following page

Wrap Up!

KICK-OFF

CONCLUSION

Wrap Up!

Discussion Questions to Conclude the Kick-Off...

1. Name another family that participated today.
2. What did you think of the food you ate today?
4. What did you think of the physical activity you did?

Families and Diabetes

SESSION #1

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 and complications.
- ♦ It will also describe the characteristics of healthy families with diabetes.

Objectives

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

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

Preparation

Special Considerations for Session #1: Diabetes and Families

- ♦ In the first Session, it is important to make all family members feel comfortable.
- ♦ Greet families at the door so they know they are in the right place.
- ♦ If you think families cannot remember each other's names since the Kick-Off, you may wish to use name tags again for this Session.
- ♦ Consider setting up snacks before the Session starts, so you can invite families to help themselves to refreshments while they wait to begin.
- ♦ Families may feel more comfortable if they have something to do right away and can socialize over snacks.
- ♦ At the start of the Session, reintroduce yourself and consider having family members introduce themselves again.
- ♦ Consider a name game in which each person says their name and, using the first letter of their name, describes something about themselves. For example: "My name is Anna and I love to be Active." This game will help others remember each other's names.
- ♦ This Session has a lot of information. Pay attention to the time so you have time to cover all the components.

Recommended Healthy Snack: Sugar-free lemonade made from mix, bottled water, and orange wedges and / or pretzels

- ♦ There is only time to sample snacks in this Session.
- ♦ Select an easy snack that takes little or no preparation.

Recommended Physical Activity: Relaxation

- ♦ Select an activity you are certain everyone can do, so everyone is included in the first Session.
- ♦ Try the "Breathe Deeply" exercise (in the Appendix).

Preparation cont'd

Recommended General Activity: *La Lotería*

- ♦ Playing this game after you have discussed the risks, symptoms, and complications of diabetes using the flipcharts will give family members an opportunity to review many of these ideas.
- ♦ If you decide not to use *La Lotería*, select a general activity that reviews the concepts introduced in the Session #1 flipcharts.
- ♦ Each *La Lotería* game set has cards for 12 players.
- ♦ All players must have at least one game card; if there are enough cards, promotoras may decide to let players have two or more cards.
- ♦ Distribute a handful of dried beans to each player to be used as game card markers.
- ♦ **To play the game,**
 1. A caller draws one of the 36 cards from the deck, calls out the picture, and reads the phrase or expression (*dicho*).
 2. The players then mark the corresponding picture on their game card with a dried bean.
 3. The caller asks the group "What does this dicho have to do with diabetes or with building a healthy family?"
 4. Discuss each card the first time the game is played.
 5. This process will make the game slow but is important to help players learn the concepts and discuss the ideas.
 6. The first player who completes a horizontal, vertical, or diagonal line calls out "Lotería!"
 7. Ask the winner to call out all the winning pictures.
 8. Ask the winner to pick out their favorite picture or *dicho* and review why it is important to diabetes or healthy families.

SESSION #1: "Families and Diabetes"

The purpose of the family program is to...

- ♦ Learn more about diabetes and its risk factors.
- ♦ Learn more about diabetes and its complications.
- ♦ 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...

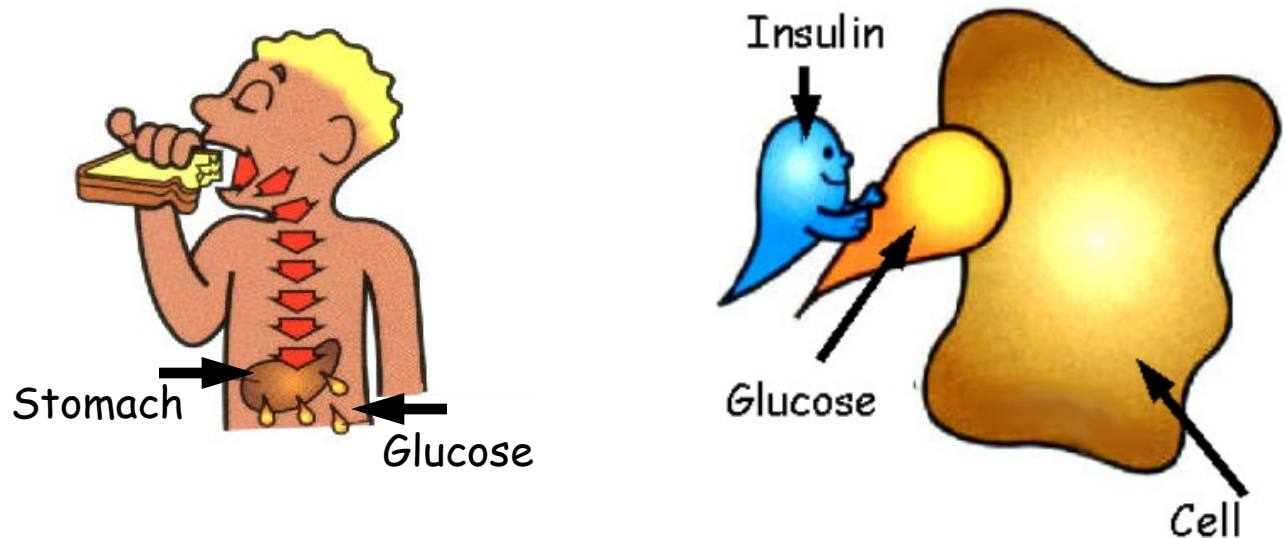
It Is A Condition In Which The Body Has Too Much Sugar In The Blood...

- ♦ 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.

Q&A

Be sure to give participants an opportunity to ask questions here. They may be concerned about certain words or how the body functions. Try to answer their questions in the most simple way possible to prevent worry or frustration. Try using the pictures to illustrate the ideas being conveyed.

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.

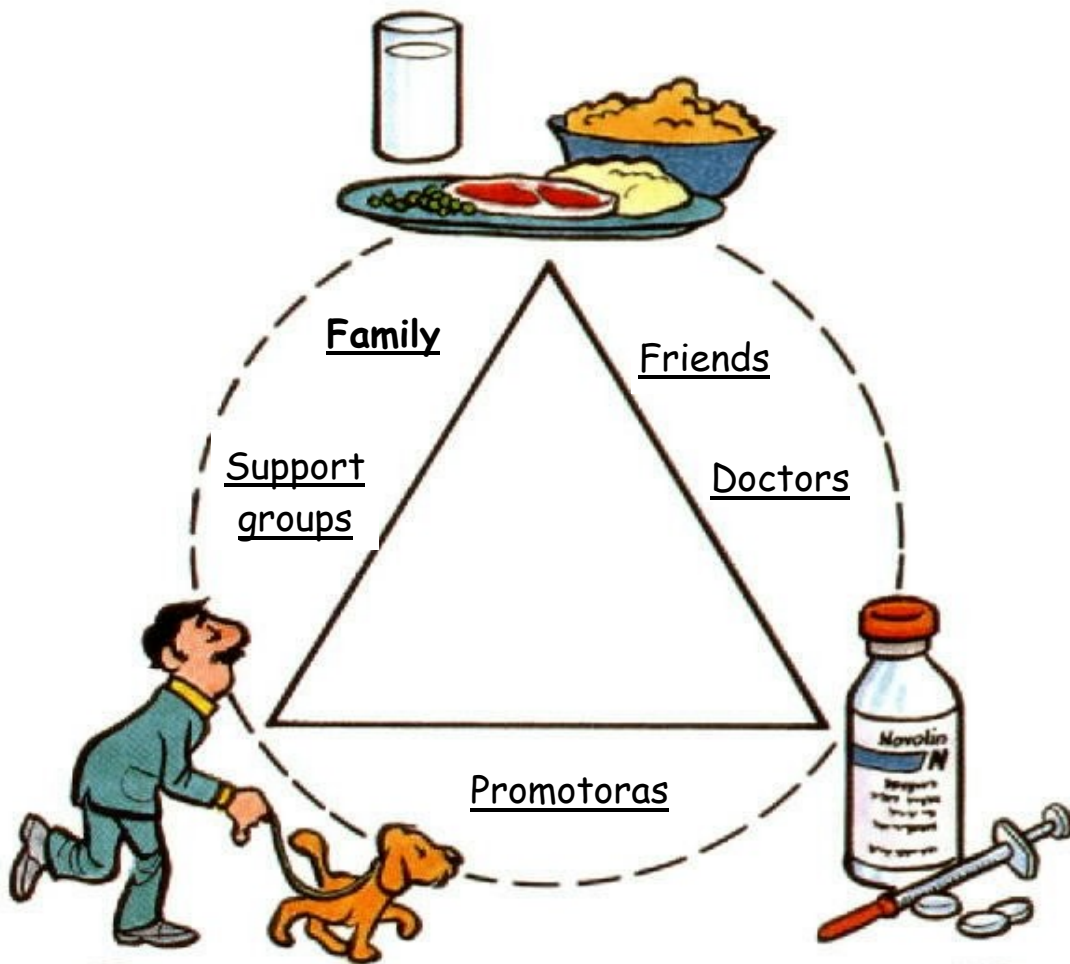


The pictures in the chart represent ways that a person with diabetes can manage their condition. Inside the triangle are the **social aspects** of diabetes support and control. Be sure to take enough time for discussion of this chart's meaning.

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



!

Inform participants that we will talk more about the emotions that come with diabetes and also about heart attacks, stroke, and other complications from cardiovascular disease that can be prevented. Show the picture of the heart while you speak.



!

These complications are listed here in order of severity. Be sure to explain to participants that these complications will not necessarily happen to them. They can be prevented. If they experience one complication they are not destined to experience all of them.

Discussion

Ask participants if they know of any other complications. Do they or does any one they know experience these problems? What is it like for them? How do they cope with it?

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)

Discussion

Lead a discussion about risk factors. For those who do not have diabetes, could they be at risk? Why? Why not? Do they know other friends or family members that may be at risk? Why? Which of these factors can be changed or controlled? Which cannot?

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



Distribute the pamphlet on high and low blood sugar levels, and on what families can do to help a diabetes patient control their blood sugar.

Discussion

Based on your previous discussion of risk factors and who may be at risk for diabetes, lead a discussion on what someone can do if he or she experiences the symptoms of diabetes.

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?

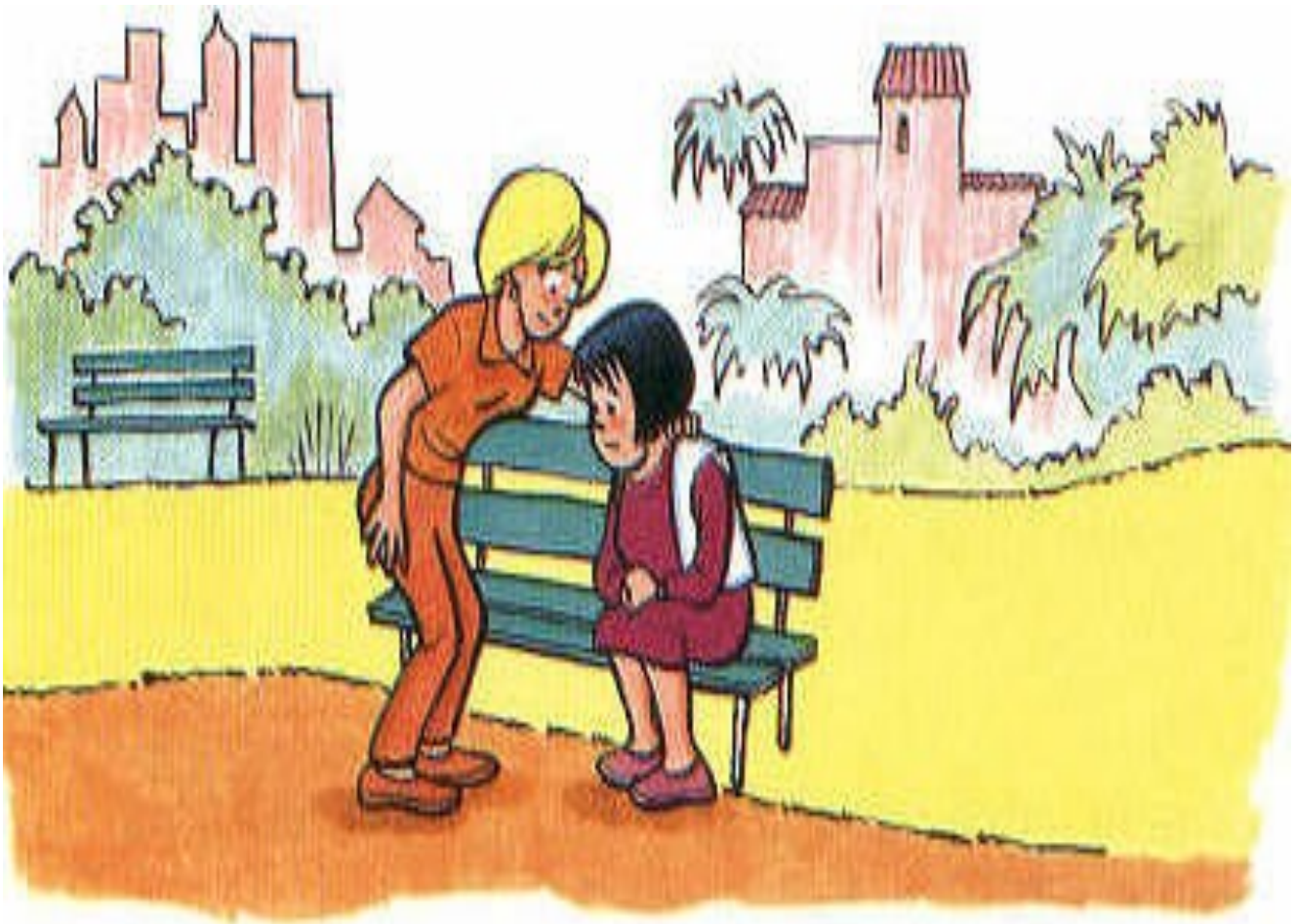
Diabetes Can Change A Family Because Family Members May...

- ♦ 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.

Discussion

Try having a discussion about the participants' first response to diabetes. How did they feel? Did they feel alone, or helpless? What did they do? Have there been any changes in the family? Do they feel there needs to be some kind of change?

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.

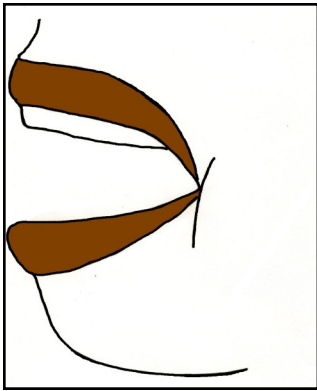
Laugh

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

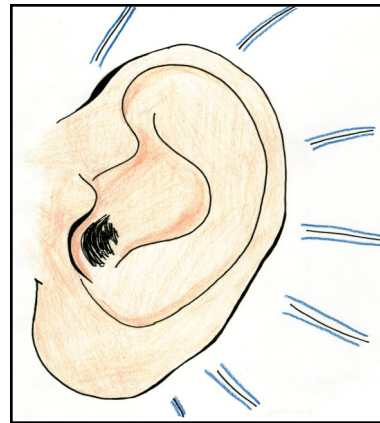
Discussion

Ask the group if they can identify any of these characteristics in their families. If so, do they find that these characteristics help their family deal with diabetes? How? Are there characteristics that they want to obtain or improve?

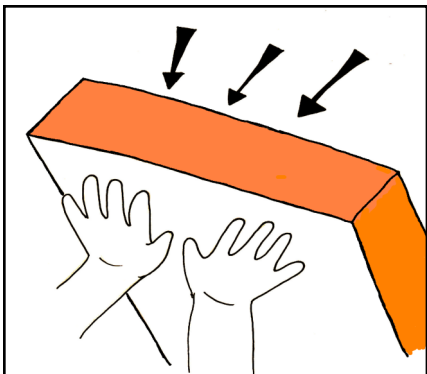
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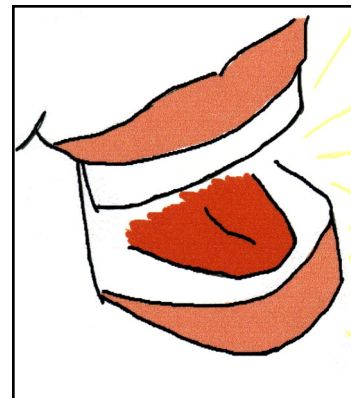
Talk



Listen



Support



Ha Ha

Ha Ha

Ha

Laugh

Wrap Up!

SESSION #1

CONCLUSION

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

SESSION #2

Main Ideas

- ◆ This Session discusses the role of good nutrition 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.

Preparation

Special Considerations for Session #2: Being Healthy

- ♦ Sessions #2-5 include a review section.
- ♦ The purpose of the review is to encourage family members to share what they remember from the previous week.
- ♦ Do not re-read the information from these charts to them. Encourage them to answer the questions posed by each chart.

Recommended Foods for Healthy Snack: Skim or 1% milk and ginger snaps and / or low-fat vanilla wafers

- ♦ There is time for food sampling but not a demonstration.
- ♦ This Session discusses low-fat choices. The recommended snack foods will give family members a chance to taste the foods mentioned in this Session.

Recommended Physical Activity: Stretching

- ♦ Think about everyone's level of comfort with the activity in Session #1.
- ♦ If family members seem ready to move more, select the upper body stretch in the Appendix or a similar activity that involves the arms and upper body.
- ♦ If family members have limited mobility, consider another relaxation exercise.

Preparation cont'd

Recommended General Activity: Reading Food Labels

- ♦ Bring food packaging to class to demonstrate food labels.
- ♦ Bring:

1) Milk cartons:	non-fat / skim milk 1% 2% and / or whole milk
2) Salad dressing and / or mayonnaise:	low-fat or fat-free regular
3) Bread:	high-fiber (\geq 2 grams of fiber) low-fiber ($<$ 2 grams of fiber)
4) Cereal:	high-fiber (\geq 2 grams of fiber) low-fiber ($<$ 2 grams of fiber)
5) Snack foods:	pretzels (they are low in fat) potato chips (they are high in fat)

- ♦ Have 2-3 packages with labels from different food items for each family, so that one family might have packages from 1% milk, a low-fiber cereal, and pretzels.
- ♦ Holding up one of the food packages, illustrate how the food label looks on the package and ask everyone to locate the labels on their packages.
- ♦ Ask them to locate first the line that states grams of fat.
- ♦ Ask the family that has the skim or 1% milk package to read the grams of fat aloud.
- ♦ Follow by asking the family that has the 2% milk package to read the grams of fat aloud.
- ♦ Then ask the family that has the whole milk package to read the grams of fat aloud.
- ♦ Ask if they think there is much difference between these types of milk.
- ♦ Continue with this exercise, comparing grams of fat in fat-free and regular salad dressing and / or mayonnaise; and pretzels and potato chips.
- ♦ Repeat the steps by comparing grams of fiber in breads and cereal.

REVIEW

Session #1: "Families and Diabetes"

Q&A

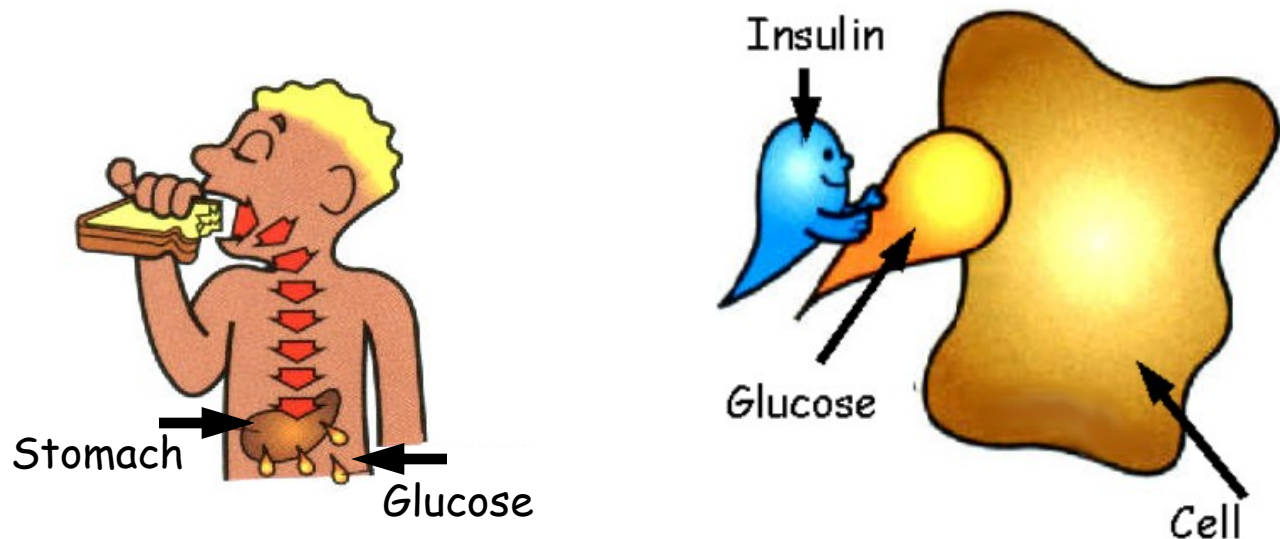
Ask family members to remember some of the information discussed in last week's session. Show the next 5 questions and graphics first, asking participants to offer answers. Fill in information they may leave out, or answer any questions they may have. Spend sufficient time for a brief discussion of the information, but be sure to move quickly enough to reach the new information of this session.

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 isn't 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.




REVIEW...

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 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



Heart disease is a serious problem for Hispanics (Mexican-Americans). It is the number one cause of death among Hispanics in this country. One out of four Hispanics dies of heart disease (cardiovascular). Even when glucose levels (diabetes) are under control, diabetes greatly increases the risk of heart disease and stroke. In fact, the majority of people with diabetes die from one form or another of heart disease or ruptured blood vessels.

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

REVIEW...

Who Is At Risk For Diabetes?

Individuals Who Have 1 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)



Remember to mention that we need to think about future generations to prevent them from having diabetes.

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

REVIEW...

What Are The Symptoms Of Diabetes?

Symptoms Include...

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



Remind participants to refer to the pamphlet on high and low blood sugar levels.

What Are The Symptoms Of Diabetes?



Fatigue and tiredness



Irritability and frustration



Blurry vision



Weight loss



Urinating frequently

REVIEW...

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 opening 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.

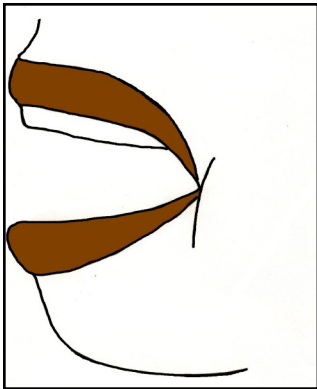
Value

- ♦ 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.

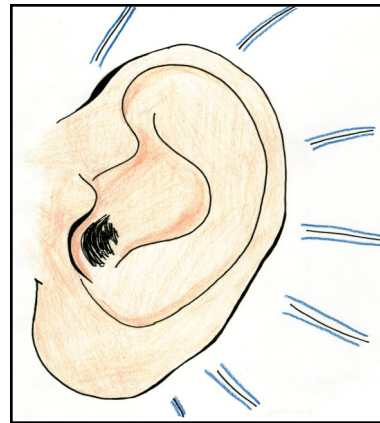
Laugh

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

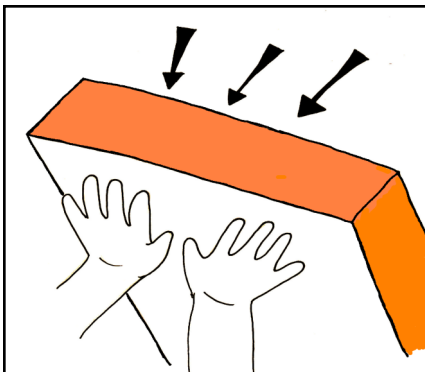
What Are Some Characteristics Of Healthy Families With Diabetes?



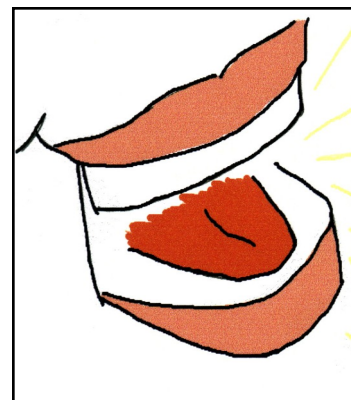
Talk



Listen



Support



Ha Ha

Ha Ha

Ha

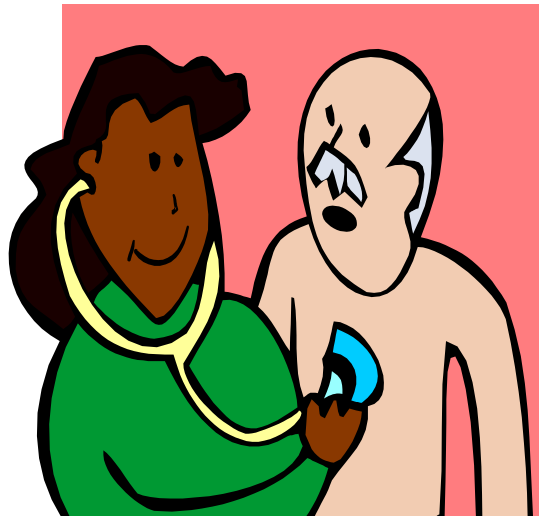
Laugh

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 aerobics.
- ♦ Have everyone join in with the housework; sweeping, mopping floors, and vacuuming are also exercise!

Discussion

What kinds of physical activity do families do? Let different participants share their experiences. Who goes for walks? What kinds of physical activity do they do at home? Do any families exercise together? With friends?

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.

Discussion

Lead a discussion about the ways families can be more physically active when they get together. Think of the different kinds of family gatherings. Do families have any ideas to share about how to be more active?

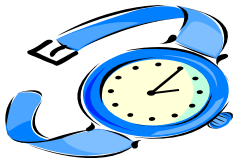
How Can We Build Activity Into Our Family Gatherings?



How Much Physical Activity Is Good?


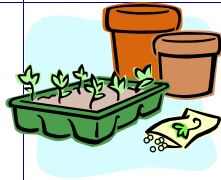
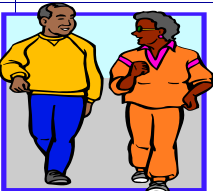


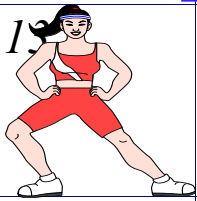
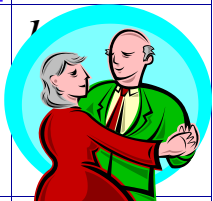
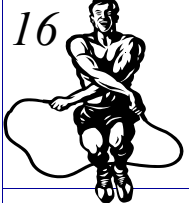






- ♦ Small amounts of physical activity throughout the day can build up to make you more active.
- ♦ You should participate in a physical activity at a level that you can feel your heart beat faster, but that you can still talk.
- ♦ Be active for at least 30 minutes a day, 3-4 times a week.
- ♦ These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

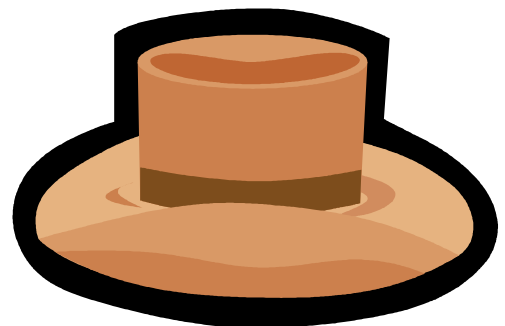
* 3 or 4 days / week

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 	4		6		8
9 	10	11 	12	13 	14	15 
16 			19 	20	21	22
23	24 			27	28	29
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.

Discussion

Talk to the families about barriers to physical activity. Are there certain conditions preventing families from exercising or being physically active? Some people may worry about the heat, the availability of locations to walk or play, or the lack of time for physical activity. Others may have physical conditions that prevent them from being active. You should try to address these barriers and guide participants through the options and alternatives they have.



Choose a physical activity for the group to do. It should be something that everyone can participate in, like stretching or walking.

*Consult the Appendix for ideas

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.

Discussion

Have participants share their experiences with or knowledge of these foods. Has anyone tried any non-fat or low-fat food items? Do they like these foods? Do families eat a lot of vegetables? Why? Why not? What kinds? Do they know how their meat is usually prepared?

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 or water).
- ♦ 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.



Thinking about the heart, alcohol, sodium and illegal drugs should be avoided:

- ♦ Too much alcohol can raise blood pressure, and can cause a heart attack or a stroke
- ♦ The majority of sodium that we eat comes from packaged foods, some from the salt added during cooking or on the table, and the rest is found naturally in many foods.
- ♦ Intravenous drug abuse carries a high risk for heart infections and stroke. Cocaine is linked to strokes and heart attacks.

What Foods Should We Limit?



Regular sodas



Alcohol



Whole milk
2% milk



Butter, lard, margarine



Processed meats



Fried foods



Gravy

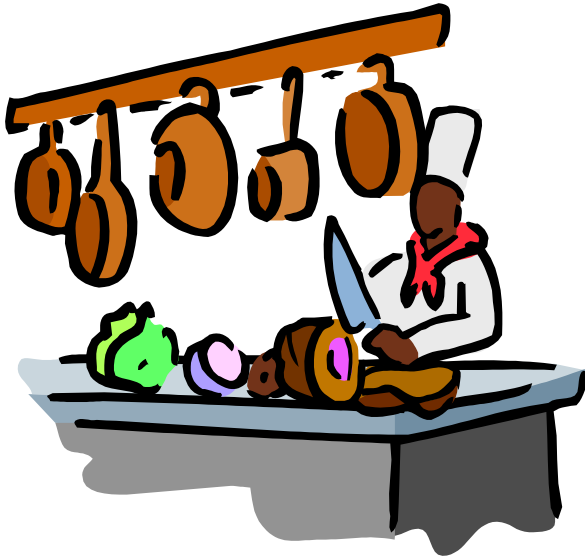
How Can We Prepare Healthy Meats?

- ♦ 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.

Discussion

Have participants share their experiences with how they buy or prepare their foods. Have they tried any of these techniques? Why? Why not? Does it seem like it's an easy or difficult process?

How Can We Prepare Healthy Meats?



Cut fat or skin off meat



Don't fry or add
oil or butter

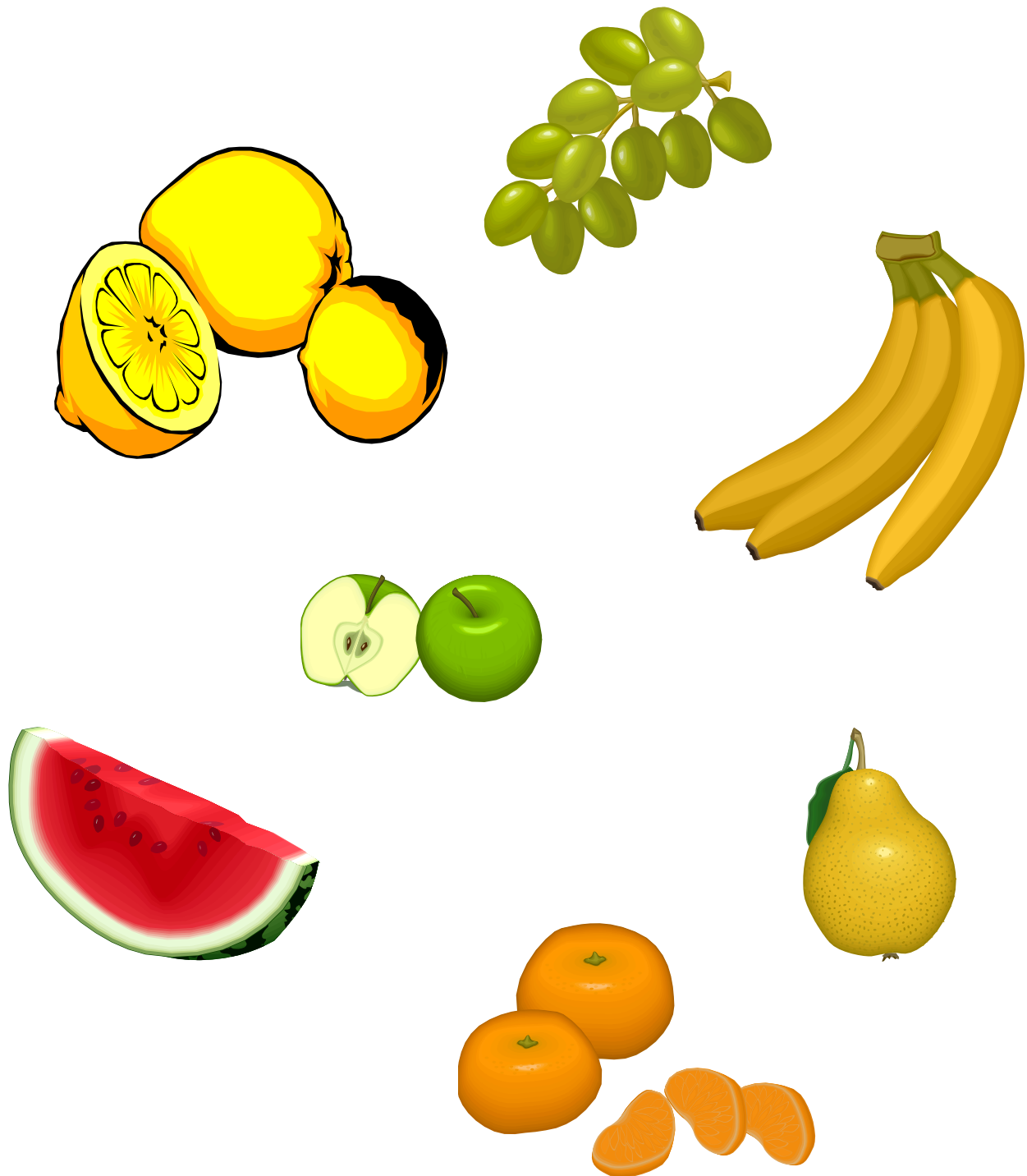


Bake or grill meats

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.

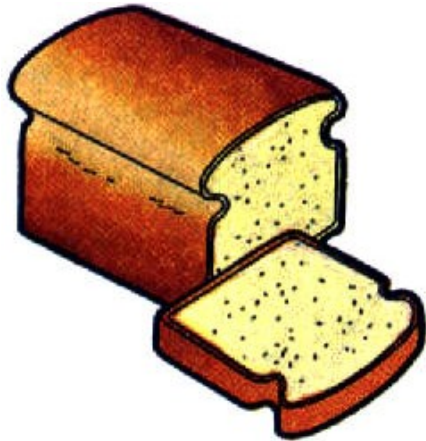
How Can We Buy And Prepare Healthy Fruits And Vegetables?



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.
- ♦ When you make flour tortillas at home, try using $\frac{1}{2}$ 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?



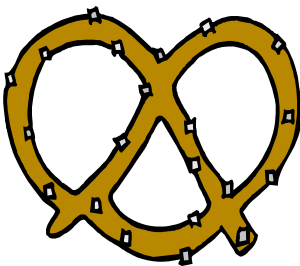
Choose whole wheat breads



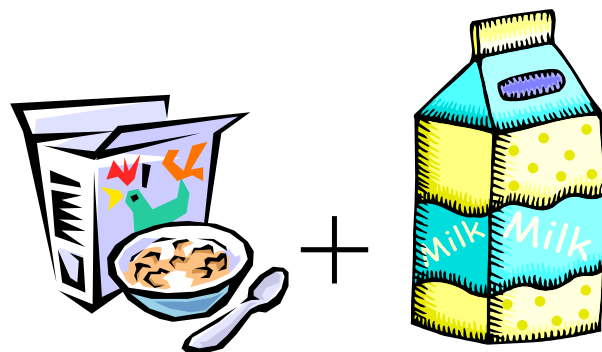
Mustard instead of
mayonnaise



Corn tortillas instead of flour



Fat-free snacks

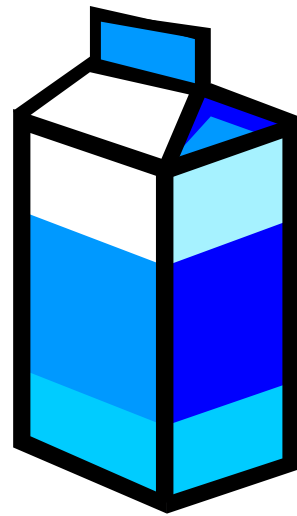
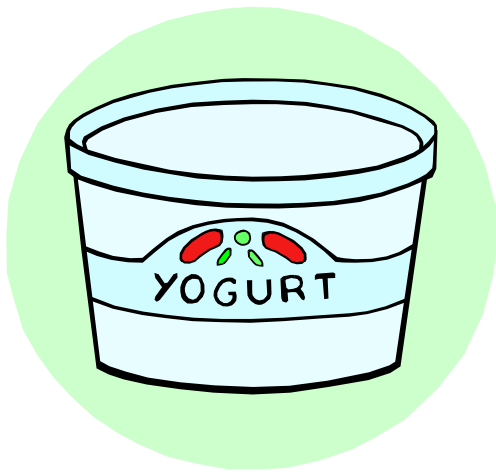


Use skim milk with cereal

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

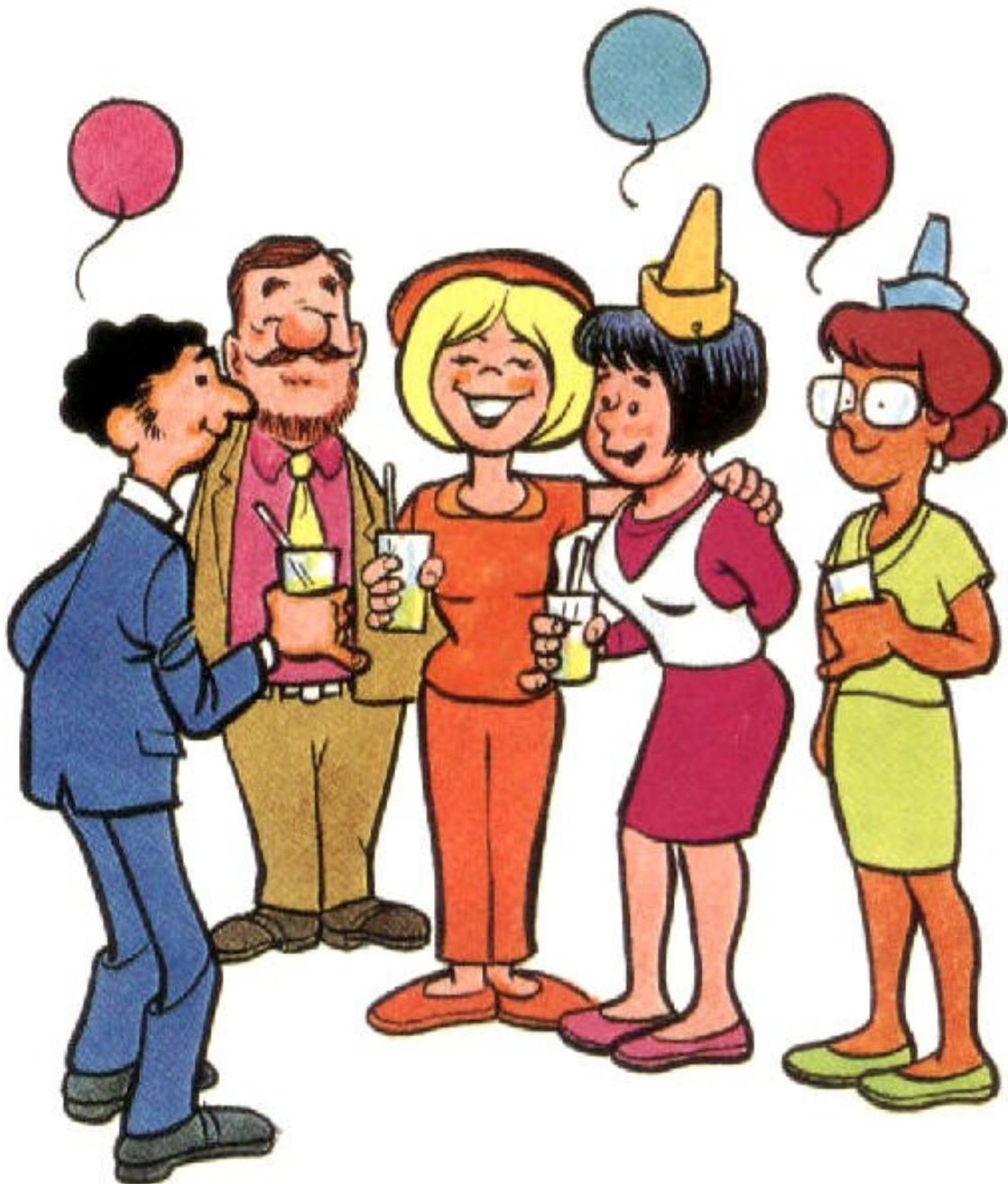
How Can We Eat Healthily When We Are Visiting Or Celebrating With Friends And Family?

- ♦ 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.

Discussion

Discuss the barriers to eating healthily at social gatherings. Ask participants about the celebrations they go to. What kinds of foods are usually served? What kind of foods do they usually eat when visiting their friends and family? Would it be easy or difficult to eat healthier? Why? Why not?

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

SESSION #3

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.

Preparation

Special Considerations for Session #3: Cardiovascular Disease (CVD)

- ♦ After a short review of Session #2, emphasize that both physical activity and good nutrition are important for good cardiovascular health. This is important because diabetes and cardiovascular disease are related to each other.
- ♦ Review the part on cardiovascular disease in this session.
- ♦ After finishing the part on CVD, be sure to indicate that the next part of Session #3: Goal Setting, is for both CVD and diabetes.

Special Considerations for Session #3: Goal Setting

- ♦ In this Session, families are asked to work together.
- ♦ They will need pencils to fill in their health behavior goals.
- ♦ Be sure to give families enough time to decide together and discuss the goals.
- ♦ Allow enough time for families to share their goals with the group.

Recommended Healthy Snack: Iced tea, bagels, and low-fat cream cheese

- ♦ This Session allows time for food sampling but not a demonstration.
- ♦ This Session suggests making new food choices. Bagels and low-fat cream cheese may not be familiar to some families.
- ♦ Consider asking families if they usually eat these foods.
- ♦ Ask if they've tried toasted bagels for breakfast with sugar-free jelly before. It is a good alternative to a sweet roll or doughnut.

Recommended Physical Activity: More Stretching

- ♦ Consider having family members add leg stretches for this week's physical activity.
- ♦ Select the leg stretches from the Appendix or a similar activity that involves legs and hips.
- ♦ If someone has limited mobility, consider doing the upper body stretches or relaxation exercises after doing this week's leg stretches.

Preparation cont'd

Recommended General Activity: Family Yarn Toss

- ♦ This game illustrates that family success in accomplishing a task or achieving a goal depends on the family being connected.
- ♦ Have everyone form a large circle.
- ♦ One person holds on to an end of a yarn ball and throws the ball to another person in the circle.
- ♦ Before throwing the ball, the thrower calls out the name of the person to whom he or she will throw the yarn ball.
- ♦ The catcher holds onto the yarn and throws the ball to another person, also calling out the new catcher's name.
- ♦ The game continues until everyone is connected.
- ♦ Ask two people in the circle to drop their end of the yarn.
- ♦ Ask the family members, "What happened to the yarn web when two people did not participate?" "What happens in our own families when someone does not participate?"

Discussion: To get families to think about the importance of family connections in solving problems, ask families:

"What happened when someone had trouble catching the ball of yarn?"

"Did someone help retrieve the ball?"

"Can we think about what we can do to help out someone who has trouble participating?"

REVIEW

Session #2: "Being Healthy"

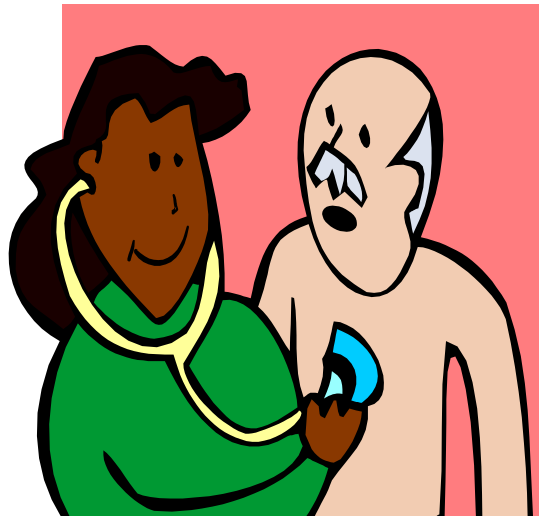
Q&A

Ask family members to remember some of the information discussed in last week's session. Show the next 5 questions and graphics first, asking participants to offer answers. Fill in information they may leave out or answer any questions they may have. Spend sufficient time for a brief discussion of the information, but be sure to move quickly enough to reach the new information of this session.

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?



REVIEW...

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 aerobics.
- ♦ 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?

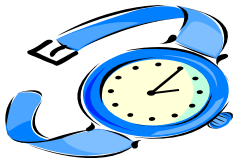


REVIEW...

How Much Physical Activity Is Good?


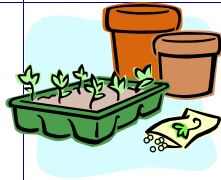
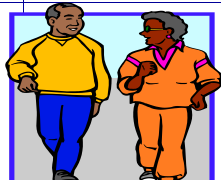



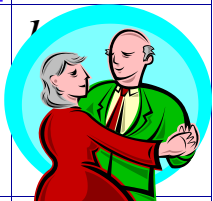

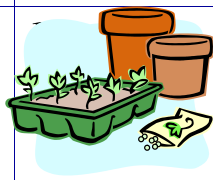

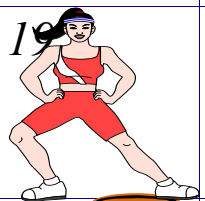



- ♦ Small amounts of physical activity throughout the day can build up to make you more active.
- ♦ You should participate in a physical activity at a level that you can feel your heart beat faster, but that you can still talk.
- ♦ Be active for at least 30 minutes a day, 3-4 times a week.
- ♦ These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

How Much Physical Activity Is Good?



* 30 minutes

* 3 or 4 days / week

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 	4		6		8
9 	10	11 	12	13 	14	15 
16 			19 	20	21	22
23	24 			27	28	29
30						

REVIEW...

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...

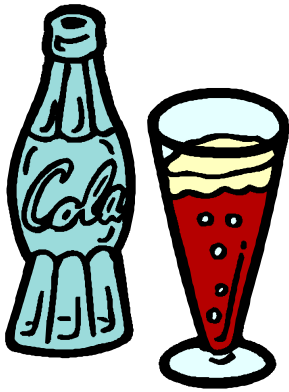


REVIEW...

What Foods Should We Limit?

- ♦ Regular sodas (it's better to choose diet sodas or water).
- ♦ 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

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.

Discussion

Ask: Why is it important to prevent cardiovascular disease in people with diabetes?

Emphasize: Because people with diabetes have a higher risk of cardiovascular disease, it is important to know the risk factors that you can change and those that you cannot change, just as much as how to be healthy.



**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 Origen (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 Origin

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.

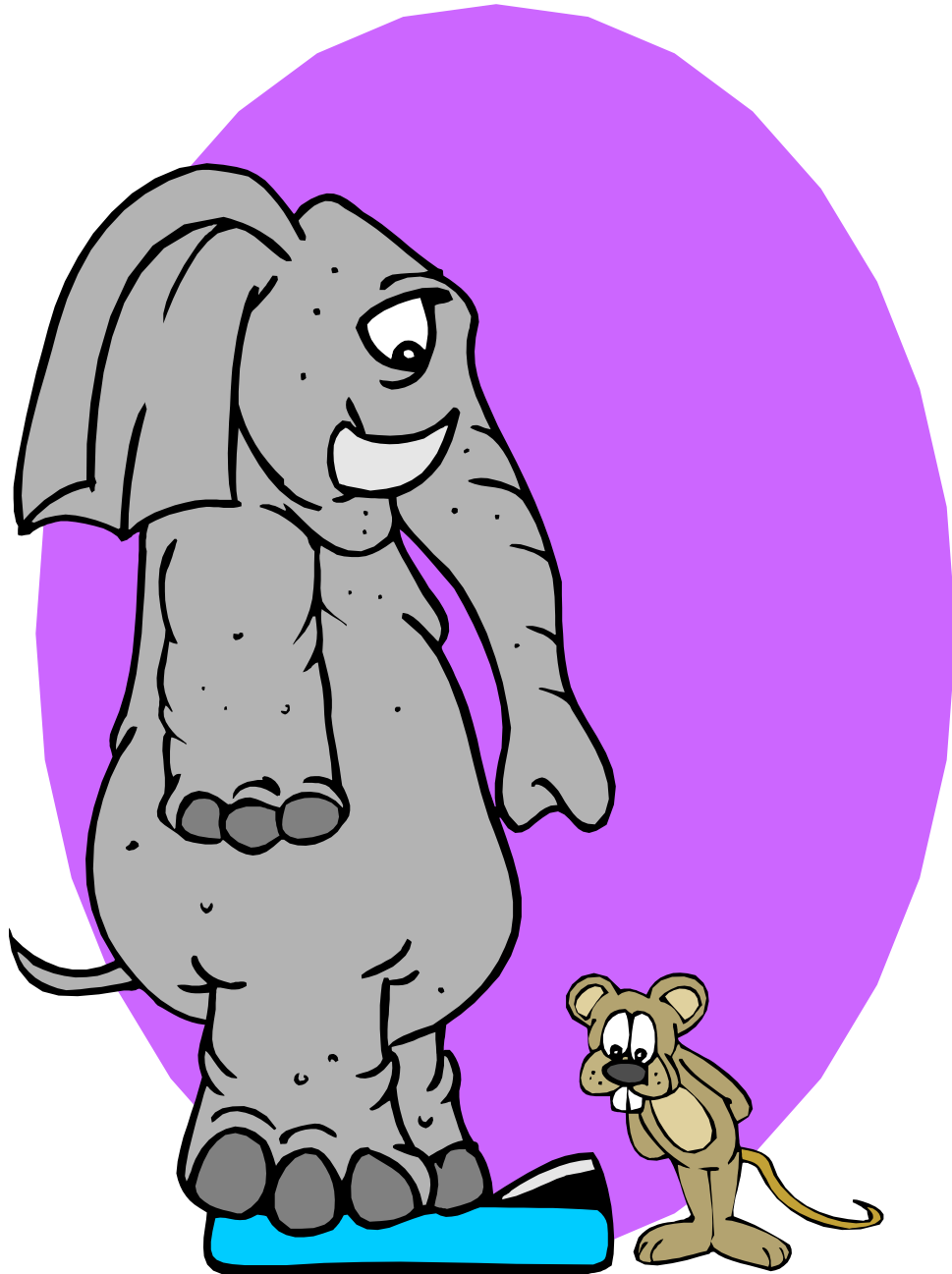
A woman's waist is large if it is more than 35 inches around. A man's waist is large if it is more than 40 inches around. A large waist can increase the risk of developing heart disease.

- ♥ 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.

Discussion

Physical activity and healthy food habits are important to stay healthy with diabetes, so that the diabetes doesn't change, and to have a healthy heart!

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



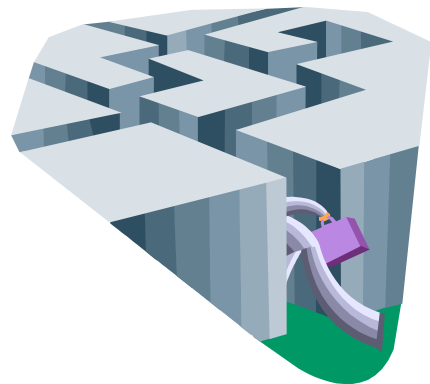
SESSION #3: "Goal Setting"

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."

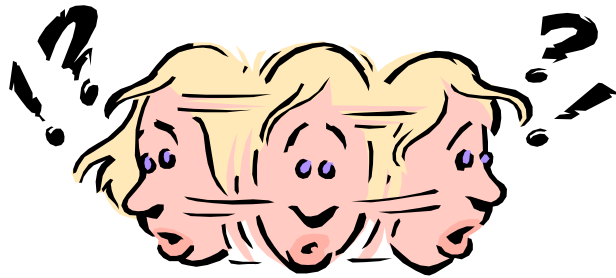
How Can We Start Making Some Changes In Our Health Behaviors?



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?



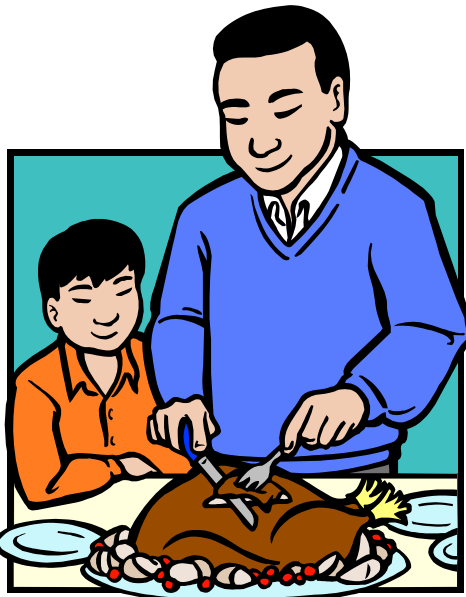
How Can We Improve Our Chances For Success?

- ♦ 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.

Discussion

Have families discuss how cues in their own environment can support or challenge their attempts to change their behavior. For example, if they plan to walk does everyone have shoes that are comfortable for walking? Have families identify how they could make little changes in their homes to support their food choice and activity goals. Families should generate ideas that are specific to their households, such as putting their shoes by the door, or making fruit sacks visible by putting a fruit bowl on the counter, etc.

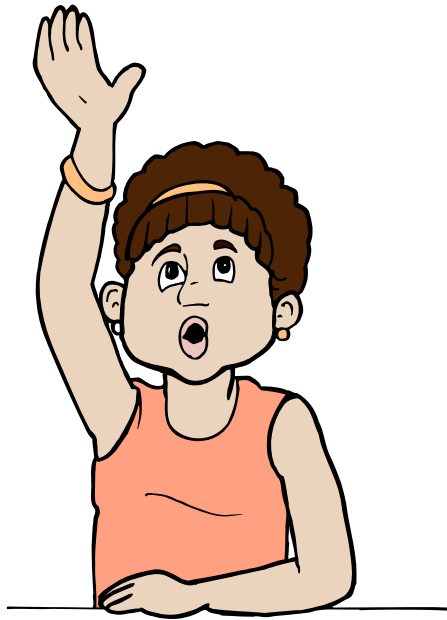
How Can We Improve Our Chances For Success?



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: "Goal Setting"

1. Let's play the Cardiovascular Disease Risk Factor game.
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?

Please check the Appendix!

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.

Preparation

Special considerations for Session #4: Working Together

- ♦ Budget time carefully in this Session to provide time for families to talk about their experience in working toward the goals they set in Session #3.
- ♦ In addition, budget time for the families to prepare and enjoy a healthy meal together.

Recommended Physical Activity: "Follow the Walking Leader"

- ♦ Due to the preparation of the meal, this Session offers limited time for a physical activity.
- ♦ Consider walking around the tables while playing music.
- ♦ Select one person to start as leader. Ask them to make a motion with their arms, head, or upper body while they are walking. Instruct the remaining family members to copy the motion while walking.
- ♦ Once everyone has copied the leader, the person behind the first leader becomes the next leader.
- ♦ Continue changing leaders and having family members copy the action until everyone has had a chance to be a leader.

Recommended Healthy Snack

- ♦ There is no snack for this Session because you will be preparing a meal together.

Preparation cont'd

Recommended General Activity: Preparation of a Light Meal

- ♦ This Session provides time for families to prepare a meal together.
- ♦ Set-up for families to prepare a meal will require additional time to purchase ingredients and disposable eating utensils.
- ♦ Set-up will also require additional time to purchase or gather cooking and serving utensils, for example, broiler pans or baking dishes, bowls, mixing and serving spoons, cutting boards, knives, etc.
- ♦ For the entire group, have families prepare one main dish, a salad or a vegetable, bread (or fresh corn tortillas), and a dessert.
- ♦ Do not plan several main dishes or desserts as family members may be tempted to try all of them and as a result eat larger amounts. If the number of food items is increased, add more vegetables or salads.
- ♦ Consider having each family prepare an item, such as one family preparing dessert and one family preparing a salad, etc.
- ♦ Refer to the Appendix for low-fat, low-sugar, high-fiber recipes. If other recipes are selected, choose low-fat, low-sugar, and high-fiber recipes.

Discussion: Once families have served themselves and tried the food, ask:

"Was the food prepared differently from the way you cook at home?"

"Which techniques would you try at home?"

"How does the food taste? Is it what you expected?"

REVIEW

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

Ask the families about the information presented in the previous section. Show the following questions and pictures, and ask for responses. Fill in any missing information, or answer your questions. Use enough time to have a brief conversation about the information, but the new information and the preparation of the food should occupy most of the time.

- ♦ Who is at risk for cardiovascular disease?
 - Everyone!
 - Especially people with diabetes or with more than one risk factor for CVD.
- ♦ What are the symptoms for CVD?
 - An uncomfortable tightness, squeezing or pain in the center of the chest that lasts for more than a few minutes, it could be that this pain stops or returns. Remember that symptoms are VERY different in women (nausea, vertigo, severe pain in the teeth).
 - Pain that extends to the shoulders, neck or arms.
 - Discomfort in the chest with drowsiness, faintness, perspiration, 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!**

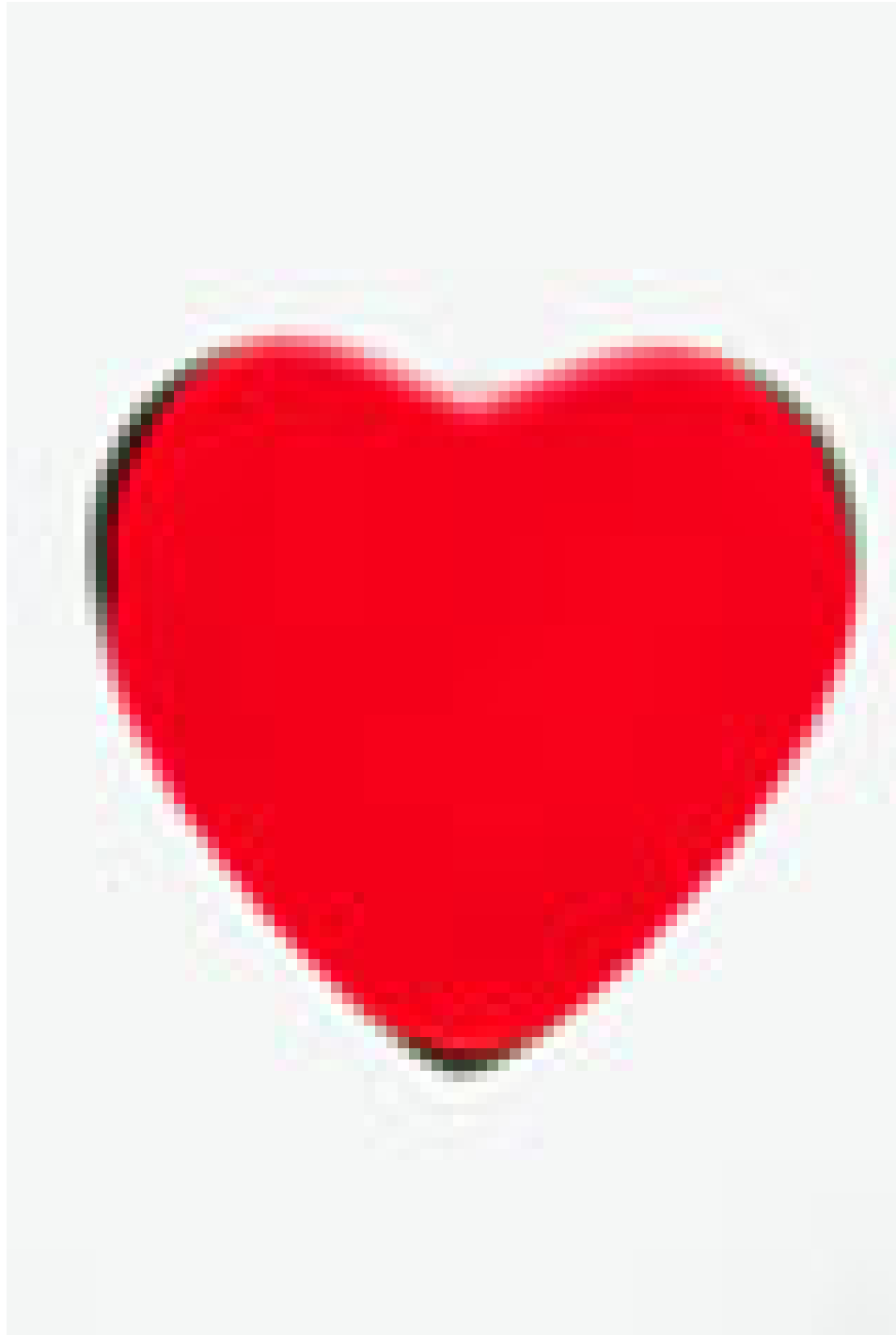
REVIEW CVD Risk Factors...

...That CANNOT be Controlled

- ♦ Age
- ♦ Heredity
- ♦ Ethnic Origin

...That CAN be Controlled

- ♦ Smoking
- ♦ Blood Pressure
- ♦ Cholesterol
- ♦ Excess Weight and Obesity



REVIEW

Session #3: "Goal Setting"



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

Family Health Behavior Goals: What Goals Did You Choose?



The review in this Session is different than in the previous Sessions. You are encouraging family members to share their experience with working on their goals. If family members hesitate to talk, encourage discussion by asking families to just re-share their goals. After they have re-shared, you will be able to think of some specific questions to ask them about successes and challenges.

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?

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

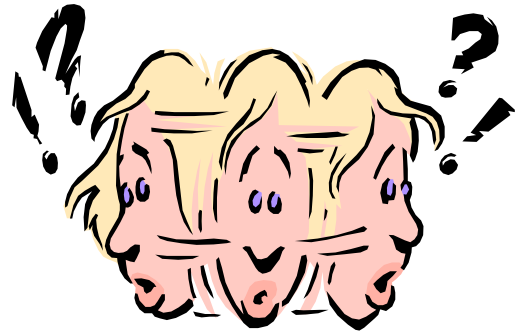


REVIEW...

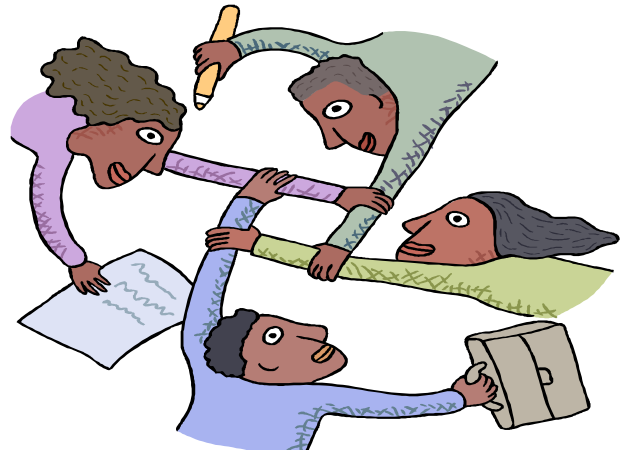
1. What Challenges Did You Experience
Over The Week While Working
Toward Your Health Behavior Goals?

2. How Did You Overcome These
Challenges?

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



How Did You Overcome These Challenges?

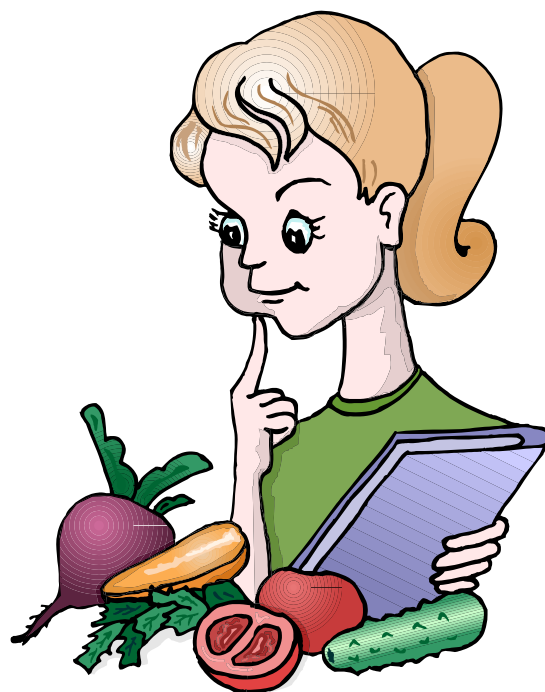


REVIEW...

Do You Think You Need To Modify Or
Change Your Goals?

If So, How Will You Modify Your Goals?

Do You Think You Need To Modify Or Change Your Goals?



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.



Inform the participants that the following session will have more information about how diabetes can affect the emotions of everyone in the 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.

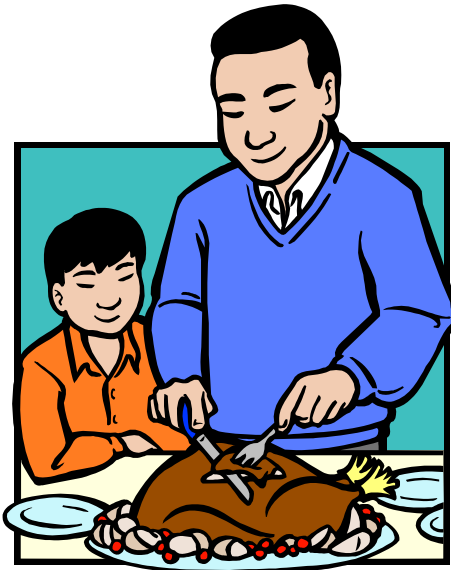
Discussion

Challenge families to try problem solving. For example, someone with diabetes may forget or avoid taking their blood sugar level.

How could a family member help to solve this problem and encourage better self-monitoring? Can the families think of other examples of difficulties that someone with diabetes may have?

How can the families help?

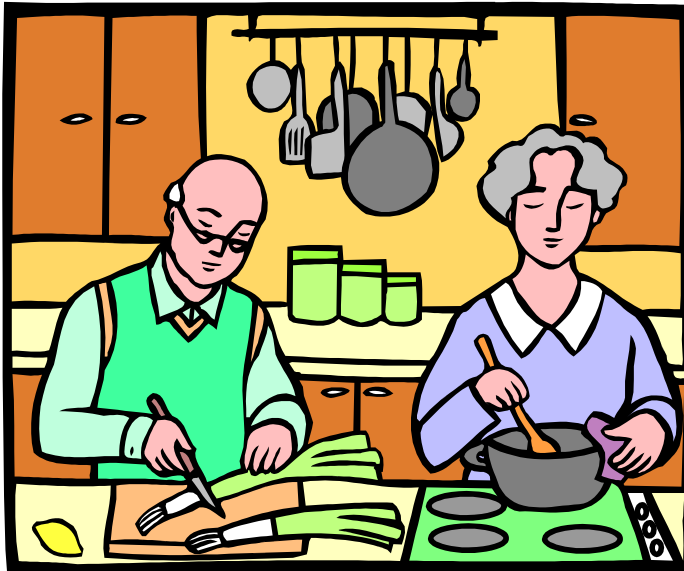
How Can A Family Stay Close And Work Together?



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?



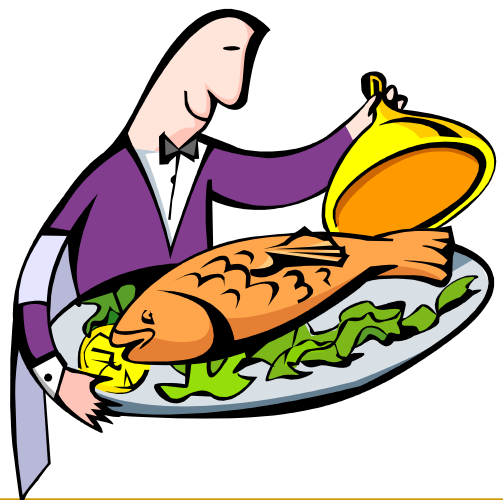
How Can Families Work Together To Make Healthy Food Choices Away From Home?

- ♦ 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.

Discussion

Start a discussion by asking families where they eat most often when they eat out. Ask if they can think of healthy choices available at these places. Have them think about their answers.

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 because 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?



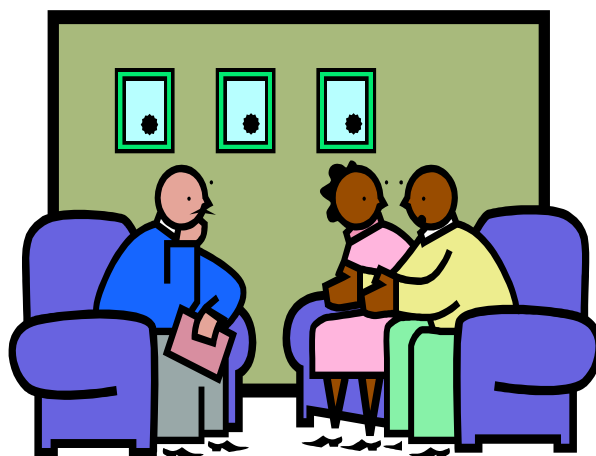
What Can Family Members Do To Support The Person With Diabetes?

- ♦ 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.



Be sure to talk about the difference between "supporting" and "nagging." Would the person with diabetes like to be reminded about checking blood glucose, taking medication, or meeting with a doctor? Families should be encouraged to work out an agreement. This agreement will help avoid miscommunication or arguments about how much a family should remind or help a family member with diabetes.

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



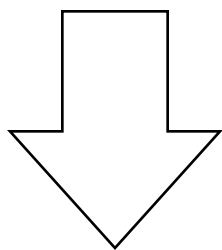
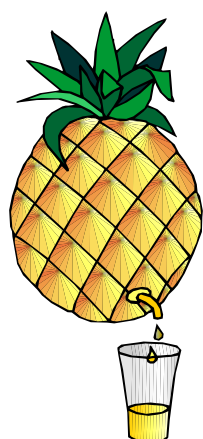
How Can A Family Support A Family Member Who Shows Symptoms Of Uncontrolled Diabetes?

- ♦ 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.



Ask families if they remember some of the symptoms from Session #1. If they cannot, encourage them to look back at the pictures in Session #1. Try having a discussion about how symptoms differ depending on high or low blood sugar. You may wish to make copies of the handout on high and low blood sugar in the General Activities section of the Appendix.

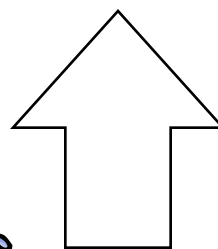
How Can A Family Support A Family Member Who Shows Symptoms Of Uncontrolled Diabetes?



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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.

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 this is 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...

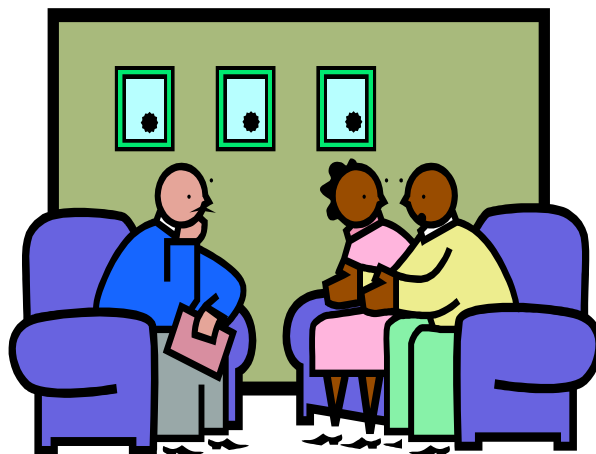
What Can Family Members Do To Support The Person With Diabetes?

- ♦ 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.



Remind participants about the pamphlets on hypoglycemia and hyperglycemia.

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

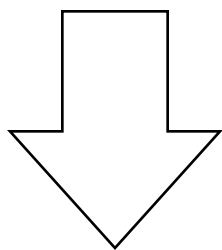
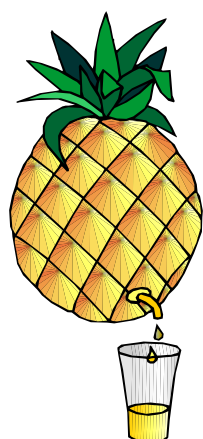


REVIEW...

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 70-130 before meals, less than 180 after 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.

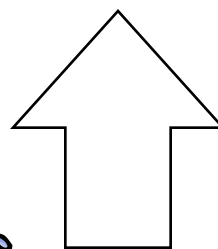
How Can A Family Support A Family Member Who Shows Symptoms Of Uncontrolled Diabetes?



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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"

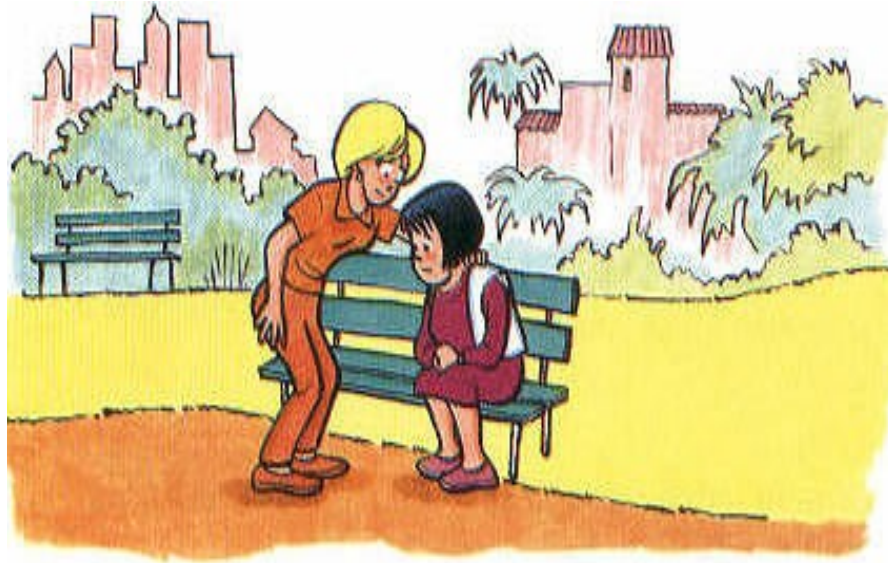
How Can Diabetes Make You Feel Emotionally?

- ♦ People react differently to a diagnosis of diabetes.
- ♦ Some people may deny their diagnosis and say "There's been a mistake!"
- ♦ Some people may be angry and think "Why me?" or "It's not fair!"
- ♦ Some people may feel guilty and think that the diabetes is their fault.
- ♦ 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.
- ♦ You need to talk about your feelings with a family member, a friend, a promotor or community health worker, or your health services provider.

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 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.

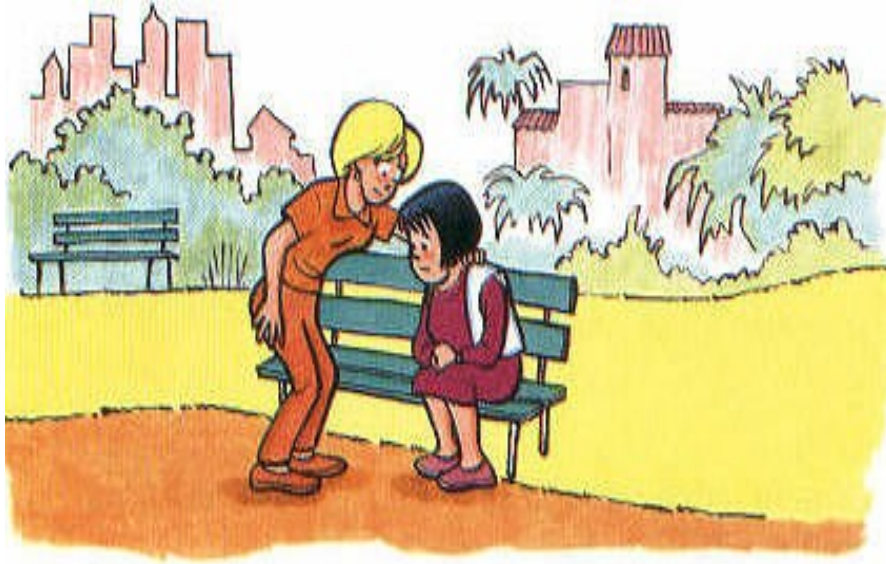
Severe depression differs from these normal negative emotions in duration or intensity. Severe depression does not consist of a feeling of passing sadness, nor a sign of personal weakness. People that suffer from severe depression need help to get better.

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.

What is Depression?



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.

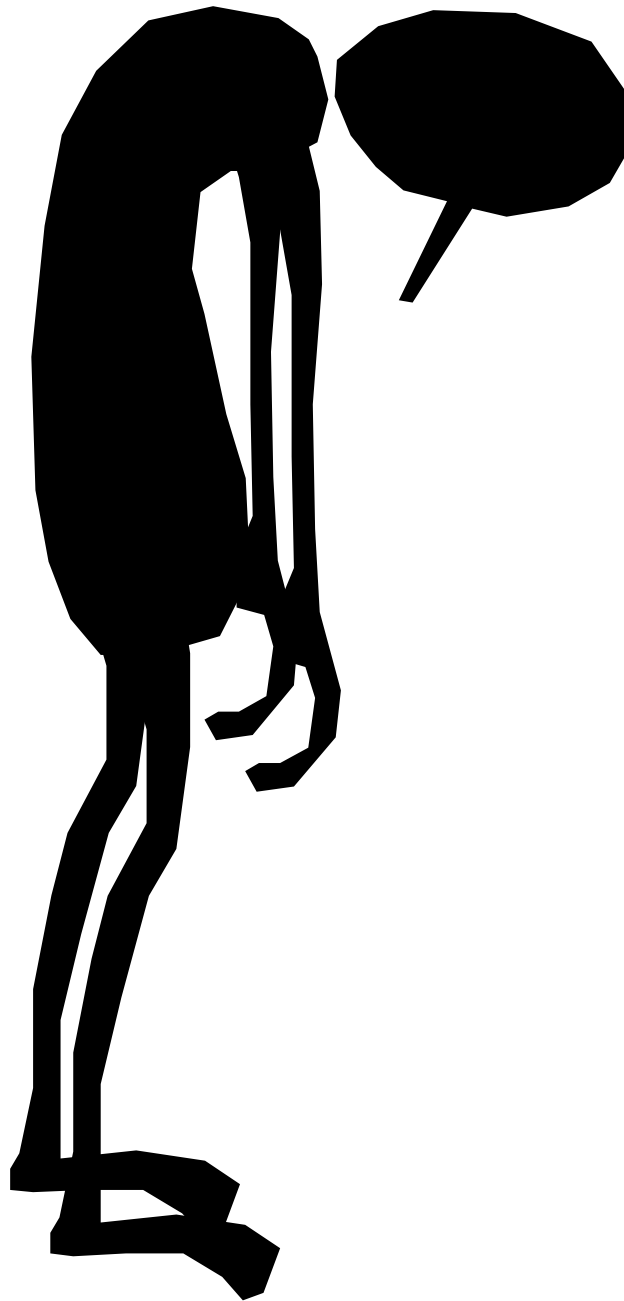
Source:

(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.

Discuss

Ask the participants: Do you talk about depression in your family? Which words do you use? After talking about somatization, indicate to family members that it is important to explain to the doctor that nerves or fatigue could refer to depression in your medical culture.

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.

Discuss

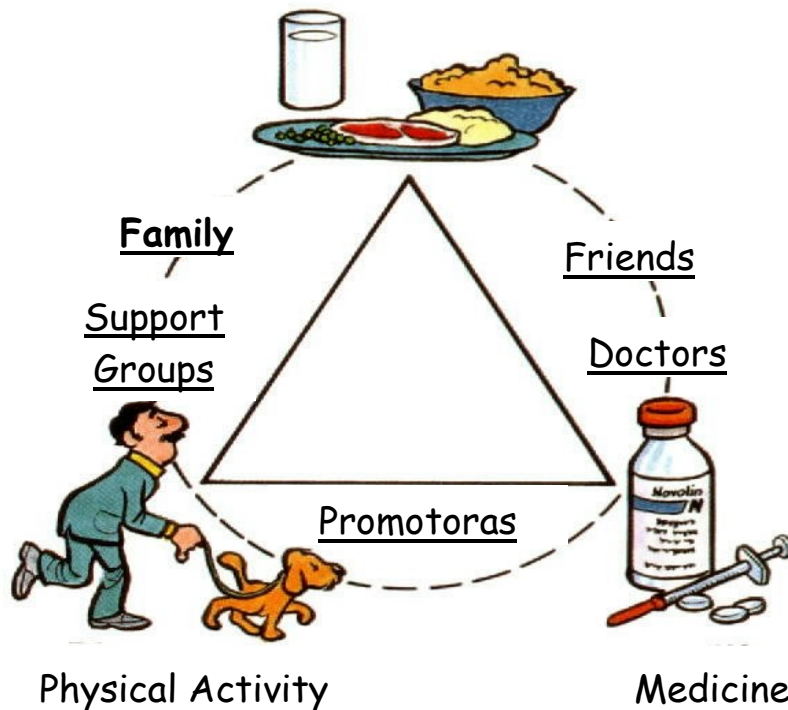
Diabetes is not the only cause of depression, but it is a contributing factor. It is important to remind participants that there is no reason to devalue people with depression. It is better to help them.

Some Causes of Depression



Genetic Factors, Psychological Factors,
and Environmental Factors

How Can We Prevent Depression?



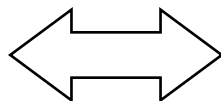
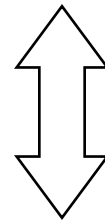
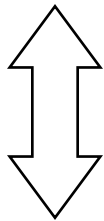
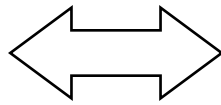
What Is The Connection Between Depression, Stress, And Diabetes?

- ♦ 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.
- ♦ Some people use food as an answer to their stress. As a consequence, this can bring on weight gain and also psychological problems.
- ♦ Depression is often accompanied by heart disease, and one can provoke or worsen the other.
- ♦ 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?

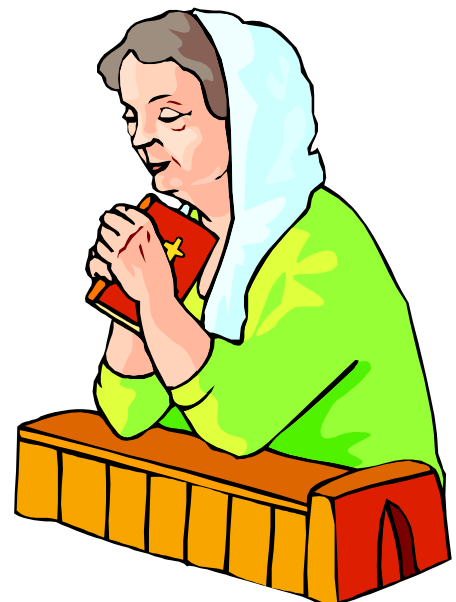
- ♦ Learn to relax.
- ♦ Do breathing exercises at least once a day. Sit or lie down and uncross your legs and arms. Take a deep breath. Slowly push out as much air as you can, while relaxing your body.
- ♦ Repeat this breathing and relaxing exercise for 5 to 15 minutes at a time.
- ♦ Replace troubling 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.”

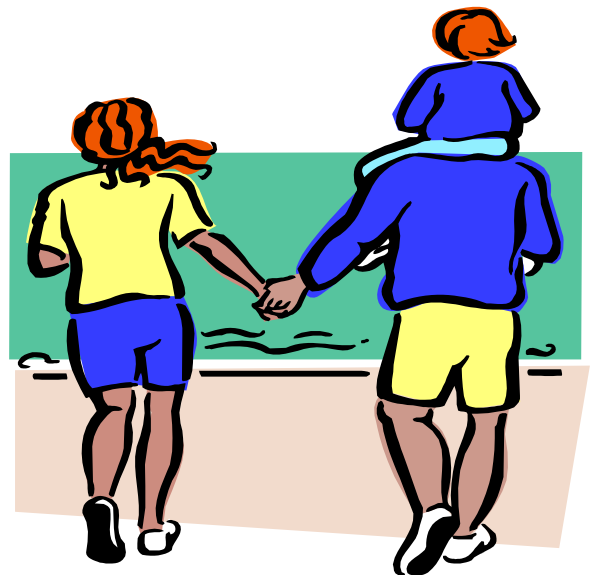
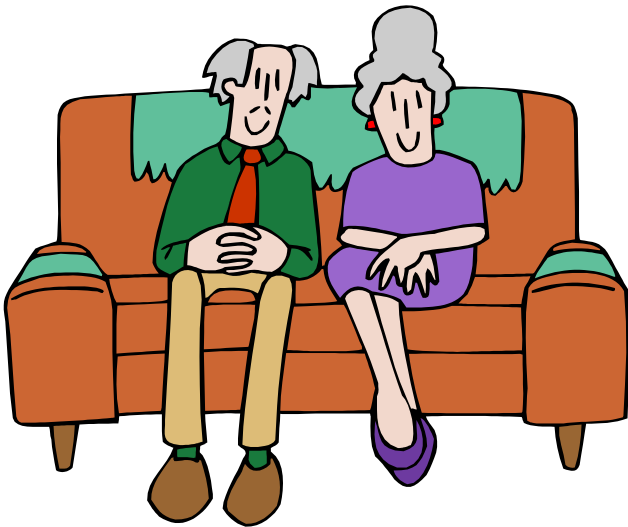
How Can Families Cope With Stress?



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.
- ♦ Family members can accompany the patient to the doctor to demonstrate their support.

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.

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 to 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 Goals?

- ♦ 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.

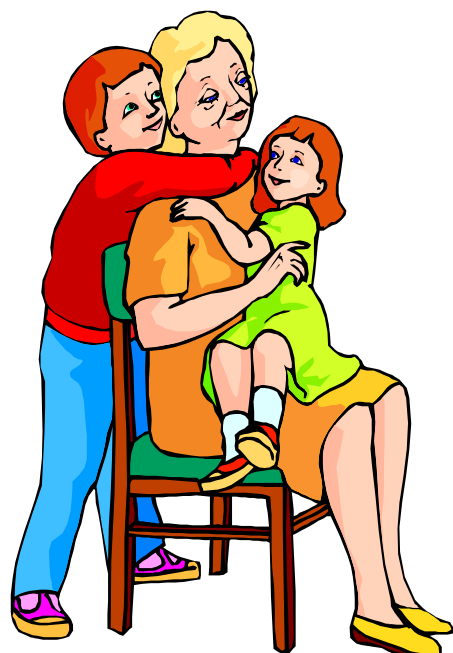
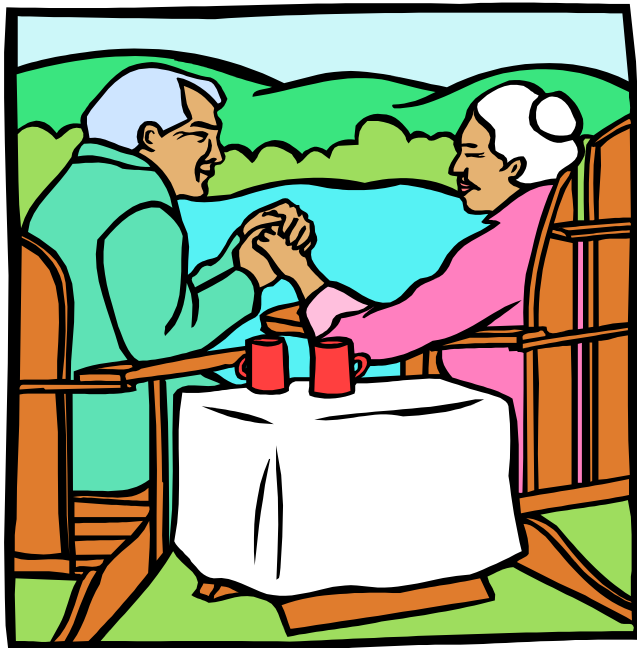
How Can We Keep Working On Our Goals?



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 or inviting friends and family to a dance.
- ♦ 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?"




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?

Congratulations!

Main Ideas

- ♦ At the Graduation Event, families and promotoras will be able to acknowledge everyone's participation in the program.
- ♦ Families will be able to demonstrate their newly-acquired knowledge.
- ♦ This event will congratulate families, formally praising their involvement in the program and their skills in diabetes prevention and control.

Objectives

At the end of the Graduation Event, each family will have...

- ♦ Demonstrated their ability to prepare a healthy food dish.
- ♦ Demonstrated their ability to contribute to the planning of 1-2 physical activities to be enjoyed by a group.
- ♦ Eaten a low-fat, high-fiber, and low-sugar meal.
- ♦ Participated in at least 1 physical activity.
- ♦ Been awarded a Certificate, recognizing their involvement in the program and their contribution to their family.

Preparation

This event draws on the promotoras' abilities to act as a coordinator and facilitator. Promotoras will work with families to plan the Graduation Event menu and activities in Session #5. The following should be used as a guide for planning this event.

Location

- ♦ Select a place that has bathrooms, protection from intense sun or rain, and sufficient space for tables, chairs, or picnic tables. (Example: church, park, community center)
- ♦ Kitchen facilities are desirable, but food can also be prepared ahead of time and brought to the event.
- ♦ It is important to choose a safe place, acceptable for all families.
- ♦ It would be better to reserve a place just for this *Diabetes and the Family* event and its participants.

Materials and Supplies

- ♦ Name tags
- ♦ Family Attendance Sheets
- ♦ 1 table at entrance to greet families, take attendance, etc.
- ♦ 1-2 tables for serving food buffet-style
- ♦ Several tables and chairs for families to sit and eat
- ♦ Music (something festive, could be live or tape / CD)
- ♦ Decorations such as balloons, streamers, etc. (optional)
- ♦ Copies of food recipes (optional)
- ♦ Prizes for games and activities (optional)
- ♦ Certificates with family names and signed by promotoras and perhaps agency director

Preparation cont'd...

Food *For ideas and recipes refer to the Appendix in this manual*

- ♦ Promotoras should provide copies of a range of low-fat, high-fiber, low-sugar recipes at Session #5, so that families might plan what food they would like to prepare and take to the graduation.
- ♦ Families should volunteer to bring a main dish, side dish, beverage, dessert, utensils, plates, bowls, cups and / or table cloths for the event.
- ♦ The program can provide the main dishes if the cost or time of preparing these larger dishes creates too much of a burden for the participants.
- ♦ Families should be discouraged from bringing foods that do not promote low-fat, high-fiber, and low-sugar food choices.

Attendance

- ♦ Determine the number of children, teenagers, adults, and elderly adults who will attend. Encourage families to plan activities accordingly.
- ♦ Decide on a date, time, and location for the event.

Preparing for Activities

- ♦ Decide who will record attendance as families arrive.
- ♦ Decide who will provide a welcoming statement and an acknowledgement of everyone's participation.
- ♦ Decide how many Certificates will be awarded—1 to each family, or 1 to each individual family member? They should be signed beforehand.

Activities

Attendance and Greetings

- ♦ As people arrive, greet them and mark their attendance.
- ♦ Give them a name tag to write their name on and wear. (optional)
- ♦ Consider having just beverages available while families arrive.
- ♦ Families can get a beverage and interact with each other while waiting for everyone to arrive.
- ♦ The meal can be served later after the Welcome and games.

Welcome

- ♦ When you have everybody's attention, make an introduction.
- ♦ Introduce yourself and other facilitators, if any.
- ♦ Thank everybody for participating in the program.



Idea!



Remind everyone that...

Diabetes and the Family is designed for families to help themselves. Families are encouraged to support one another while working on their goals.

Activities cont'd...

Testimonials and Presentation of Certificates

- ♦ Give each family and / or family member time to express what they *learned* in the program or what they *liked* about the program.
- ♦ Present Certificates.
- ♦ If possible, take pictures of each family when they have received their certificate. You can take a copy of the photo to the Promotora Follow-Up Home Visit.

Food

- ♦ Consider setting tables with table cloths and center pieces.
- ♦ Serve food buffet-style.
- ♦ Have families describe why the foods they brought to the Graduation Event are healthy foods.

Games / Dancing

- ♦ If games require music, have equipment and CD / tapes available.
- ♦ Decide if games will require moving tables to make enough room. If so, plan the order of games, dancing, and eating to accommodate moving tables.

Wrap Up!

- ♦ Congratulate family members on their accomplishments.
- ♦ Remind families that they will be visited by the promotoras once more to see how they are doing on their goals and to collect some follow-up information.

Progress Check

FOLLOW-UP

Main Ideas

- ♦ This Visit serves as a follow-up to check on families' progress with their health behavior goals.
- ♦ The Visit is an opportunity to discuss the successes and challenges to their goals.

Objectives

**At the end of the Promotora Follow-Up Home Visit,
families should have...**

- ♦ Received positive reinforcement for their successes, and assistance with addressing barriers to achieving health behavior goals.

Preparation

Visiting Families Again

- ♦ Contact families to make an appointment for the Promotora Follow-Up Home Visit.
- ♦ This Visit should take place 2 weeks after the Graduation Event.
- ♦ The Visit should not take longer than 1 hour.
- ♦ All program participants should attend the Promotora Follow-Up Home Visit.
- ♦ Be sure to take the Family Attendance Sheet and record who participated in this Visit.
- ♦ If you took any photos of the family throughout the program or at the Graduation Event, you may like to give them to the family at this time.

Activity: Guided Discussion

- ♦ Ask families how they are doing with their family health behavior goals.
- ♦ Ask if they have had any questions or problems that you could help with.
- ♦ The following page includes some questions to help guide your discussion.
- ♦ Make a copy of this sheet to take with you on your visit.
- ♦ It is not necessary to record all the family's responses, but you may wish to note any highlights, such as unexpected problems, or special successes.
- ♦ You might choose to use these notes for your agency's evaluation reports.

Documents and Copies for the Promotora Follow-Up Home Visit (FV)

- | | |
|--------------------------------------|----------------|
| 1. Family Attendance Sheet | (the original) |
| 2. Guided Discussion Comments Sheets | (1 copy) |
| 3. Family Comment Sheets | (1 copy) |

Family Name: _____ Date: _____

Guided Discussion

Use these questions as a guide to discuss with families their health behavior goals. Be sure to give positive reinforcement for their success, and assistance with any obstacles they may have encountered with goals. You may note specific comments in the spaces below, or general comments on the back side of this page.

What was your **first family health goal**? Describe your successes. Describe any barriers.

Did you create any **new goals**? Describe your successes. Describe any barriers.

Would you like to create a new family goal? What will your new goal be? What steps can the whole family take toward this goal?

How did the program help you **understand diabetes**? What was the **most memorable** part of the program for you?

FV

Family Name: _____ Date: _____

Guided Discussion

Promotora Comments / Notes:

Promotora Name/s: _____

Wrap Up!

FOLLOW-UP

HOME VISIT #2

Concluding the Promotora Follow-Up Home Visit

1. Thank families for participating in the program.

Salads...

Greek Style Garbanzo Bean Salad*

- 1½ cups garbanzo beans (or one 15-oz. can, drained)
- ½ cup red onion, in thin slices
- ½ cup tomatoes, cut in cubes
- ½ cup chopped green pepper
- 3 Tablespoons vinegar
- 2 Tablespoons lime juice
- 2 Tablespoons olive oil
- 1 Tablespoon chopped garlic
- 2 teaspoons fresh parsley, chopped
- Salt and pepper to taste

Combine all the ingredients in a large bowl.
Let marinate a few hours at room temperature, then refrigerate.

Recipes

Salads...

Cole Slaw*

$\frac{1}{4}$ cup vegetable oil
2 Tablespoons lemon juice
2 Tablespoons lite or fat-free mayonnaise
 $\frac{1}{2}$ teaspoon mustard
 $\frac{1}{4}$ teaspoon celery salt
 $\frac{1}{2}$ teaspoon salt
1 head cabbage, shredded
Ground black pepper, to taste
Paprika, to taste

Mix all ingredients in a bowl.

*Adapted from *Hualapai Family Retreat Recipes*, Hualapai Tribe, Dept. of Planning and Community Vision

Salads...

Veggie Potato Salad*

- 2 lbs. new red potatoes, peeled (about 6 cups)
- 2 cups frozen peas, defrosted
- 1 large carrot, coarsely grated (about 1 cup)
- 1½ cups corn (kernels), drained
- 2 cups fresh broccoli florets, cut into ½-inch pieces
- ½ cup low-fat plain yogurt
- ¼ cup lite or fat-free mayonnaise
- 4 green onions, sliced (about ½ cup)
- 1 teaspoon dry dill weed
- ¾ teaspoon salt, to taste

Cook whole potatoes in boiling water until barely tender.

Drain, cool, then slice potatoes ¼-inch thick.

In a large bowl, combine potatoes with peas, carrots, corn, and broccoli.

In a small bowl, stir together the yogurt, mayonnaise, green onions, dill weed, and salt.

Gently toss the yogurt-mayonnaise mixture into the vegetable mixture.

(Makes 12, one-cup servings)

Recipes

Salads...

Jícama with Lime Juice*

1 medium jícama
2½ Tablespoons lime juice
¼ teaspoon chili powder
Salt to taste

Peel jícama and cut into thin sticks.

(Jícama can be prepared up to 2 days ahead and stored, covered, and a bowl of water in the refrigerator.)

Just before serving, sprinkle with lime juice, chili powder, and salt.

Apple Salad**

2 cups low-fat or non-fat plain yogurt
2 red apples, chopped
2 green apples, chopped
2 celery stalks, chopped
½ cup raisins
4 ounces granola

Mix all the ingredients in a bowl.
Refrigerate for 15 minutes and serve.

*Adapted from *Words to the Wise*, New Mexico Depart of Health

**Adapted from *Campesinos Sin Fronteras*, Somerton, AZ

Healthy Main Dishes...

Beef Stew with Vegetables*

2 pounds beef, cut into cubes
1 can cream of mushroom soup (preferably low-fat or lite)
2 cups chopped onion
2 cups chopped carrots
1 cup chopped green pepper
2 cubes low-sodium beef bouillon
2 cups water
 $\frac{1}{2}$ cup red wine (optional)

Mix all the ingredients in a large stew pot.
Bring to a boil. Reduce heat to low.
Cook on low heat until meat is completely cooked.
Serve with warm rice or potatoes.

Recipes

Healthy Main Dishes...

Picadillo*

1 pound ground beef (preferably 90% lean)
1 onion, chopped
3 cloves garlic, minced
1 can (14 oz.) diced tomatoes
2 potatoes, peeled and chopped
1 carrot, chopped
2 teaspoons raisins, chopped
1 jalapeño chili, seeded and chopped (or 1 Tablespoon pickled jalapeños, chopped)
2 teaspoons chili powder
1 teaspoon oregano
1 teaspoon cumin
 $\frac{1}{4}$ teaspoon pepper

In a non-stick pot, cook the beef, onion, and garlic on medium heat, breaking down the meat with a spoon for about 10 minutes, or until the meat has browned.

Add the rest of the ingredients. Bring to a boil.

Reduce heat. Cover and cook for 15 minutes, stirring occasionally, or until potatoes are cooked.

Uncover and cook a few more minutes or until the liquid evaporates.

*Adapted from *Un Mundo de Sabor*, Bristol-Myers Squibb Company

Healthy Main Dishes...

Chiles Rellenos*

2 chicken breasts
 $\frac{1}{2}$ onion, chopped
1 tomato, chopped
10 California chilies
Salt and pepper to taste

Boil chicken breasts with half of the chopped onion until fully cooked. Drain.

Shred chicken into small pieces and put in a bowl.

Mix in tomatoes and remaining onion and season to taste.

Grill chilies and peel. Remove seeds.

Fill chilies with chicken mixture.

Serve with fat-free or low-fat sour cream and steamed rice.

Healthy Main Dishes...

Salpicón de Pollo*

2 chicken breasts, cut into small pieces

$\frac{1}{2}$ red onion, thinly sliced

2 Tablespoons olive oil

1 tomato, thinly sliced

$\frac{1}{2}$ head of lettuce, chopped

1 avocado, chopped

Garlic salt, pepper, lime juice to taste.

Cilantro, green chili, jalapeño to taste.

Cook chicken in oil with garlic salt and onion.

When it is cooked, break it down with a spoon.

Add the remaining ingredients and stir.

Serve with tostadas.

Healthy Main Dishes...

Tricolor Pasta*

12 oz. tricolor pasta
1 lb. frozen chopped vegetables (broccoli, cauliflower, carrot)
1 red onion, minced
2 (15 oz.) cans garbanzo beans, drained
5 Tablespoons olive oil
5 Tablespoons vinegar
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon ground pepper
 $\frac{1}{4}$ teaspoon garlic powder
2 Tablespoons grated Parmesan cheese

Cook pasta and drain.

Cook vegetables and drain.

In a salad bowl, combine all ingredients except Parmesan cheese.
Mix together and refrigerate for at least 2 hours, tossing occasionally.
Serve with Parmesan cheese.

Healthy Main Dishes...

Quesadillas*

- 4 flour tortillas (low-fat, reduced-fat, or whole wheat) (7 inches)
- $\frac{3}{4}$ cup low-fat mozzarella or cheddar cheese, shredded
- 2 slices chicken or smoked turkey, cut into small pieces
- 2 large green onions, thinly sliced
- $\frac{1}{2}$ cup fresh cilantro, finely chopped
- 1 tomato, finely chopped and drained
- 2 teaspoons pickled jalapeños, chopped

Place a tortilla on a non-stick pan.

Top each tortilla with a quarter of the cheese, chicken or turkey, onion, cilantro, tomato, and jalapeños.

Heat over medium heat until cheese starts to melt. (Don't burn the tortilla.)

Fold the tortilla in half and press down so it doesn't move.

Transfer to a cookie sheet and place in oven at low temperature to keep warm while you make the other tortillas.

Cut each quesadilla into thirds and serve hot.

Healthy Main Dishes...

Winter Squash Soup*

2 Tablespoons butter
2 medium onions, chopped
2 medium carrots, chopped
2 cloves garlic, chopped
1 cup tomato puree
2 fresh, hot chilies, seeded and chopped
1½ lbs. butternut squash, peeled and cubed
5 cups low-sodium chicken broth
Pepper to taste
Pinch of salt
Lime wedges

In large, non-aluminum saucepan, warm butter over medium heat.
Stir in onions, carrots, and garlic. Cook for 3 minutes then cover.
Lower heat and cook for 3-4 minutes more, until vegetables are very tender.
Stir in tomato puree, chilies, butternut squash, and chicken broth.
Simmer for 30 minutes.

Mash squash pieces with a potato masher or the back of a spoon (the soup does not need to be completely smooth).

Season to taste and serve.

Pass lime wedges to squeeze into each bowl of soup.

May be served with corn bread or corn tortillas.

(Makes 8 servings)

Healthy Sauces and Dips...

Salsa de Pepino*

2 cucumbers, peeled and chopped
½ bunch cilantro, chopped
4 green onions, chopped
2 tomatoes, chopped
1 fresh jalapeño chili, chopped
1 Tablespoon red chili
1 Tablespoon rice vinegar

Mix all ingredients together. Delicious on tostadas, in tacos, or as a relish on meats!

Low-fat Guacamole**

2 zucchinis, grated
1 onion, finely chopped
1 garlic clove, minced
1 jalapeño chili, chopped (or 1 Tablespoon pickled jalapeño peppers, chopped)
1 Tablespoon lime juice
½ teaspoon salt
1 ripe avocado

In a steamer or hot water, steam zucchinis for 5 minutes, or until soft.

Drain and mash or puree. Let cool.

In a container, mix onion, garlic, chili, lime, and salt.

Remove pit and peel from avocado and mash until smooth.

Combine zucchinis with onion mixture and avocado. Mix until smooth (it can have a few small chunks).

To keep guacamole from turning brown, squeeze lime juice on top and cover with plastic wrap. The guacamole can be refrigerated up to 2 days. Stir before serving.

*Adapted from *Words to the Wise*, New Mexico Dept. of Health

**Adapted from *Un Mundo de Sabor*, Bristol-Myers Squibb Company

Recipes

Healthy Desserts...

Low-fat Berry Bavarian*

$\frac{3}{4}$ cup boiling water
1 package sugar-free strawberry or raspberry Jell-O®
 $\frac{1}{2}$ cup cold water
Ice cubes
1 cup lite Cool Whip®

Stir boiling water into gelatin in bowl for 2 minutes or until completely dissolved.

Mix cold water and ice cubes to make 2 cups.

Add to gelatin, stirring until slightly thickened. Remove any remaining ice cubes.

Stir in whipped topping with a whisk until smooth.

Spoon into dessert dishes. Refrigerate 2 hours or until firm.

Garnish with additional whipped topping, if desired.

Strawberry Pudding**

1 box instant vanilla pudding (preferably sugar-free)
1 cup low-fat or fat-free (skim) milk
2 small cartons of low-fat or fat-free yogurt
2 cups strawberries, fresh or frozen

In a medium-sized container, use an electric mixer to mix pudding and milk until smooth.

Slowly add in the yogurt and strawberries and mix with a spoon.

Pour into 8 dishes. Cover and refrigerate overnight (or until firm).

*Adapted from *Words to the Wise*, New Mexico Depart of Health

** Adapted from Campesinos Sin Fronteras, Somerton, AZ

Recipes

Healthy Desserts...

Apple Crisp*

4 cups cooking apples, peeled, cored, and sliced (about $1\frac{1}{2}$ lbs.)

$\frac{1}{2}$ cup rolled oats

$\frac{3}{4}$ cup flour

$\frac{1}{2}$ cup brown sugar

$\frac{1}{4}$ teaspoon salt

1 teaspoon cinnamon

$\frac{1}{4}$ cup softened margarine

Lite whipped topping (optional)

Place prepared apples in a 2 quart glass utility dish.

In a small bowl, combine rolled oats, flour, brown sugar, salt, and cinnamon.

Cut in the softened margarine until mixture is crumbly.

Sprinkle evenly over sliced apples.

Bake either in conventional oven or microwave oven.

Conventional Oven: Sprinkle 1 Tablespoon of water on top of apples before oat mixture is poured on top. Cover dish with foil and bake at 375° F for 30 minutes.

Remove foil and continue baking uncovered 15 minutes more.

Serve warm with a small dollop of low-fat yogurt, ice cream, or whipped topping.

Microwave Oven: Cook for 14 minutes, turning dish $\frac{1}{4}$ turn every 2 minutes. (If microwave has turntable, rotating by hand is unnecessary.)

Recipes

Healthy Drinks...

Spiced Tea Mix*

1 $\frac{1}{4}$ cups powdered instant tea
1 $\frac{3}{4}$ oz. powdered sugar-free lemonade
1 $\frac{3}{4}$ oz. powdered sugar-free Tang®
2 teaspoons ground cinnamon
 $\frac{1}{2}$ teaspoon nutmeg

Mix all ingredients and store in a tightly-sealed container.
To serve, add 1 heaping teaspoon to 1 cup boiling water.

Natural Limeade**

5 limes
1 gallon water
 $\frac{3}{4}$ cup sugar
(you can try substituting part or all of the sugar with an artificial sweetener.)

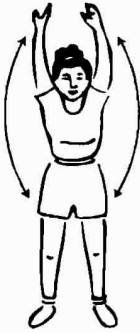
Cut the limes into quarters and put in blender.
Blend quickly (mixture will be slightly chunky) and pour into strainer over a pitcher.
Squeeze through any bigger pieces of lime. Add water and sugar and stir.

*Adapted from *Words to the Wise*, New Mexico Dept. of Health

**Adapted from Campesinos Sin Fronteras, Somerton, AZ

Stretching Exercises

Do these stretches gently and slowly. Do not bounce.



1. Deep breathing

Arms up, breathe in, arms down, breathe out. Two times each.



2. Neck Stretching

Side to side, front to back. Two times in each direction.



3. Shoulder Stretches

Up and down five times on each side.



4. Side Stretches

Up and down five times in each direction.



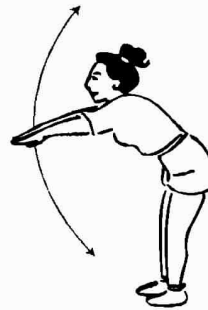
5. Waist Stretches

Side to side three times in each direction.



6. Twists

Side to side three times in each direction.



7. Back and Leg Stretches

Down and up five times.



8. Back Stretch

Arms through legs six times.



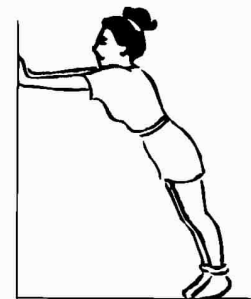
9. Leg Stretch (1)

Hold on to ankle, four times on each side.



10. Leg Stretch (2)

Down and up five times.



11. Leg Stretch (3)

Move heels up and down six times.

Physical Activity

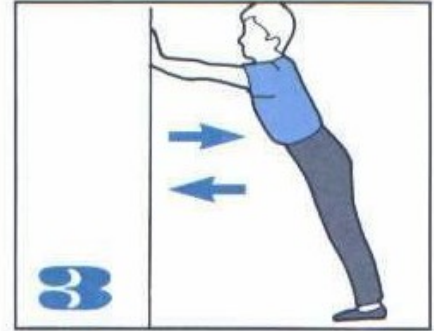
Nine Different Leg Exercises



Walk vigorously every day for 30 minutes to an hour. Try to increase the distance you walk each day.



Climb stairs vigorously, step by step, using only the tips of your feet.



Place the palms of your hands against a wall. Standing away from the wall like the figure above, keep your feet firmly on the ground. Push against the wall 10 times without bending your back or your legs.



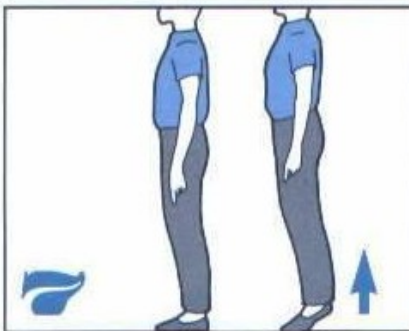
Sit on a chair and stand up 10 times keeping your arms crossed.



Using the back of a chair, lift your body up and down, using one foot at a time.



Using the back of a chair, place one foot forward like the figure above. Keeping your back straight and both feet on the floor lift and lower your body 10 times on each leg.



Lift yourself up on the balls of your feet 20 times. Try placing all your weight on one foot, then the other.



Stand lightly on a book with one leg. Balancing against a table or chair, move your free leg slowly forward and back 10 times. Change legs and repeat.



Sit on the floor and lean back on your arms and hands. Move and gently shake your feet until they are relaxed and warm.

Breathe Deeply: Instructions

- ♦ This exercise teaches how to relax using breathing techniques to reduce tension.
- ♦ You can use similar instructions to the script that follows.
- ♦ The best posture for deep breathing is to lie down on a firm surface with knees bent, and feet flat on floor and slightly apart. If there is not enough space, or if you think the group won't like this position, they can sit comfortably in their chairs, with feet flat on the floor and arms supported as much as possible. Arms and backs should be straight, but not rigid.
- ♦ When everybody is ready, read the script on the back of this page.
- ♦ After facilitating this exercise, ask families how they felt about this exercise. Was it easy? Is it something they could do every day? Why? Why not?
- ♦ Encourage them to do breathing exercises like this one for 5 minutes, twice a day.
- ♦ Tell families that once they have practiced a few times they can do this exercise whenever...standing, seated, lying down, alone, or with other people. The key is to pay attention to the chest's movement, and the feeling of air entering and leaving the body...and the comfortable feeling that goes along with breathing deeply.
- ♦ Deep breathing exercises can be done whenever somebody starts feeling tense—it only takes a few minutes.

Relaxation Activity

Breathe Deeply: Script

First, I'd like you to close your eyes and get as comfortable as possible...

Put one of your hands flat on your chest, and one hand on your abdomen between your navel and your breastbone. Take a deep breath, noticing the movement of your hands as you inhale and exhale.

Now I'd like you to breathe in slowly and deeply through your nose, bringing your breath all the way down into your belly so that it pushes up your hand as much as feels comfortable. Your chest should move only slightly and only as your belly rises.

Continue this slow deep breathing in through your nose and down into your belly...then gently let your breath go out again at a pace that's comfortable for you...

Pause: Allow everyone to find a comfortable rhythm. If anyone seems to be having trouble, repeat the last paragraph once or twice before moving on.

Now, smile slightly...relaxing your face muscles, while keeping up your rhythm of breathing...And on the next breath please inhale deeply through your nose as before, and this time exhale through your mouth...making a soft and gently "whooshing" sound, like the wind in the pines or the ocean surf, as you blow out.

Let your mouth, tongue, jaw, and throat relax as you continue to take long slow breaths in through your nose...deep into your belly...and let them out through your mouth with a soft whooshing sound...

Focus on the sound and feeling of your breathing...as your belly rises and lowers and you become more and more relaxed.

Compare the tension you feel now with the tension you felt at the beginning...when you feel

Pause: Wait 3-4 minutes. If necessary, repeat the last two phrases once or twice during that time to keep the group inhaling deeply and exhaling noisily.

ready, open your eyes and bring your attention back to the room.



Story



Ma Rufina's Secret...

"Salud y Alegría, Belleza Crean"

(Health and Happiness Create Beauty)

You could always tell when Ma Rufina was home because she had the radio on full blast. The rancheras, cumbias, and boleros serenaded the whole neighborhood through her turquoise screen door. Even in winter, Ma Rufina opened the door for a few minutes every afternoon, to air out the house.

Ma Rufina was a good neighbor. She was always there to lend a helping hand during good times and bad. If a baby was born, she would be the first one to come over to bring a little manzanilla tea, in case he had colic. If someone in the neighborhood passed away, she was always there to bring a pot of pozole or a stack of fresh tortillas.

When her husband, Juan, died, the neighbors worried about her because she was all alone. But after a few months she started going for her walks around the neighborhood, working in her garden, and being a good neighbor, just like before.

Lucinda was one of her friends and neighbors. She really admired Ma Rufina. Lucinda was 45 years old, divorced, and with 3 teenage children. She was always tired and run-down, but Ma Rufina always managed to cheer her up. Ma Rufina had been telling her to go to the doctor, but Lucinda never found the time.

One day, Lucinda finally decided to go to the doctor. She found out she had diabetes. Lucinda was very upset when she knocked on Ma Rufina's door. The music was so loud she had to bang on it for Ma Rufina to hear.

Ma Rufina's Secret, cont'd...

When Lucinda told her the bad news, Ma Rufina looked at Lucinda with her bright eyes and said, "Don't worry so much mi'ja. You'll be OK. I've had diabetes for 15 years!"

Lucinda was shocked and said, "I'm sorry, I didn't know you were sick."

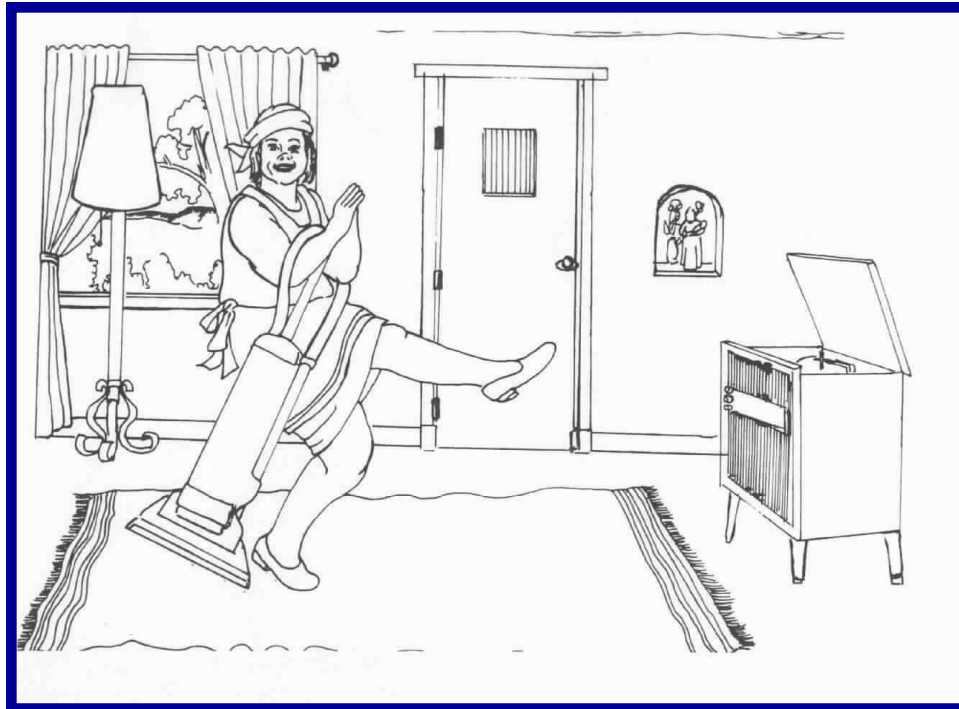
Ma Rufina said, "I'm not sick, mi'ja. I have diabetes. I'm one of the lucky ones! I know how to take care of myself. I'll let you in on a secret: Salud y alegría, belleza crean."

Lucinda didn't understand Spanish too well and asked Ma Rufina to explain it to her. "It's simple, my dear: Health and happiness create beauty! People with diabetes can be healthy and happy. A happy person feels good about herself and in turn, takes good care of herself. It's like a circle."

Ma Rufina's attitude brought tears to Lucinda's eyes. All this time, Ma Rufina had diabetes and Lucinda didn't even know it. Ma Rufina was always helping others. She had a beautiful way of living and this helped her stay healthy and wise.

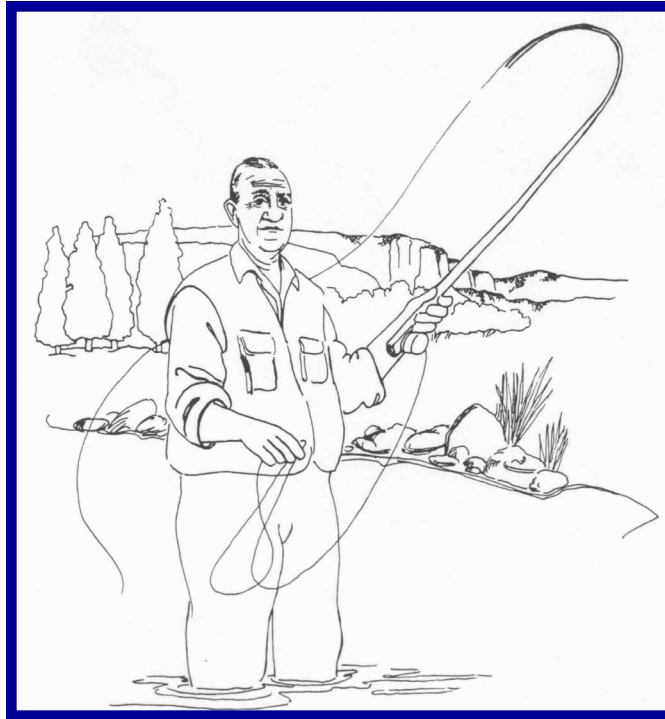
"It never fails," Lucinda said. "You always lift my spirits!" She gave Ma Rufina a big hug. As Lucinda walked down the street to her house she felt warm inside. It wasn't going to be easy to learn to take care of herself, but she knew that she had Ma Rufina's support. If Ma Rufina could be healthy and happy, she could, too!

Rosita Fernández



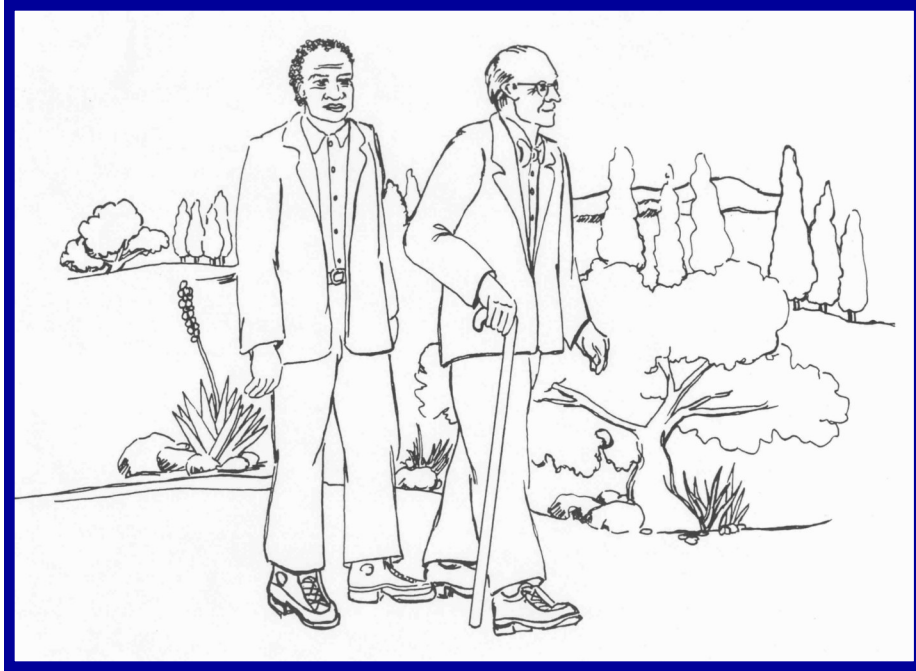
Hello, I am Rosita Fernández and I stretch every day for about 10 minutes. But the thing I like best is a clean house! My house sparkles. I like my vacuum cleaner so much I named her Josie. Every day I put on some ranchera music and do about 20 minutes of heavy-duty cleaning. My favorite is washing the windows. That really gets my heart thumping. Other favorites besides vacuuming, are mopping the floors and scrubbing the tubs. Who says you have to go outside to be active?

Frank García



Hola, I'm Frank García and I have diabetes. I don't like to do the same things over and over again. I like variety in what I do. So, on Mondays and Wednesdays, I go for a walk around my neighborhood with my granddaughter and her little dog. On Tuesdays, I bowl in a league with my buddies from the VFW. On Saturdays, my *vieja* likes to take me dancing. But my favorite thing to do is fly fishing. I fly fish whenever I get a chance!

Jorge Jiménez



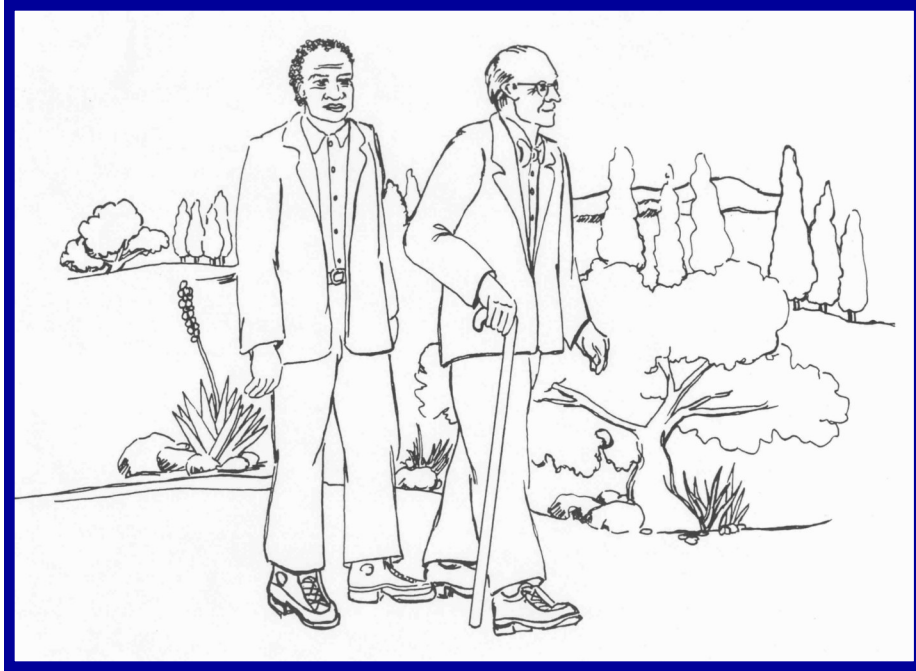
Hi, I'm Jorge Jiménez. I'm a walker and a talker. Every day or so, around 3:00 in the afternoon, I go over to my neighbor's house and knock on his door. Roberto and I walk and talk at the same time! We can talk about our kids, the Republicans and the Democrats, and when we're going to go for our next walk in the city park. We always stretch a little before we start and cool down slowly before we stop.

Margarita Peña



Hi, I'm Margarita Peña and I have diabetes. One of the things that I do that helps control my diabetes is water aerobics. I get together with my friends at a local swimming pool and do exercises in the water. We always start slowly, with easy and safe stretches and then work for about 20 minutes. Sure, being active help me control my diabetes, but I also get to see my friends and have fun. Don't forget to do your stretches before you start your exercise.

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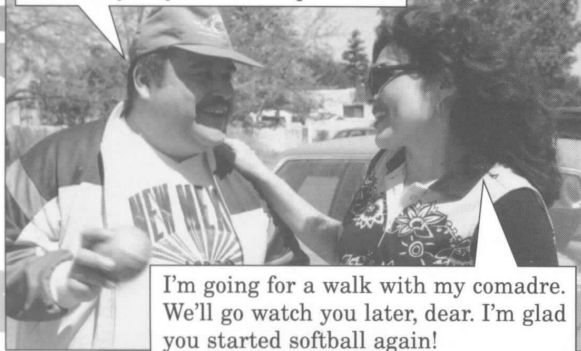
Fotostory

The Montoya Family talks about Physical Activity

1

One afternoon at the Montoya's...

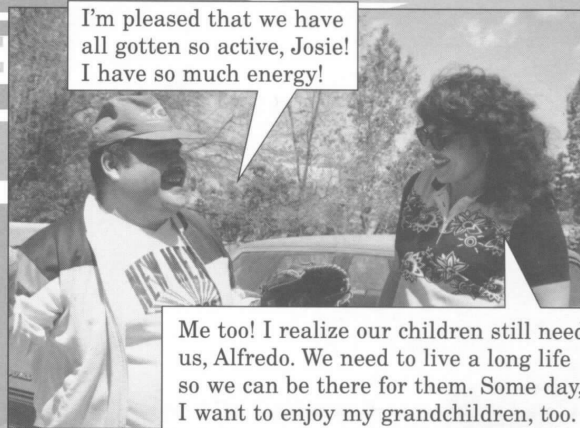
I'm on my way to softball practice...



I'm going for a walk with my comadre. We'll go watch you later, dear. I'm glad you started softball again!

2

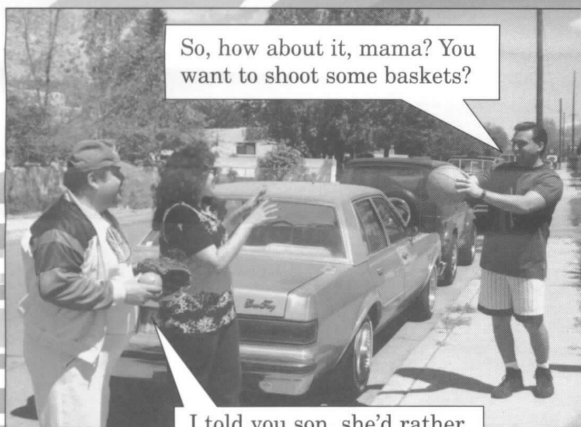
I'm pleased that we have all gotten so active, Josie! I have so much energy!



Me too! I realize our children still need us, Alfredo. We need to live a long life so we can be there for them. Some day, I want to enjoy my grandchildren, too.

3

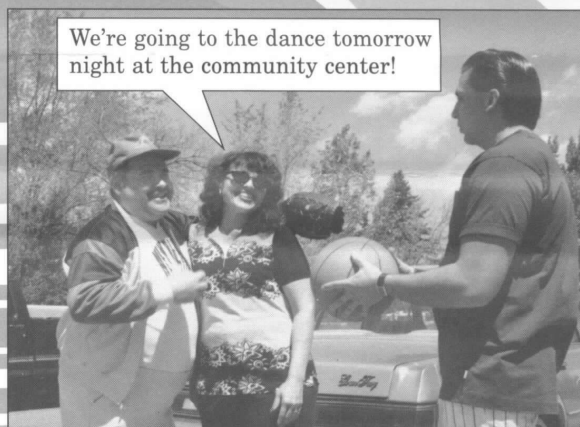
So, how about it, mama? You want to shoot some baskets?



I told you son, she'd rather go dancing with me!

4

We're going to the dance tomorrow night at the community center!



5

I'm going for a walk with my comadre. I'll see you two later.



6

It's time for our walk, comadre!



The Montoya Family talks about Physical Activity

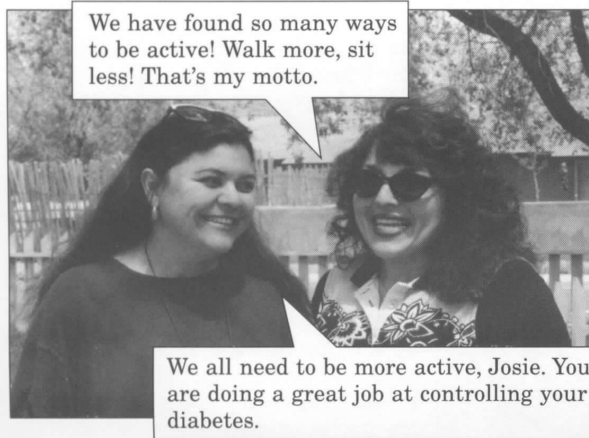
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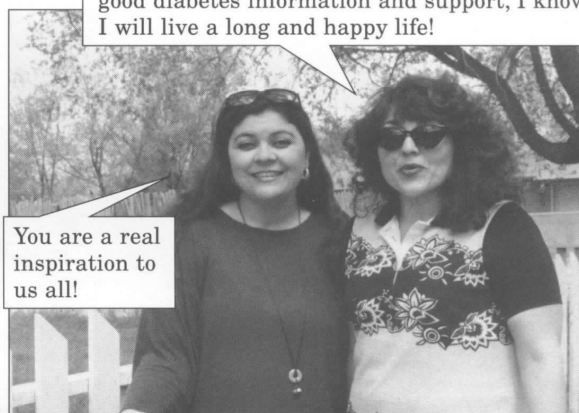
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9



10



Take good care of yourself:

- Move your body every day. Do things that are fun!
- Ask a friend or a family member to join you!
- Always wear comfortable shoes like walking shoes or tennis shoes to avoid blisters or calluses.
- Drink lots of water before and after any physical activity.
- Check your blood-glucose every day, as recommended by your doctor.
- Check with your doctor before beginning any new activity.



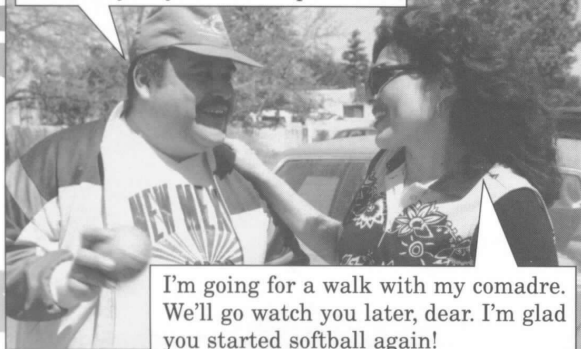
Fotostory

The Montoya Family talks about Physical Activity

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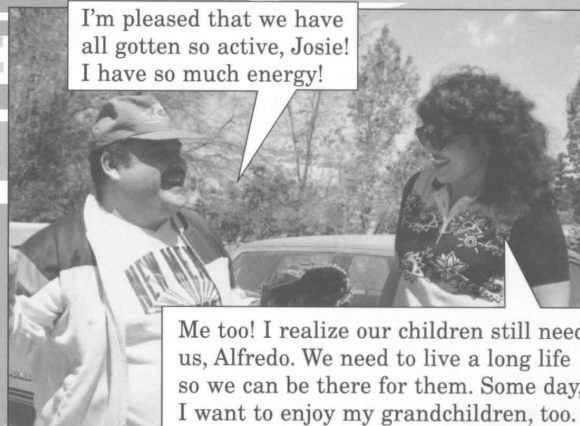
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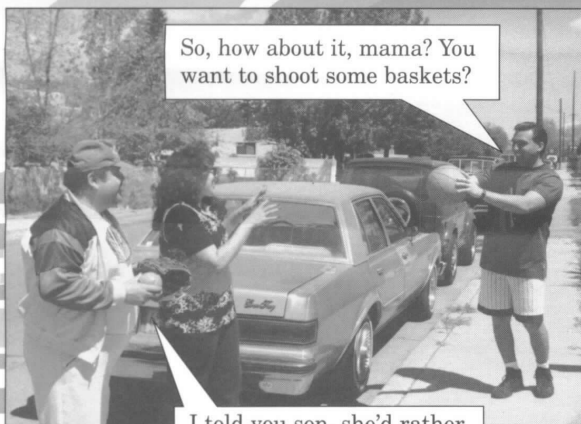
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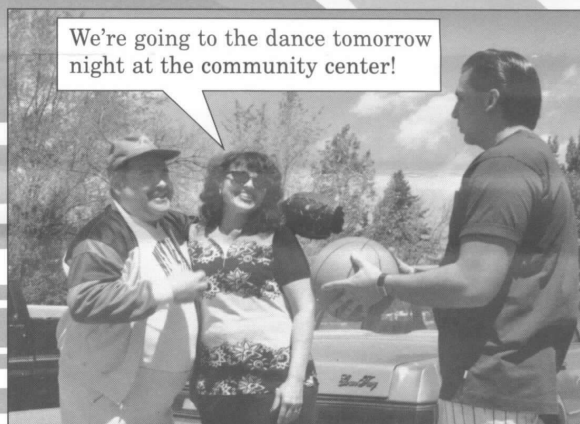
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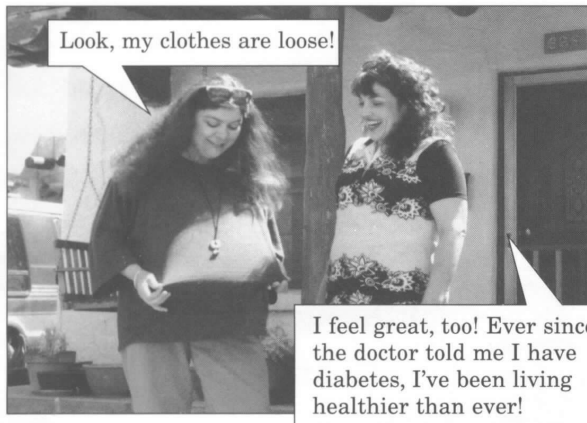
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It's time for our walk, comadre!

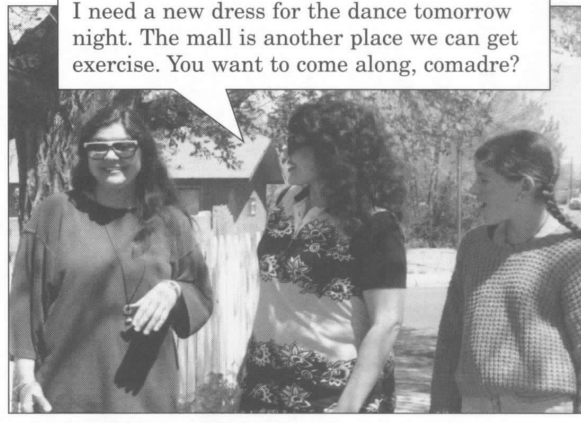


The Montoya Family talks about Physical Activity

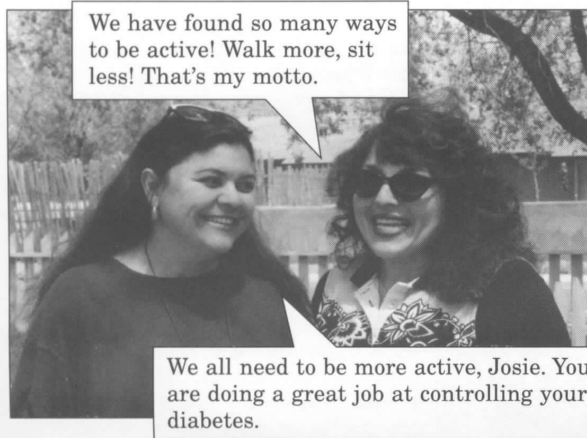
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8



9



10



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- Drink lots of water before and after any physical activity.
- Check your blood-glucose every day, as recommended by your doctor.
- Check with your doctor before beginning any new activity.



Fotostory

The Montoya Family talks about a Healthy Attitude

1

At the doctor's office...

Mrs. Montoya, the results of tests tell us that you have diabetes. This means there is too much sugar in your blood.

Both my mother and grandmother had diabetes!

Many times, diabetes runs in the family. But don't worry! We are going to teach you how to take good care of yourself.

2

Doctor, I know that I can lead a long and healthy life!

A healthy attitude is one of the most important things you need in order to control your diabetes.

3

Mrs. Montoya's family has been waiting for her.

4

The doctor explains that she has diabetes.

You know Doctor, diabetes runs in my family, too.

If diabetes runs in your family, you are overweight and over 40 years old, you are at risk of having diabetes. It's a good idea for you to have a check up.

5

It's also a good idea to start watching your weight and to increase your physical activity.

A healthier way of living will be good for the whole family.

6

Our mother has always been there for us and we will help her in any way we can!

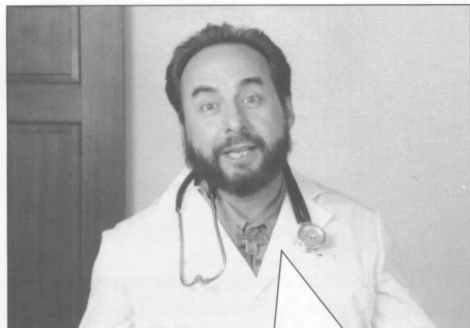
Good! Family support is very important!

The Montoya Family talks about a Healthy Attitude

*Adapted from Diabetes Control Program,

New Mexico Department of Health

7



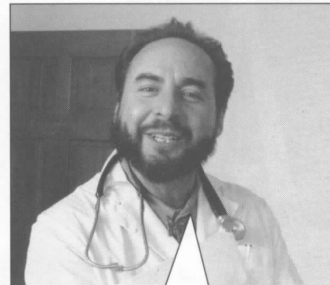
There are three ways you can control diabetes: Eat a low fat, high fiber diet. Exercise at least three times a week. And take the medication prescribed by your doctor.

8



I'm worried about the diet, Doctor. We love our native New Mexican food. Will we have to give up chile, beans and tortillas?

9



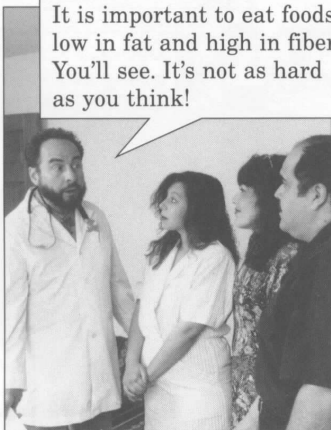
Oh no! Mrs. Montoya. People with diabetes can eat anything. They just have to eat the right amounts of a variety of foods. Even desserts like natillas, flan and bizcochitos can be eaten in moderation!

10



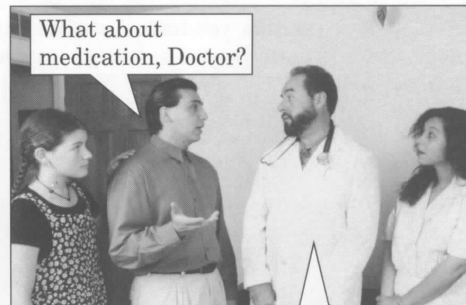
What a relief! I thought people with diabetes ate only vegetables!

11



It is important to eat foods low in fat and high in fiber. You'll see. It's not as hard as you think!

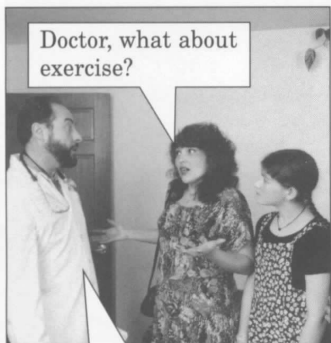
12



What about medication, Doctor?

Your mother doesn't need medication right now. If she follows our plan, she may not need to take any medicine. But, if we can't get the diabetes under control, we may prescribe something, later.

13



Doctor, what about exercise?

We encourage all people with diabetes to be active! Exercise really helps control diabetes.

14

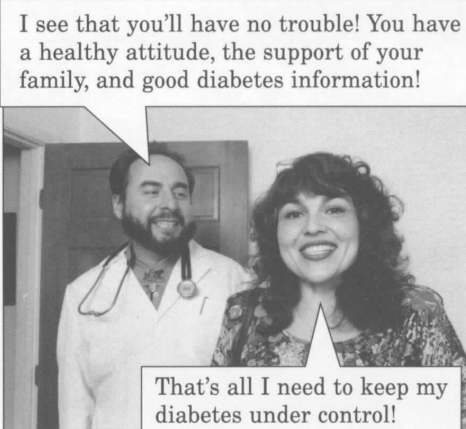


We can take Pinto for a walk to the park every day!

Hey, we can go shoot some baskets!

I think going dancing is a better idea!

15



I see that you'll have no trouble! You have a healthy attitude, the support of your family, and good diabetes information!

That's all I need to keep my diabetes under control!



Fotostory

The Montoya Family talks about a 'Little of Everything'

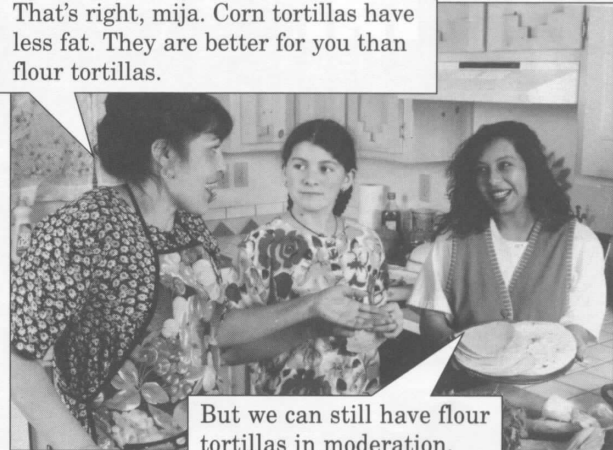


The Montoya Family talks about a 'Little of Everything'

7



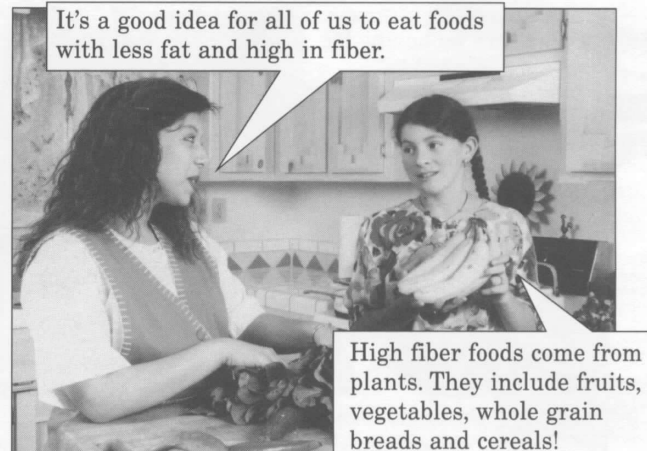
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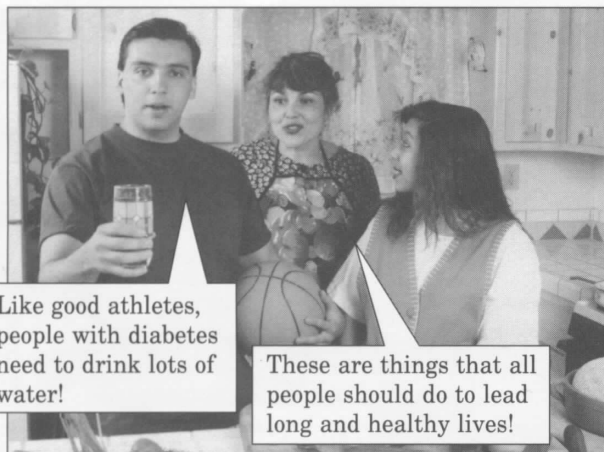
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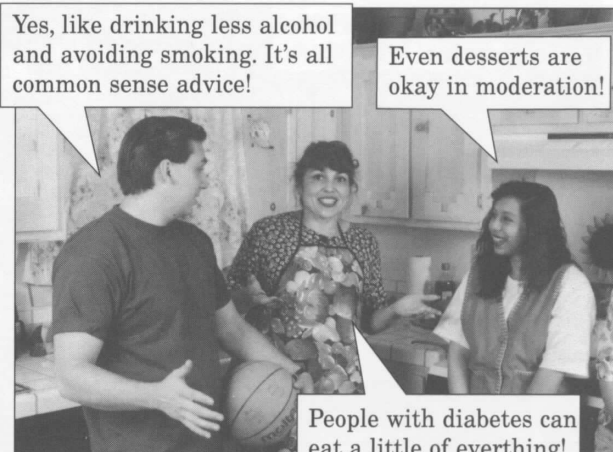
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11



12



The Montoya Family talks about a 'Little of Everything'

13



With good information and support, I know I can do a great job of controlling my diabetes!

Take good care of yourself:

- Eat a variety of foods everyday.
- Eat three meals a day around the same time each day.
- Eat high fiber foods: vegetables, fruits and grains.
- Eat low fat foods.
- Buy low fat foods. Read the label.
- Trim fat off meats. Bake, broil, boil or steam foods.
- Eat less sugar and foods made with sugar.
- Drink less alcohol.

Diabetes Control Program, New Mexico Department of Health.
Produced by Matiella, Naegelin and Associates 1995 (#2 in a series of 6)

Helping a Family Member Who Has Diabetes

Signs of High Blood Sugar

This often happens when the person has eaten too much, has too little insulin in his or her body, or is under a lot of stress. Be alert for these signs in your relative:

Frequent need to urinate

Drowsiness

Nausea

Extreme thirst

Hunger

Blurred vision

Signs of Low Blood Sugar

This often happens when the person has eaten too little, has too much insulin in his or her body, or has exercised beyond his or her limits. Be alert for these signs in your relative:

Shaking

Fast heartbeat

Sweating

Anxiety

Dizziness

Hunger

Weakness and tiredness

Irritability

Activity

Having Fun

Instructions to Promotora

- ♦ This activity is about brainstorming how to put fun in your life.
- ♦ Have families work as a group and make a list of 10 things they like to do that are really fun.
- ♦ You may wish to give a small prize to the family with the silliest idea.
- ♦ End by asking each family to share one funny experience they had as a group, or a family story that always makes them laugh.

Activity

Diabetes *Plática*

Instructions to Promotora

This *plática* is about listening. It should be done with 2 family member working together. To get the most out of the *plática* it is important to follow these rules:

1. Take turns so that each family member completes each sentence.
2. No comments are allowed.
3. The listener only listens.
4. No questions are allowed until both family members finish taking their turn completing all the sentences.

(Note to promotora: You do not need to hand this out to families. You may wish to write sentences on a chalkboard, or poster paper. This activity can be written or oral. After families finish completing their sentences, you may wish to read each sentence and call on family members to share.)

1. When I found out I / my mother / my sister / my dad... had diabetes, I felt...
2. The worst thing about diabetes is...
3. The best thing about diabetes is...
4. As a person with diabetes, the thing I need most is... (Or, as a family member of someone with diabetes, the thing I need most is...)
5. My wish for all people with diabetes is...
6. The best way to help my family prevent diabetes is...
7. The best way to help and support the person / people in my family who are coping with diabetes is...

Activity

Managing Stress

Instructions to Promotora

- ♦ Ask participants, "What is stress?"
- ♦ After some discussion, share the following:

Definition of Stress:

Stress is the body's response to physical or mental pressures or changes.

All kinds of change create stress.

Stress is a normal part of life.

The most important part of stress is to learn how to manage it,
so that it doesn't negatively affect your health and quality of life.

- ♦ Go over each of the following "Three Keys to Stress Management" and ask participants for specific ways to use the management ideas.

Three Keys to Stress Management:

1. Live a life of wellness—be active and choose healthy foods.
 2. Learn to relax—learn deep relaxation, hug a loved one, laugh, dance, enjoy music, or pray.
 3. Get moral support from friends and family—take time to talk to others.
- ♦ Make sure to talk about the importance of laughter in our lives. Having a good sense of humor is of high value in most Hispanic cultures. Laughter, like crying, is a great release.
 - ♦ Encourage participants to share how their spiritual beliefs and faith have helped them with their diabetes. Studies show that people who have faith in God or in a power greater than themselves have better luck managing their health conditions.
 - ♦ End by asking everybody to participate in a relaxation exercise. Use your most calm and gentle voice to read the relaxation script.

Activity

Relaxation Script

Get in a comfortable position and close your eyes. Take a deep breath and as you breathe out, picture all the tension in your body leaving you.

Continue to take deep breaths. With each breath, relax each part of your body. Start with your feet, then go to your legs, thighs, torso, abdomen, chest, arms, shoulders, and head. Each breath you take makes you feel more and more relaxed.

After you breathe in and out paying attention to each part of your body, picture yourself in a beautiful green meadow. All you see around you is green grass, trees, and beautiful flowers. You can smell the fresh air, smell the fragrant grass and flowers. The sky is clear and blue and you are completely at peace.

*Take time to enjoy this special place and keep breathing in and out.
When you are ready, open your eyes.*

Activity

Scavenger Hunt: Instructions

Instructions to Promotora

- ♦ The goal of this game is for families to locate all the items on the list as quickly as possible. Each family should have a copy of the list.
- ♦ To save time and further explanation, you should avoid reading all the items on the list. Part of the fun is seeing how each family interprets the item. If families ask you to read the list, and you think there is at least 1 family member in each group who is comfortable reading, you might say, "Just get what you think is right and we as a group will decide if your item matches the request."
- ♦ Pass out clean, empty grocery bags for each family.
- ♦ If a piece of clothing is on the list, it must be removed and placed in the bag...it doesn't count if it is still being worn.
- ♦ The fun of this game is having families quickly look through their personal belongings to find the requested items. Sometimes the first family to finish misses an item and the second or third family to finish may be the first to successfully locate all the items.
- ♦ You should wait until all families have finished before ending the game.
- ♦ Part of the fun is having the family hold up each item as you read through the list and seeing what they found to match the request.
- ♦ You may consider a small gift or ribbon, or a round of applause for the family who finds all the items the quickest.
- ♦ The list of items is on the back of this page. You may take it out to make copies for the families.

Activity

Scavenger Hunt: Items

- ☐ A dark-colored sock
- ☐ A left shoe
- ☐ One tissue or Kleenex®
- ☐ One piece of gum or candy
- ☐ A signature from someone on a different family team
- ☐ One belt
- ☐ A pencil or pen
- ☐ A star
- ☐ A comb or brush
- ☐ A packet of sugar substitute
- ☐ A nickel
- ☐ An earring
- ☐ A plastic wallet-sized card, such as a grocery store card, student ID, license, etc.
- ☐ A receipt from any store
- ☐ A calendar
- ☐ A photograph

La Lotería

- ♦ Play this game after you have discussed the risks, symptoms, and complications of diabetes using the flipcharts. It will give family members an opportunity to review many of these ideas.
- ♦ Each *La Lotería* game set has game cards for 12 players.
- ♦ All players must have at least 1 game card; if there are enough cards, promotoras may decide to let players have 2 or more cards.
- ♦ Distribute a handful of dried beans to each player to be used as game card markers.

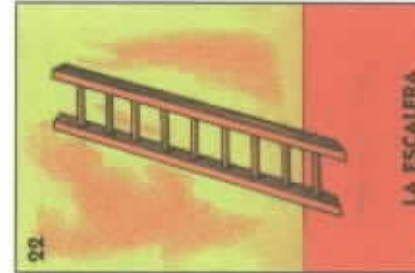
Preparation

- ♦ Cut the 6 pages with game cards in half to make 12 game cards.
- ♦ Cut out the 36 individual cards to make a deck.

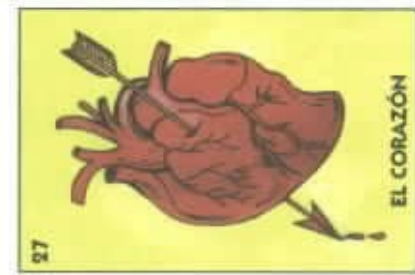
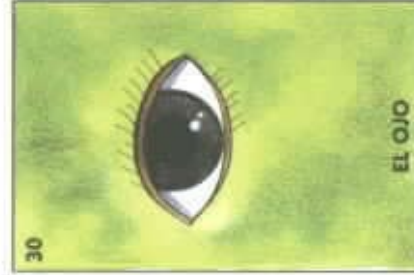
To Play the Game

1. A caller draws one of the 36 cards from the deck, calls out the picture, and reads the phrase or expression (*dicho*).
2. The players then mark the corresponding picture on their game card with a dried bean.
3. The caller asks the group " *What does this dicho have to do with diabetes or with building a healthy family?*"
4. Discuss each card the first time the game is played.
5. This process will make the game slow but is important to help players learn the concepts and discuss the ideas.
5. The first player who completes a horizontal, vertical, or diagonal line calls out "Lotería!"
7. Ask the winner to call out all the winning pictures.
8. Ask the winner to pick out their favorite picture or *dicho* and review why it is important to diabetes or healthy families.

La lotería de la diabetes
Tabla 1



La lotería de la diabetes
Tabla 2



La lotería de la diabetes
Tabla 3



LOS ACTIVOS MÁS VIVOS



LA ABUELITA



EL MONITOR DE SANGRE



EL DIABLITO



EL CAMARÓN



LAS COMADRES



LA PROMOTORA



EL CAZO



LA MANZANA

La lotería de la diabetes
Tabla 4



LA ROSIE



EL SENSIBLE SHOE



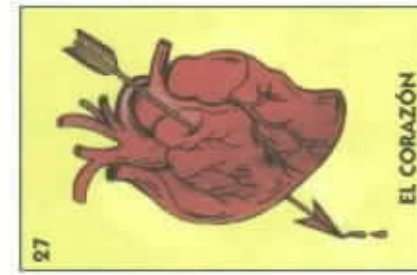
LA ABUELITA



LAS TORTILLAS



EL PESCADOR



EL CORAZÓN



LA CAMPANA



LA CAMINATA

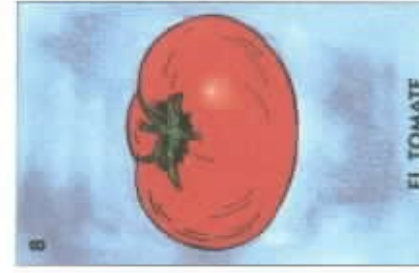


LA SANDÍA

La lotería de la diabetes
Tabla 5



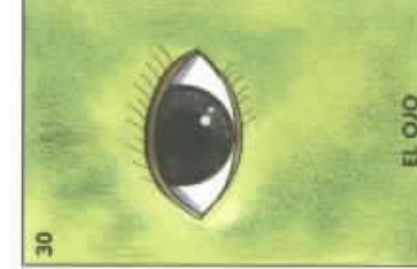
La lotería de la diabetes
Tabla 6



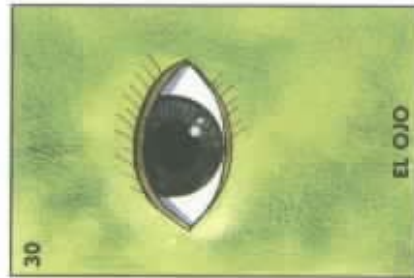
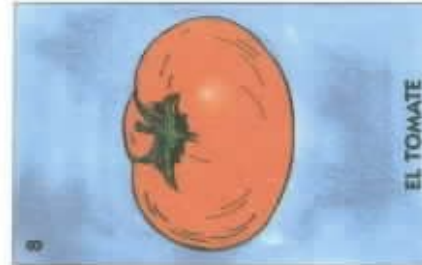
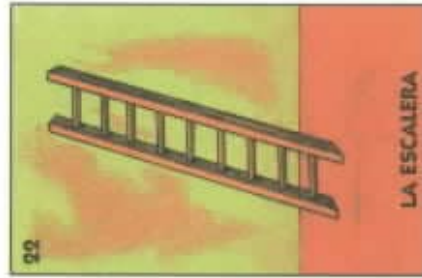
La lotería de la diabetes
Tabla 7



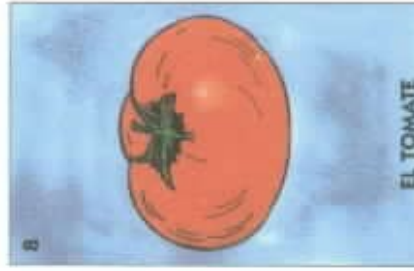
La lotería de la diabetes
Tabla 8



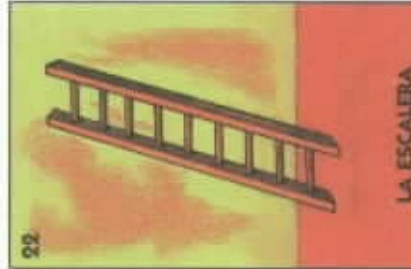
La lotería de la diabetes
Tabla 9



La lotería de la diabetes
Tabla 10

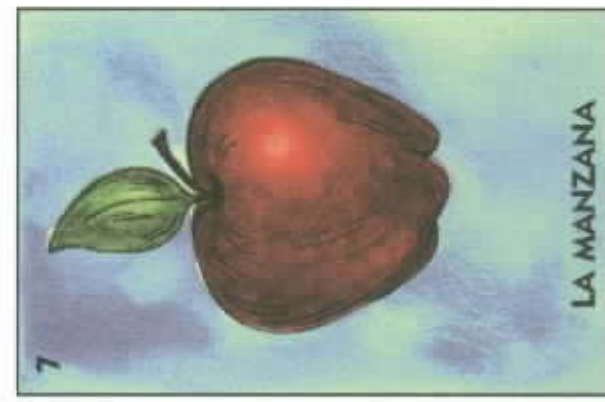
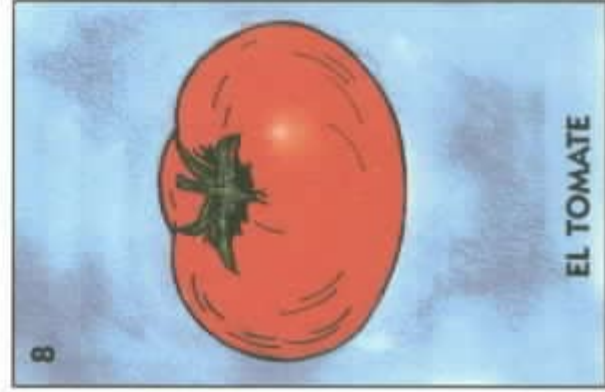
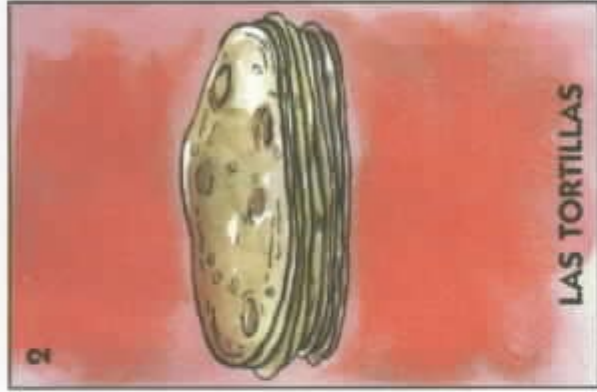


La lotería de la diabetes
Tabla 11



La lotería de la diabetes
Tabla 12





Salud y alegría
belleza crían.



Health and happiness
create beauty.

New Mexico Department of Health
Diabetes Control Program

Todo a su medida.



Everything in
moderation.

New Mexico Department of Health
Diabetes Control Program

Más claro no
canta el gallo.



The truth is
crystal clear.

New Mexico Department of Health
Diabetes Control Program

Más vale algo
que nada.



Something is
better than
nothing.

New Mexico Department of Health
Diabetes Control Program

La verdad es
como el maíz:
siempre sale.



Truth is like
corn; it always
comes out.

New Mexico Department of Health
Diabetes Control Program

Es provee no
traguete.



It's a taste,
not a feast.

New Mexico Department of Health
Diabetes Control Program

La que come
manzana, se
cría sana.



An apple a day,
keeps the
doctor away.

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Diabetes Control Program

Hasta al mejor
cocinero se le va
un tomate entero.



Everyone makes
mistakes.

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Diabetes Control Program



LA ROSIE



EL PESCADOR



LOS BAILADORES



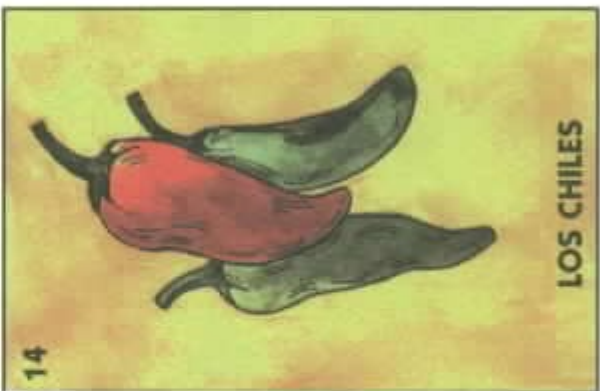
LA CEBOLLA



LA CAMINATA



LOS ACTIVOS MÁS VIVOS



LOS CHILES



EL VALIENTE

Cocinar bien
para vivir mejor.



Cook well
to eat right.

New Mexico Department of Health
Diabetes Control Program

Hay que bailar
al son que
nos toquen.



We must dance
to the tune
that is playing.

New Mexico Department of Health
Diabetes Control Program

Una buena
acción es la
mejor oración.



Good action
is the best prayer.

New Mexico Department of Health
Diabetes Control Program

La que baila y
canta, sus males
espanta.



She who sings and
dances, chases away
her troubles.

New Mexico Department of Health
Diabetes Control Program

El que es buen
gallo, en cualquier
gallinero canta.



The good rooster
can crow in any
hen house.

New Mexico Department of Health
Diabetes Control Program

Ahora es cuando,
chile verde, le has
de dar sabor al caldo.



There is no time
like the present.

New Mexico Department of Health
Diabetes Control Program

Viejo que se cuida,
cien años dura.



He who takes good
care of himself
lasts a hundred
years.

New Mexico Department of Health
Diabetes Control Program

Una caminata de
cien millas se
concluye con el
primer paso.



A journey of
a hundred miles
begins with
the first step.

New Mexico Department of Health
Diabetes Control Program



LAS COMADRES



MA RUFINA



LA ABUELITA



LA FAMILIA



EL CAZO



EL CAMARÓN



LA ESCALERA



LOS COMPADRES

Donde hay amor
no hay temor.



There is no fear
where there is love.

New Mexico Department of Health
Diabetes Control Program

El que no oye
consejo, no
llega a viejo.



He who doesn't
listen to advice
will not reach
old age.

New Mexico Department of Health
Diabetes Control Program

Más vale prevenir
que lamentar.



It is better to
prevent than lament.

New Mexico Department of Health
Diabetes Control Program

Hablando se
entiende la gente.



By talking to
each other,
we can understand.

New Mexico Department of Health
Diabetes Control Program

Hoy por ti
mañana por mí.



You scratch my back,
I'll scratch yours.

New Mexico Department of Health
Diabetes Control Program

Subeme paso a
pasito. No quieras
pegar brinquitos.



Take me up
one step at a time.
Don't make me jump.

New Mexico Department of Health
Diabetes Control Program

Camarón que se
duerme se lo lleva la
corriente.



The shrimp that
falls asleep gets
carried away
by the current.

New Mexico Department of Health
Diabetes Control Program

Quien come para
vivir se alimenta,
quien vive para
comer, revienta.



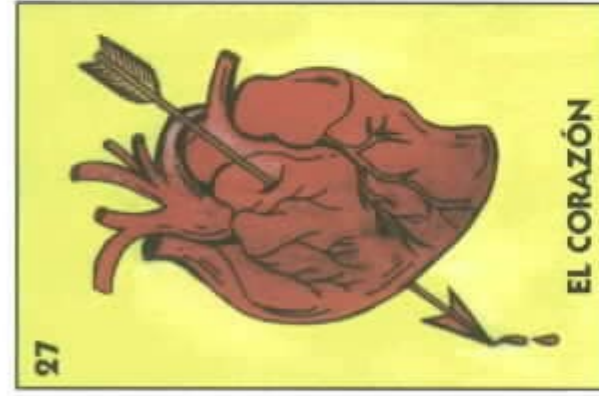
You eat to live,
you get nourished.
You live to eat,
you burst.

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Diabetes Control Program



28

EL PINO



27

EL CORAZÓN



26

EL DIABLITO



25

EL MÚSICO



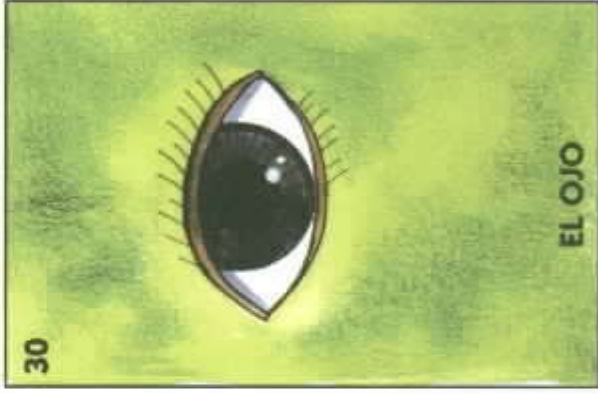
32

EL MONITOR DE SANGRE



31

EL SENSIBLE SHOE



30

EL OJO



29

LOS PROVEEDORES

El que quiere
balle, que
pague músico.



If you want to
dance, you have to
pay the musicians.

New Mexico Department of Health
Diabetes Control Program

Portate bien
cuatito, si no te lleva
el coloradito.



Behave yourself,
my friend, or else
the little red one will
take you.

New Mexico Department of Health
Diabetes Control Program

No hay corazón
que a su
dueño engañe.



The heart doesn't lie.

New Mexico Department of Health
Diabetes Control Program

El que a buen árbol
se arrima, buena
sombra lo cobija.



If you get under a
good tree, you
get good shade.

New Mexico Department of Health
Diabetes Control Program

La constanza hace
milagros.



Constancy creates
miracles.

New Mexico Department of Health
Diabetes Control Program

Después de ojo
sacado, no vale
Santa Lucía.



After you lose your
eye, it's too late to
pray to St. Lucia.

New Mexico Department of Health
Diabetes Control Program

Cada quien sabe
donde le aprieta el
zapato.



Each person knows
where his shoe
fits tight.

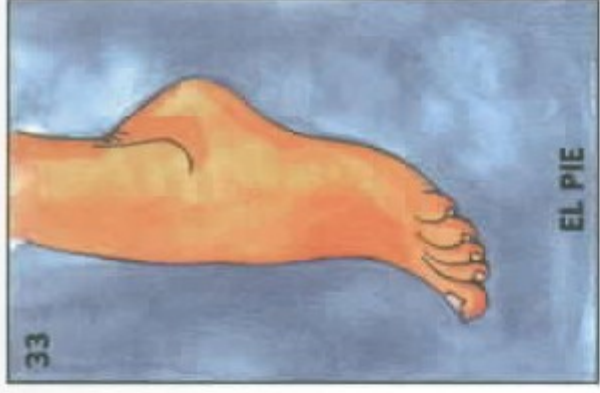
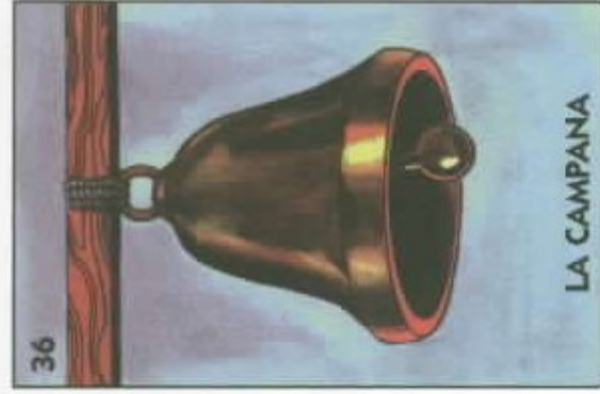
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Diabetes Control Program

Saber es poder.



Knowledge is power.

New Mexico Department of Health
Diabetes Control Program



Más vale onza de
prudencia que una
libra de ciencia.



An ounce of
prevention is wor th
a pound of cure.

New Mexico Department of Health
Diabetes Control Program

Poquito porque
es bendito.



Take a little
bit because
it is sacred.

New Mexico Department of Health
Diabetes Control Program

Arrímate a los
buenos y serás
unos de ellos.



Get close to good
people and you will
become one of them.

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Diabetes Control Program

En la tardanza
está el peligro.



The danger is
in being late.

New Mexico Department of Health
Diabetes Control Program

What your HDL and LDL Cholesterol Numbers Mean



Cholesterol HDL (good): Keep it high!

60 mg/dL or more **Great!**

35 to 59 mg/dL The higher your HDL level the better. Being active everyday and losing weight if you are overweight can help you **raise your HDL**.

Less than 35 mg/dL You are at a higher risk of having a heart attack. To **increase HDL levels** try and become more active and lose weight if you are overweight.

Cholesterol LDL (bad): Keep it low!

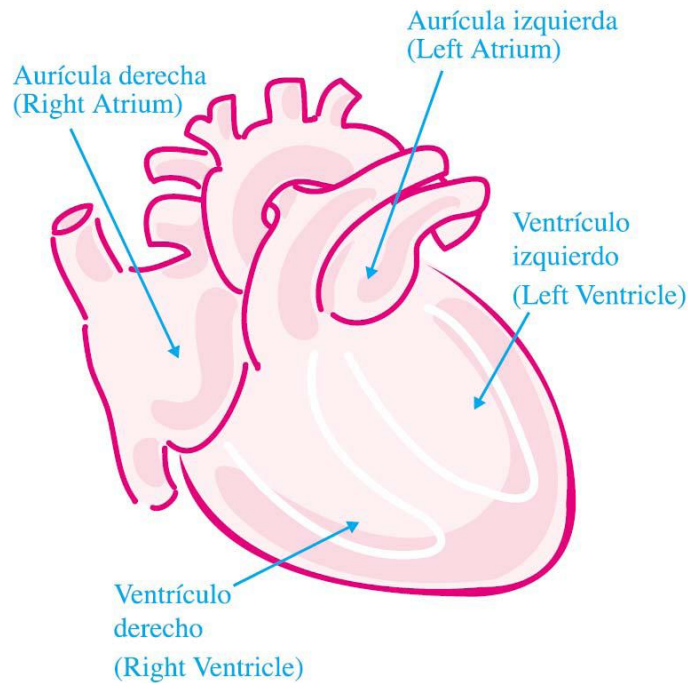
Less than 130 mg/dL **Good!**

130 to 159 mg/dL Alert! Your level needs attention. It is time to make changes in what you eat, your activity, and your weight. If you have 2 or more risk factors, see your doctor so he or she can help you lower your LDL level.

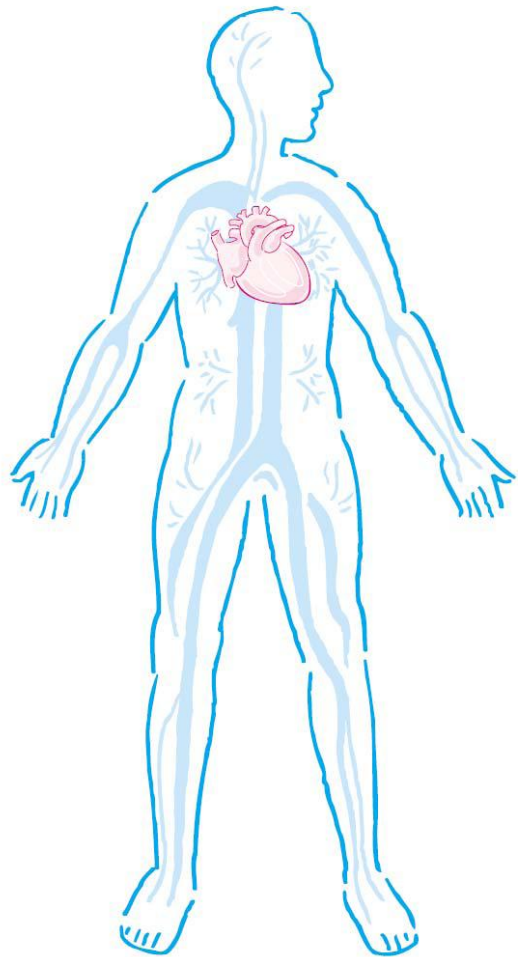
160 mg/dL or more **Danger!** You are at risk for clogged arteries. See your doctor.

If your total cholesterol is 200 mg/dL or more and your HDL level is less than 35 mg/dL, your doctor can do a blood test to measure your LDL cholesterol levels.

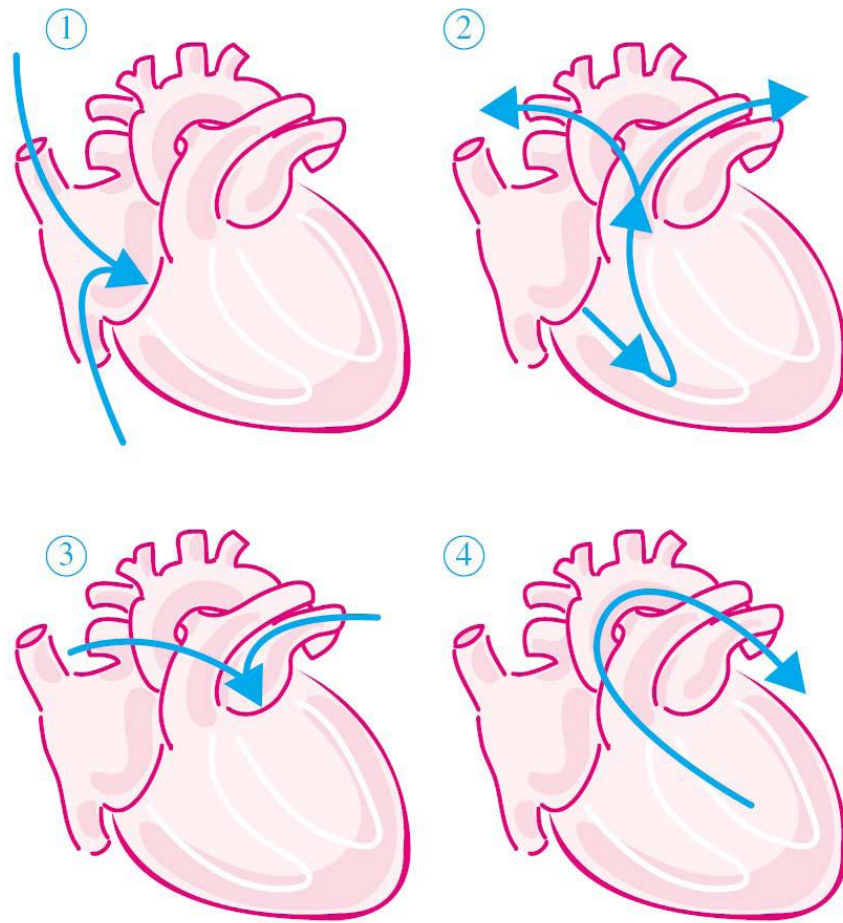
How the Heart Works



1. The heart is an amazing part of the body. It can pump approximately 5 liters of blood every minute. It beats about 100,000 times a day.
2. The heart sends blood to the lungs to pick up oxygen. Then it delivers oxygen to all the cells in the body.
3. The heart is a hollow, muscular, cone-shaped organ, about the size of a fist.
4. The heart has two upper chambers and two lower chambers.
5. The upper chambers (right atrium and left atrium) receive blood.
6. The lower chambers (right ventricle and left ventricle) pump blood.



1. The heart is located in the middle of the chest.
2. The heart is part of the circulatory system.
3. The circulatory system is made of all the vessels that carry the blood throughout the body.
4. Vessels are long, hollow tubes of tissue, much like drinking straws.
5. Vessels carry blood to and from the heart.



1. Blood (with little oxygen) enters the right top chamber of the heart.
2. Blood then flows down to the right lower chamber so it can be pumped out to the lungs. In the lungs, waste is taken from the blood (carbon dioxide). The blood then gathers more oxygen.
3. The blood, rich with oxygen, returns to the heart and enters the upper left chamber.
4. The blood flows down to the lower left chamber and is pumped to all of the body organs and tissues.


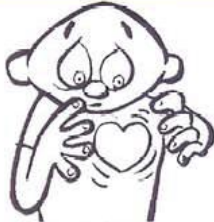








HYPOGLYCEMIA

(Low Blood Glucose)

Causes: Too little food or skip a meal; too much insulin or diabetes pills; more active than usual.

Onset: Often sudden; may pass out if untreated.

SYMPTOMS:

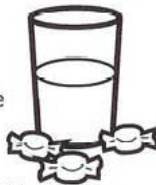
		 <p>SHAKY</p>	 <p>FAST HEARTBEAT</p>
 <p>SWEATING</p>	 <p>DIZZY</p>	 <p>ANXIOUS</p>	 <p>HUNGRY</p>
 <p>BLURRY VISION</p>	 <p>WEAKNESS OR FATIGUE</p>	 <p>HEADACHE</p>	 <p>IRRITABLE</p>

WHAT CAN YOU DO?



CHECK
your blood glucose, right away. If you can't check, treat anyway.

TREAT
by eating 3 to 4 glucose tablets or 3 to 5 hard candies you can chew quickly (such as peppermints), or by drinking 4-ounces of fruit juice, or 1/2 can of regular soda pop.



CHECK
your blood glucose again after 15 minutes. If it is still low, treat again. If symptoms don't stop, call your healthcare provider.

Concept developed by Rhoda Rogers, RN, BSN, CDE.

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HYPERGLYCEMIA

(High Blood Glucose)

Causes: Too much food, too little insulin or diabetes pills, illness, or stress.

Onset: Often starts slowly. May lead to a medical emergency if not treated.



EXTREME THIRST

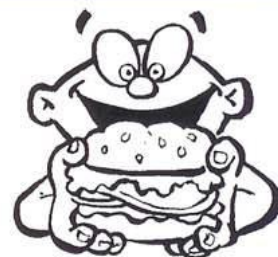
SYMPTOMS:



NEED TO URINATE OFTEN



DRY SKIN



HUNGRY



BLURRY VISION



DROWSY



SLOW-HEALING WOUNDS

WHAT CAN YOU DO?



CHECK BLOOD GLUCOSE

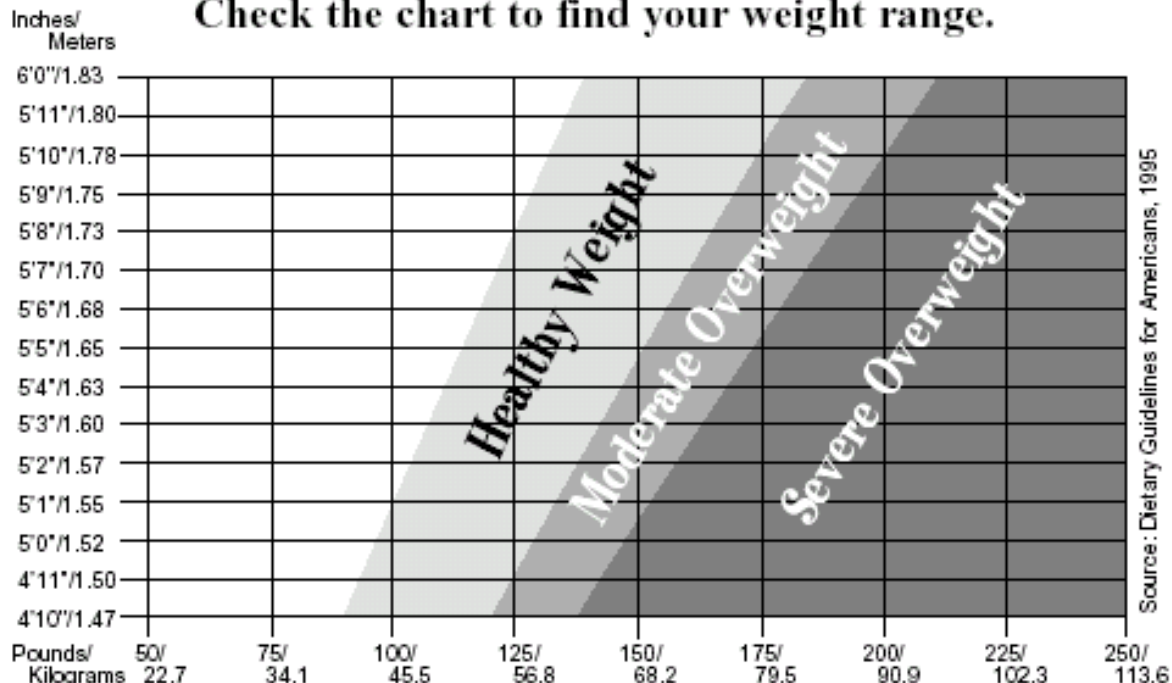
If your blood glucose levels are higher than your goal for 3 days and you don't know why,

CALL YOUR HEALTHCARE PROVIDER



Protect your heart. Watch your weight.

Check the chart to find your weight range.



My weight:

My weight range:

A waist measurement of more than 35 inches for women and more than 40 inches for men is high. A high waist measurement increases your risk for heart disease.

My waist measurement:

What does your weight range mean?

Healthy weight..... Good for you! Try not to gain weight.

Moderate overweight Try not to gain weight.

You need to lose weight if you have two or more risk factors and:

- are overweight, or
- have a high waist measurement

Ask your doctor or nutritionist for help.

Severe overweight..... You need to lose weight. Lose weight slowly — about 1/2 to 1 pound a week. Ask your doctor or nutritionist for help.

