Diabetes
and
The Family

Promotora Manual

Arizona Prevention Research Center
# Diabetes and the Family

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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.
This family program was first developed by *Salud Fronteriza ¡SI! (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 ¡SI!*, 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 ¡SI!

The *Border Health Strategic Initiative (¡SI!)* is a comprehensive, community-based diabetes prevention program. *Border Health ¡SI!* 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 ¡SI!* 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 ¡SI!* 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 ¡SI! 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.
Introduction

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

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:

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<th>Week</th>
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♦ After the 7 weeks, there is also one follow-up home visit:

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<td>Promotora Follow-Up Home Visit</td>
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**Program Timeline cont’d…**

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

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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:
  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 1½ – 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.
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!

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!

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?
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

Family

Friends

Support groups

Doctors

Promotoras

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.

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?

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.
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?
What Are Some Characteristics Of Healthy Families With Diabetes?

- Talk
- Listen
- Support
- Laugh
Discussion Questions To Conclude
Session #1: “Families and Diabetes”

1. Why are you participating in the program *Diabetes and the Family*?

2. Name 2 or more risk factors for diabetes.

3. What are 2 or more diabetes complications that you can prevent?

4. What are 2 characteristics of a healthy family?
Being Healthy

Main Ideas

- This Session discusses the role of 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.
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 (≥ 2 grams of fiber)

  low-fiber (< 2 grams of fiber)

  4) Cereal: high-fiber (≥ 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”

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.

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?

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
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

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**

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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
- Butter, lard, margarine
- Processed meats
- Fried foods
- Whole milk
- 2% milk
- 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?
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?
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.
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.
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”

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.

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?
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

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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
- Butter, lard, margarine
- Fried foods
- Whole milk
- 2% milk
- Processed meats
- Gravy
- Fried foods
- Alcohol
- Whole milk
- 2% milk
- Processed meats
- Fried foods
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.

**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 Origin (Race)**

African-Americans have more problems with high blood pressure than the white population and a higher risk for cardiovascular disease. Compared to the white population, Mexican-Americans, American Indians, and Native Hawaiians have a greater risk for heart disease. This is because, in part, of higher percentages of obesity and diabetes.
- CVD Risk Factors That CANNOT be Controlled -

Heredity

Age

Ethnic Origen
Smoking - A CVD Risk Factor That CAN be Controlled

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

- **Stop smoking for the health and wellbeing of you and your family!**
  - The smoke from one cigarette puts more than 4,000 damaging substances in the air.
  - You put your and your family's health at risk when you smoke.
  - Smoking raises your risk of heart attack, emphysema, stroke and cancer.
Smoking - A CVD Risk Factor
That CAN be Controlled
Blood Pressure - A CVD Risk Factor That CAN be Controlled

What is blood pressure?

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

(1) The blood pressure lesson has two numbers. Both numbers are important.
- The first number (120) is the blood pressure when the heart beats.
- The second number (80) is the pressure when the heart rests.
- You write it like this: 120/80

(2) Not keeping one's blood pressure at 120/80 can result in HIGH blood pressure. High blood pressure increases the risk of having a brain hemorrhage, heart attack, kidney problems and blindness.

(3) The best way to know if you have high blood pressure is to have it measured once each year. If you do have high blood pressure, you have to measure it more often.
Blood Pressure - A CVD Risk Factor That CAN be Controlled
**Cholesterol - A CVD Risk Factor That CAN be Controlled**

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

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

2. **What do different levels mean?**
   - Below 200: Great News!
   - 200-239: Alert! This level needs attention. It’s time to change what you eat, your activity and your weight.
   - 240 or more: DANGER! You are at high risk of having your arteries blocked, which can result in a heart attack. Consult your doctor at once!

3. **How can you know if you have high cholesterol?**
Cholesterol can be measured with a blood analysis, normally in the doctor’s office or places where they measure cholesterol, like a health fair.
Cholesterol - A CVD Risk Factor That CAN be Controlled
Excess Weight and Obesity
- CVD Risk Factors That CAN be Controlled

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

**Example:**
Mariano weighs 175 pounds and is 5 feet 6 inches tall (1.68 meters). Virginia, his wife, weighs 125 pounds and is 5 feet tall (1.52 meters). Let’s look at the weight chart to see if Mariano and Virginia are within the healthy weight scale.
Answer: Mariano is moderately overweight and Virginia has a healthy weight.

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

♥ The key to losing weight is to be physically active and exercise at least 3-4 times a week for a period of at least 30 minutes a day.

♥ Another key to lose weight is to know what to eat and how much is one portion.

**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...

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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!
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.

**Main Ideas**

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.
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.
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...

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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?
**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?
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?
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?
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...

<table>
<thead>
<tr>
<th>Goal</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>#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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>#2. We will exercise together 3 times a week by _____ walking _____ dancing _____ stretching ___ other _____ 15 min. _____ 30 min. _____ (fill in) min.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>#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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>#4. We will eat more foods low in fat and limit foods high in fat.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>#5. We will drink only skim milk or 1% milk.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>#6. We will not drink regular soft drinks or high-sugared drinks like fruit punch, Kool-Aid®, Gatorade®, or aguas frescas like horchata, tamarindo, or jamaica.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>#7. We will use only fat-free salad dressing and mayonnaise.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>#8. We will compliment each other at least once a week by identifying a skill, strength, or behavior expressed by each family member.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>#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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>#10. Another goal is to:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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 promotora 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:
2. Compañeros en la Salud.
What is Depression?
What are the Symptoms of Depression?

<table>
<thead>
<tr>
<th>PHYSICAL</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Changes in sleep habits</td>
<td>Having problems sleeping, waking up during the night, wanting to sleep more often than normal, wanting to sleep during the day</td>
</tr>
<tr>
<td>Changes in eating habits</td>
<td>Reduced appetite and weight loss, or increased appetite and weight gain</td>
</tr>
<tr>
<td>Loss of energy, fatigue</td>
<td>Feeling tired all the time</td>
</tr>
<tr>
<td>Feeling worried</td>
<td>Feeling anxious all the time and not being able to calm down</td>
</tr>
<tr>
<td>Lowered Libido</td>
<td>Loss of interest in sex or intimacy</td>
</tr>
<tr>
<td>Persistent physical symptoms</td>
<td>Including headaches, chronic pains, constipation or other digestive problems that don’t respond to treatment</td>
</tr>
<tr>
<td>Frequent accidents</td>
<td>Unintentional injuries, bruises</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PSYCHOLOGICAL</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Loss of interest in everyday activities</td>
<td>Loss of interest in doing things one used to enjoy</td>
</tr>
<tr>
<td>Feeling depressed or sad</td>
<td>Persistent sadness, anxiety, irritability, or states of feeling &quot;empty&quot;</td>
</tr>
<tr>
<td>Pessimism, desperation</td>
<td>One feels that nothing is good.</td>
</tr>
<tr>
<td>Isolation or withdrawal</td>
<td></td>
</tr>
<tr>
<td>Guilt, feeling useless</td>
<td>Feeling that one never does anything well; inappropriate guilt.</td>
</tr>
<tr>
<td>Morning sadness</td>
<td>Feeling worse in the morning than the rest of the day</td>
</tr>
<tr>
<td>Greater anger</td>
<td>Frequent arguments or loss of temper</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>THOUGHT</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Less concentration and less ability to pay attention</td>
<td>Unable to watch TV or read because other thoughts and feelings interrupt</td>
</tr>
<tr>
<td>Confusion, bad memory</td>
<td>Less capacity to remember common things.</td>
</tr>
<tr>
<td>Slow thought process</td>
<td>Difficulty making decisions</td>
</tr>
<tr>
<td>Suicidal thoughts</td>
<td>Wanting to die; thinking of ways to harm oneself</td>
</tr>
</tbody>
</table>

Sources:
(2) Campesinos sin Fronteras. CDMP Campesinos Diabetes Management Program. Somerton, Arizona. (Materials adapted from: Stanford Patient Education Center.)
What Are Some Signs Of Depression?

- Sadness
- Fatigue
- 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:

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?

Family
Support Groups

Promotoras

Friends
Doctors

Physical Activity

Medicine
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?
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?
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.
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)
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?
Guided Discussion

Promotora Comments / Notes:

Promotora Name/s: ___________________________________________________
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.

*Adapted from 5-A-Day for Better Health, NIH
Salads…

**Cole Slaw**

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

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
- ½ 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)

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

**Jícama with Lime Juice***

1 medium jícama  
2 1/2 Tablespoons lime juice  
1/4 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  
1/2 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
   ½ 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.

*Adapted from Un Mundo de Sabor, Bristol-Myers Squibb Company
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
   ¼ 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
½ 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.

* Adapted from Campesinos Sin Fronteras, Somerton, AZ
Healthy Main Dishes...

Salpicón de Pollo*

2 chicken breasts, cut into small pieces
½ red onion, thinly sliced
2 Tablespoons olive oil
1 tomato, thinly sliced
½ 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.

*Adapted from Campesinos Sin Fronteras, Somerton, AZ
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
½ teaspoon salt
¼ teaspoon ground pepper
¼ 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.

*Adapted from 5-A-Day for Better Health, NIH
Healthy Main Dishes...

Quesadillas*

4 flour tortillas (low-fat, reduced-fat, or whole wheat) (7 inches)
  ¾ cup low-fat mozzarella or cheddar cheese, shredded
  2 slices chicken or smoked turkey, cut into small pieces
    2 large green onions, thinly sliced
    ½ 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.

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

*Adapted from Celebré la Cocina Hispana Healthy Hispanic Recipes, NIH
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
Healthy Desserts...

**Low-fat Berry Bavarian***

\[
\begin{align*}
\frac{1}{4} \text{ cup boiling water} \\
1 \text{ package sugar-free strawberry or raspberry Jell-O®} \\
\frac{1}{2} \text{ cup cold water} \\
\text{Ice cubes} \\
1 \text{ cup lite Cool Whip®}
\end{align*}
\]

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
Healthy Desserts...

Apple Crisp*

4 cups cooking apples, peeled, cored, and sliced (about 1½ lbs.)
  ½ cup rolled oats
  ¼ cup flour
  ½ cup brown sugar
  ¼ teaspoon salt
  1 teaspoon cinnamon
  ¼ 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 ¼ turn every 2 minutes. (If microwave has turntable, rotating by hand is unnecessary.)

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

**Spiced Tea Mix***

1¼ cups powdered instant tea  
1½ oz. powdered sugar-free lemonade  
1½ oz. powdered sugar-free Tang®  
2 teaspoons ground cinnamon  
½ 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  
½ 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.

*Adapted from the NIH—Su Corazón Su Vida. Developed by the California Diabetes Control Program, Dept. of Health Sciences, State of California*
Nine Different Leg Exercises

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

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

3. 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.

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

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

6. 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.

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

8. 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.

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

Adapted from Novo Nordisk—Diabetes Care.
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.

*Adapted from Whole person Press 1994
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 as the beginning...when you feel ready, open your eyes and bring your attention back to the room.

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.

*Adapted from Whole Person Press 1994
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.

*Adapted from Words to the Wise, New Mexico Department of Health*
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!
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?
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!

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

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

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

*Adapted from Words to the Wise, New Mexico Department of Health*
The Montoya Family talks about Physical Activity

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!

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.

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

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

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

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

It’s time for our walk, comadre!
The Montoya Family talks about Physical Activity

Look, my clothes are loose!

I feel great, too! Ever since the doctor told me I have diabetes, I’ve been living healthier than ever!

I need a new dress for the dance tomorrow night. The mall is another place we can get exercise. You want to come along, comadre?

We have found so many ways to be active! Walk more, sit less! That’s my motto.

That’s because I take good care of myself. With good diabetes information and support, I know I will live a long and happy life!

We all need to be more active, Josie. You are doing a great job at controlling your diabetes.

You are a real inspiration to us all!

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.

*Adapted from Diabetes Control Program, New Mexico Department of Health*
The Montoya Family talks about Physical Activity

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The Montoya Family talks about Physical Activity

I need a new dress for the dance tomorrow night. The mall is another place we can get exercise. You want to come along, comadre?

That’s because I take good care of myself. With good diabetes information and support, I know I will live a long and happy life!

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.
The Montoya Family talks about a Healthy Attitude

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.

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

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.

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.

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

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.

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

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!

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

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.

Doctor, what about exercise?

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!

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

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!
The Montoya Family talks about a 'Little of Everything'

What are we having for dinner, mama?

Carne adobada and calabacitas. I've been marinating the pork all day!

But mama, you have diabetes.

The doctor said that people with diabetes can eat a little of everything, mija. We just have to eat the right amounts of food and not over do it.

Mmm! It smells good in here! Carne adobada?

Yes dear, your favorite. I made sure to trim all the fat off the meat!

You're a fantastic cook, Josie!

Wait until you taste the calabacitas. They are delicious. I made them with fresh corn, tomatoes, onions and green chile!

When I first found out I had diabetes, I was worried. I thought that I would not be able to eat the same foods as my family. Now I see that all of us can eat the same healthy food!

This is going to be good for the whole family!

Now, I use less fat when I cook.
The Montoya Family talks about a 'Little of Everything'

7
I trim the fat off the meat. I try not to fry food. I use less salt, too!

8
That's right, mija. Corn tortillas have less fat. They are better for you than flour tortillas.

We can still eat tortillas!

But we can still have flour tortillas in moderation.

9
That's the great secret of life, hija. Everything in moderation!

People with diabetes need to eat three balanced meals a day. For snacks, eat foods low in fat and high in fiber.

10
It's a good idea for all of us to eat foods with less fat and high in fiber.

High fiber foods come from plants. They include fruits, vegetables, whole grain breads and cereals!

11
Yes, like drinking less alcohol and avoiding smoking. It's all common sense advice!

Like good athletes, people with diabetes need to drink lots of water!

These are things that all people should do to lead long and healthy lives!

12
Even desserts are okay in moderation!

People with diabetes can eat a little of everthing!
The Montoya Family talks about a 'Little of Everything'

Yes, my dear. A little of everything!

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 Matello, Norgelin and Associates 1995 (#2 in a series of 6)

* Adapted from Diabetes Control Program, New Mexico Department of Health
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

*Adapted from American Academy of Physicians, 1999*
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.

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

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

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

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

*Adapted from the Tobacco Prevention and Youth Wellness Programs of the Navajo Nation*
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.

*Adapted from the Diabetes Control Program of the New Mexico Department of Health
1. LA JARDINERA
2. LAS TORTILLAS
3. RICO DE GALLO
4. LOS FRUJoles
5. EL MAÍZ
6. LA SANDÍA
7. LA MANZANA
8. EL TOMATE
Truth is like corn; it always comes out. La verdad es como el maíz; siempre sale.

Es provee no trata tea. An apple a day, keeps the doctor away. La que come manzana se cria sana.

Health and happiness create beauty. Saúde y alegria dan belleza.

Everything in moderation. Todo a su medida.

The truth is crystal clear. Más claro no va el gallo.

Everyone makes mistakes. Hasta al mejor cocinero se le va un tomate entero.

Something is better than nothing. Más vale algo que nada.
The good rooster can crow in any hen house.

El que es buen gallo, en cualquier gallinería canta.

There is no time like the present.

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

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

Vejo que se cuida, que se cuida, que se cuida.

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

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

Cook well to eat right.

Cocinar bien para vivir mejor.

We must dance to the tune that is paying.

Hay que bailar al son que nos toquen.

Good action is the best prayer.

Una buena acción es la mejor oración.

She who sings and dances, chases away her troubles.

La que canta, sus males espanta.
You scratch my back, I'll scratch yours.

Hoy por ti, mariana por mí.

There is no fear where there is love.

Donde hay amor no hay terror.

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

Súmeme paso a paso. No quiero que pegue bravos.

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

El que no oyen consejo, no llega a viejo.

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

Camarín que se duerme se lo lleva la corriente.

It is better to prevent than lament.

Más vale prevenir que lamentar.

You eat to live, you live to eat.

Quien come para vivir, se alimento, quien vive para comer, comen.

By talking to each other, we can understand.

Hablando se entiende la gente.
Constancy creates miracles.

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

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

El que quiere bailar, que pague el músico.

El que quiere algo bueno, se armente la sombra.

The heart doesn't lie.

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

No hay corazón que a su dueño engañe.

No hay quien sabe donde le aprieta el zapato.

Each person knows where his shoe fits tight.

Después de ojo sécalo, no vale Santa Lucía.

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

Sabes es poder.

Knowledge is power.
An ounce of prevention is worth a pound of cure.

Más vale prevenir que una huida de ciencia.

Take a little bit because it is sacred.

Poquito porque es bendito.

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

Ahímate a los buenos y serás unos de ellos.

The danger is in being late.

En la tardanza está el peligro.
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.
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:
- Shaky
- Fast heartbeat
- Sweating
- Dizzy
- Anxious
- Hungry
- Blurry vision
- Weakness or fatigue
- Headache
- Irritable

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.
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.

SYMPTOMS:

- EXTREME THIRST
- 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.

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.

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.