

Flesch Kincaid Reading Level: 4.0
without proper names, numbers,
presenter instructions and terms
“diabetes,” “type 1 diabetes,” “type 2
diabetes” and “insulin”

Diabetes Prevention Presentation:

Walk the Walk! Talk the Talk! See Your Doc!

Target Audience:

- 6–10 year olds
- People with special needs
- Older adults

Length of presentation:

- 30–45 minutes

Activities:

- Walk the Walk! Exercise
- Choose Your Plate! Healthy Eating
- Know It All Game (Jeopardy-like game)

Handouts (State approved items):

- Giveaways
- Marketing brochures
- Ameritips
- MyPlate placemats

Props:

- MyPlate display and cards
- Know It All board and game wheel
- Safety pins

Presenters (Associates trained to provide this presentation):

- Marketing representatives
- Health promotion associates
- Health educators
- Nurse care managers

Intro:

Good [morning/afternoon/evening]. Today we are here to learn about diabetes and talk about how to be healthy. When we're done, we will hand out gift bags with information to help keep you and your family healthy.

Walk the Walk!

Exercise:

Let's begin by learning our theme, Walk the Walk! Talk the Talk! And See Your Doc! Say it with me...[Walk the Walk! Talk the Talk! And See Your Doc!]

We are going to have a lot of fun and learn a lot. We are going to start by walking the walk.

(Assess the abilities of your audience prior to announcing exercise so that everyone can take part in movement safely.)

Everyone get up and reach for the sky. Now touch your toes. Now reach for the sky. Now touch your toes.

If anyone is not able to stand, then just stretch your arms up and down.

Let's talk about exercise. We are calling this "Walk the Walk!"

- Finding ways to be active each day can help you keep a healthy weight and a healthy body.
- What do you do for exercise?
- What are some of your favorite physical activities?

[Offer ideas on how to increase daily activity]:

{Seniors and Special Needs):

- Stretch on the floor while watching TV
- Do chair exercises while seated
- Go for a walk with your spouse, neighbor or a friend

(For children):

- After school, you can play with your friends
- Join a sports team
- Go to the playground
- Go for a walk with your parents or race your parents down the block and back

Remember, it is important to get your family or others involved. A brisk 30-minute walk each day will go a long way toward a healthy lifestyle.

Exercise: Say it with me... Walk the Walk!

Activity: Have the group do push-ups and/or jumping jacks.

[If an audience member is not able to stand, then just have him or her stretch arms up and down.]

(Assess the abilities of your audience prior to announcing exercise so that everyone can take part in movement safely.)

- Can anyone do push-ups or jumping jacks?
- Who can do 10?

Talk the Talk

Now we are going to talk the talk. We are going to talk about diabetes and how to be healthy. Say it with me...[Talk the Talk!]

Has anyone heard of diabetes?

Does anyone know someone who has diabetes?

What Is Diabetes?

- Diabetes is a disease in which your body cannot get the energy from the food you eat the way it should.
- Your body does not make enough insulin, or it cannot properly use the insulin it makes.
- Insulin is a hormone (chemical) in your body that turns sugar (glucose) into energy. Having diabetes means your body won't get the energy it needs. Without insulin, sugar builds up in the blood. Then it passes out of your body in the urine.

When diabetes is not taken care of, it can lead to other health conditions like:

- Heart disease
- Stroke
- Blindness (diabetes is the number one cause of blindness)
- Kidney problems
- Nerve damage, which can affect your ability to run, ride a bike, or even walk)

Who is most at risk for getting diabetes?

Type 1 diabetes occurs mostly in children and young adults; the cause is unknown.

Type 2 diabetes occurs more in older adults. Although, more and more kids are developing type 2 diabetes.

You are more likely to develop type 2 diabetes if:

- You are overweight (about 80% of people diagnosed with type 2 diabetes are overweight at the time of diagnosis)
- Someone in your family has type 2 diabetes
- You are Latino, African American or Native American

[If the question is asked]

How do you know you have diabetes?

See your doctor every year for a checkup. Your health care provider will do tests to make sure you are healthy (i.e., a blood test).

If you notice any changes in your body or do not feel well, let your doctor know.

Some **symptoms** of diabetes:

Type 1 Diabetes

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss

- Extreme fatigue and irritability

Type 2 Diabetes

- Any of the type 1 symptoms
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum or bladder infections

Now we know about diabetes and its effects on our health. Let's talk about how to prevent it and what you can do each day to help keep yourself healthy, whether you have diabetes or not.

Steps you can take include:

- Staying physically active (which we have already discussed)
- Eating healthy
- Going to the doctor for regular checkups

Healthy Eating: Choose Your Plate!

Eating healthy foods and drinking water everyday will help you keep a healthy weight, healthy body and give you energy!

Activity: MyPlate game

Props: MyPlate display and cards

Let's see how much you already know about healthy eating.

We are going to play the MyPlate game to help us learn more about making good food choices.

[Ask someone to come up to choose foods from the food display cards to build a healthy plate.]

They will be instructed to choose foods from the display cards to build a healthy plate.

They will then place the display cards in the food group pockets on the MyPlate display.

Review the choices made. Discuss the following:

(Refer to: Food Groups – Healthy food alternatives table)]

- All plates should have healthy protein, whole grain, low fat dairy, fruit and veggie choices.
- If unhealthy choices are made, discuss swapping out the unhealthy choice for a healthier selection. For example: trade an unhealthy grain like Frosted Flakes (high sugar) for a healthy one like Cheerios (unsweetened).
- Ask the group about different veggie options from a variety of colors.
- If a food group is missing, discuss adding in that food group.

Food Groups are: Grains, Fruit, Vegetables, Protein and Dairy

Healthy eating tips:

- Choose whole grains instead of white grains (whole wheat bread, whole wheat pasta, brown rice).
- Make sure each meal includes a fruit and/or vegetable.
- Mix your vegetables; eat different colors (don't always have the same vegetable).
- Try a new vegetable or fruit!
- Eat your fruit, don't drink it!
- Go for fresh or frozen fruits and vegetables instead of canned. If canned, the fruit should be packed in 100% fruit juice and the veggies should be low sodium.
- Drink water and low-fat milk (not chocolate or strawberry milk).
- Choose baked foods instead of fried ones.

We want you and your family to be healthy. Who is going to go home and tell their family what they learned today?

Remember, this is called "Talk the Talk." **Say it with me... Talk the Talk!**

See Your Doc!

We've talked about diabetes, exercise and eating healthy. Now let's go over another way to help stay healthy.

One important way to maintain good health is to see your doctor (health care provider) for regular wellness checkups.

We are calling this "See Your Doc." **Say it with me... See Your Doc.**

Raise your hands if you have a regular doctor that you visit.

Who can tell me the name of their doctor?

You should all have a main doctor, called a primary care provider or PCP, and know his or her name.

[Children]: If you don't know your PCP's name, ask your parents.

Your doctor can help you stay healthy. **Say it with me... See Your Doc!**

Before we play a game to help us remember all of the good things we learned about being healthy...

Let's say it together: "Walk the Walk! Talk the Talk! and See Your Doc!"

Final Activity: (use the game wheel of "Know It All" Board)

[Ask participant to come up to spin or choose a question (depending on which game is chosen).]

Depending on the size of the group, have participants come up individually, or for larger groups you can break them up into teams; then have the leader of each group come up to choose a question.]

Game questions

Exercise Questions:

- **Action:** Do ten jumping-jacks (individual or team or everyone) or replace with something lower impact such as arm lifts/stretches.
- **Action:** Run in place for 15 seconds (individual or team or everyone) or replace with something lower impact such as arm lifts/stretches.
- **Action:** March around the room or walk in place.
- What is an easy form of exercise that almost everyone can do?
Answer: Walking! Try to walk for at least 30 minutes a day, most days of the week.
- True or False: You should get at least 30 minutes of exercise everyday.
Answer: True
- What do we mean when we say “Walk the Walk?”
Answer: Get daily exercise.

Diabetes Questions:

- True or False: You have more of a chance of getting diabetes if someone in your family has diabetes and/or you are overweight.
Answer: True
- Name one thing you can do to keep from getting diabetes.
Answer: Maintain a healthy weight, eat healthy, exercise and see your doctor.
- How many times a year should you see your doctor?
Answer: You should go for a wellness visit once a year. You may need to see the doctor more often if he or she asks you to.
- What do we mean when we say “Talk the Talk?”

Answer: Share what you know about diabetes and keep healthy with your friends and family.

- What do we mean when we say, “See Your Doc?”

Answer: See your doctor for yearly checkups.

- What are some of the names of health problems that can happen if you do not treat diabetes?

Answer: Heart disease, stroke, blindness, kidney disease and nerve damage.

Healthy Eating Questions:

- What is healthier, eating an orange or drinking orange juice?

Answer: Eating fruit/an orange. Fruit has fiber (and will keep sugar/insulin levels more stable; it is also heart healthy).

- Which is the better option – white bread or whole wheat bread?

Answer: Whole wheat bread is best because it has more fiber (will keep sugar/insulin levels more stable; it also helps in digestion and makes you feel full).

- True or False? Drinking one soda a day is OK for your health.

Answer: False. Soda is not good for you at all. You should only have it every once in a while as a special treat.

- What is healthier, water or Gatorade?

Answer: Water (Gatorade has sugar, salt and chemical coloring).

- Which of the following foods should you eat less often?

- a) Fruits
- b) Veggies
- c) Candy
- d) Bagels
- e) Low-fat milk

Answer: C - Although it is OK to treat yourself to candy once in awhile, it is more important to eat fruits, vegetables, whole grain bread products and low-fat dairy products.

- True or False: It is healthier to eat the same vegetable every day.

Answer: False. It is best to include different vegetables of different colors in your diet. You will get different vitamins and minerals from a variety of vegetables.

Food Groups Questions:

- Grains: Give 2 examples of healthy grain options or choose from props and place on the MyPlate board
Answer: Brown rice, whole wheat pasta, whole wheat bread (whole grain products)
- Protein: Give 2 examples of healthy protein options or choose from props and place on the MyPlate board
Answer: Meat, chicken, fish, peanut butter, beans, eggs, nuts
- Dairy: Give 2 examples of healthy dairy options or choose from props and place on the MyPlate board
Answer: Cheese, yogurt, low-fat milk
- How many servings of fruits and vegetables should you have every day?
Answer: 3-5 servings of any fresh or frozen fruit or vegetables. They may reduce the risk of cancer and other chronic diseases. They also have vitamins and minerals, fiber, and other substances that are important for good health.
- True or False: Peanut butter (or beans) is considered part of the protein food group.
Answer: True. Peanuts and beans are a good source of protein (similar to that of meat).
- Are eggs part of the protein, dairy or grain food group?
Answer: Protein food group. Eggs are a good source of protein like meat, (Milk products are part of dairy. Grains include pasta, bread, rice and cereal.)

Sources:

<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html>

<http://www.choosemyplate.gov/>

<http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter2.htm>

http://win.niddk.nih.gov/publications/just_enough.htm

Sizer, Frances and Whitney, Ellie. Nutrition: Concepts and Controversies, 10th Edition. Thomson Wadsworth Publishing, 2006.

MyPlate display and cards:

<http://www.healthedco.com/>

“Know It All Game”:

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http://www.trainerswarehouse.com/default.asp?gclid=CKWuzeSamLQCFU-d4Aod_kQAZw