

# Families and Diabetes

## Main Ideas

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

## Objectives

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

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

## 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.
- ♦ 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...

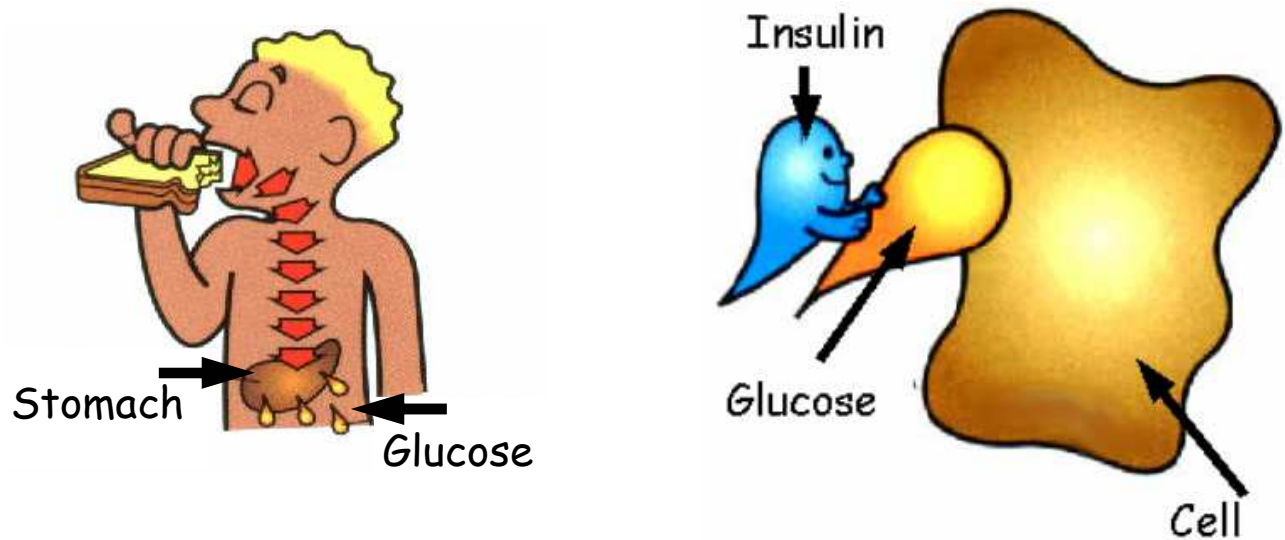
### It Is A Condition In Which The Body Has Too Much Sugar In The Blood...

- ♦ 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...

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



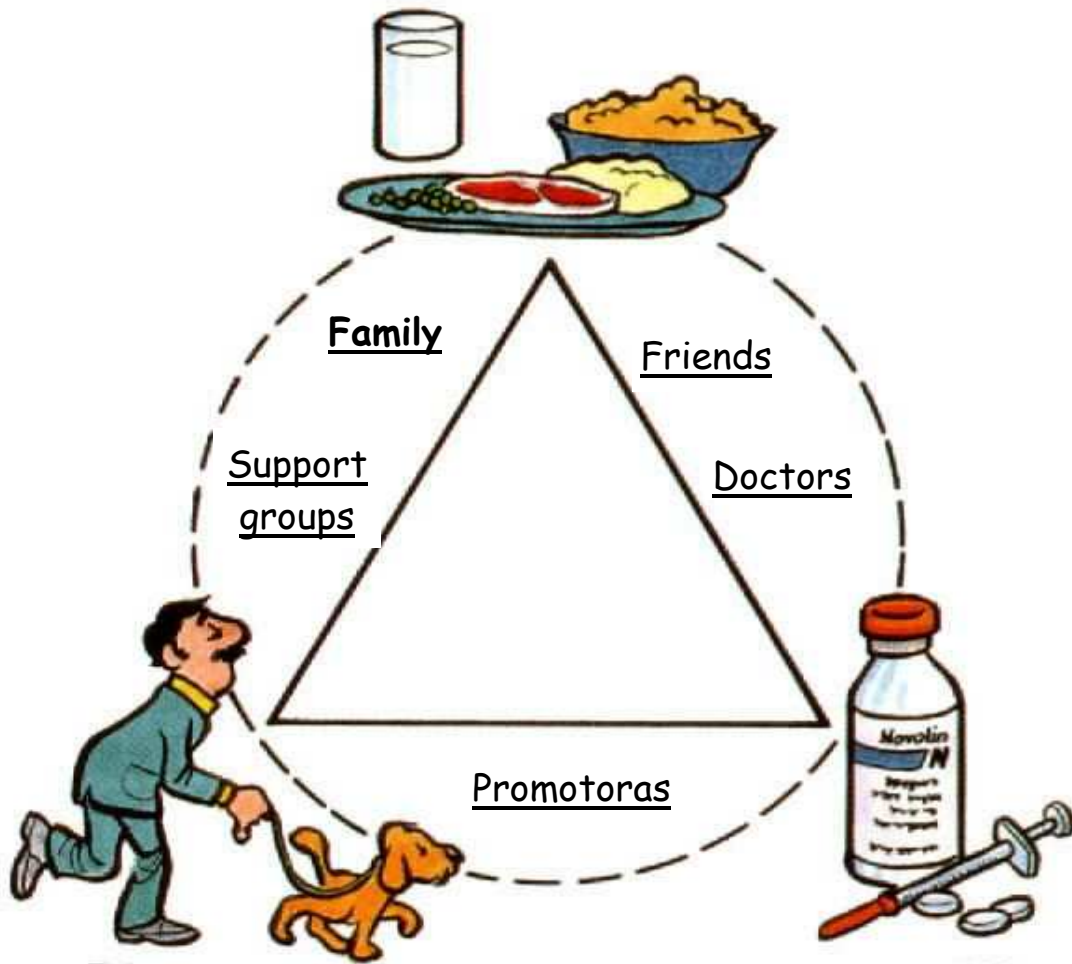
The pictures in the chart represent ways that a person with diabetes can manage their condition. Inside the triangle are the **social aspects** of diabetes support and control. Be sure to take enough time for discussion of this chart's meaning.



# Can Diabetes Be Cured?

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

Healthy food choices and portion sizes



Physical activity

Medications

# What Happens When Diabetes Is Not Controlled?

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

- ◆ Feeling 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



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

### Discussion

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

# What Happens When Diabetes Is Not Controlled?



Tiredness



Sexual problems  
for men or women



Burning sensation or  
Loss of sensation in  
feet or hands



Sores or Infections  
on the foot



Amputation



Heart attack  
or Stroke



Blurry vision or  
Loss of sight

## Who Is At Risk For Diabetes?

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

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

### Discussion

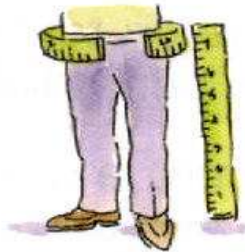
*Lead a discussion about risk factors. For those who do not have diabetes, could they be at risk? Why? Why not? Do they know other friends or family members that may be at risk? Why? Which of these factors can be changed or controlled? Which cannot?*

# Who Is At Risk For Diabetes?

## People Who Are...



Physically inactive



Overweight



Over 40 years old



Smokers



Related to someone with diabetes (heredity)



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

# What Are The Symptoms Of Diabetes?

## Symptoms Include...

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

### 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...**

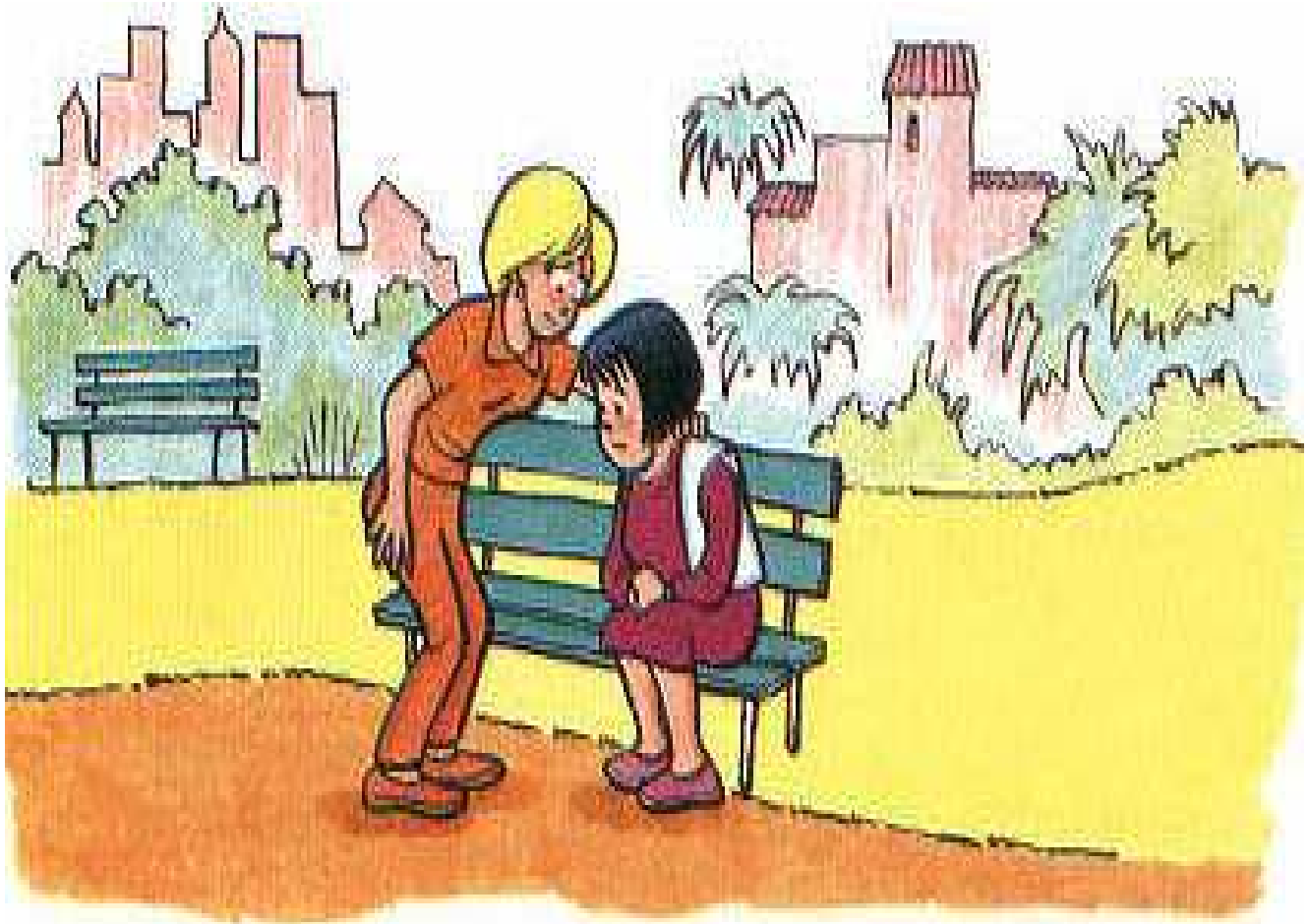
- ♦ Become fearful or worried about...
  - ...the health of the person with diabetes.
  - ...how to help this person.
  - ...the future of the family.
  
- ♦ Become angry, resentful, or depressed because...
  - ...nobody seems to understand the illness and family members fear what might happen.
  - ...they 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.

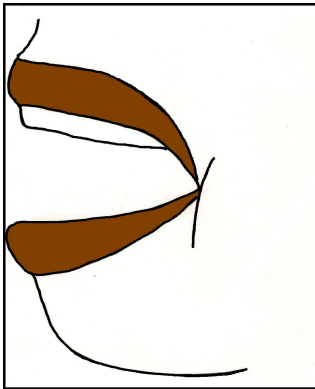
### Laugh

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

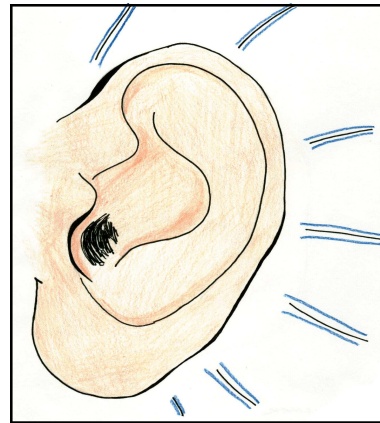
### Discussion

*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?*

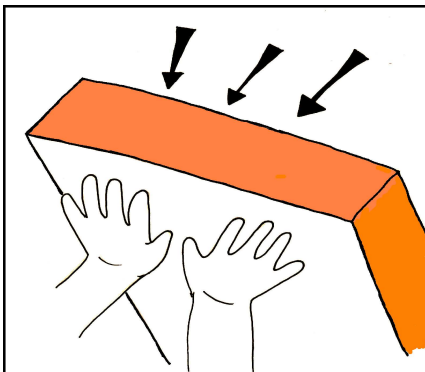
# What Are Some Characteristics Of Healthy Families With Diabetes?



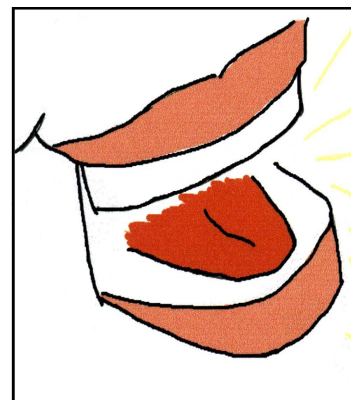
Talk



Listen



Support



Ha Ha

Ha Ha

Ha

Laugh

# Wrap Up!

SESSION #1

CONCLUSION

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

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