



# Diabetes Awareness and Management

## Summary

Diabetes is a common and serious health condition. Diabetes can be controlled. Many people do not know that they have diabetes. With proper care, people with diabetes can enjoy good health now and in the future.

## Intended Audience:

The general public; older adults; people newly diagnosed with diabetes; and ethnic groups at high risk for diabetes, including Native Americans, Latinos, African -Americans, Asian-Americans, and native Alaskans and Hawaiians.

## Introduction

The fact sheet that accompanies this leader's guide, *Diabetes Awareness and Management*, MF-2478, describes diabetes and related terms. Prevalence, risk factors and symptoms of diabetes are emphasized. Ways to keep diabetes controlled are also described in the fact sheet. A survey to be used with participants who have completed the lesson is also included.

## Educational Goals

By the end of this lesson, participants will be able to:

1. Discuss facts indicating that diabetes is a serious health condition.
2. Identify risk factors and symptoms of diabetes.
3. Describe self-care choices that help reduce medical problems caused by diabetes.

## Key Points of This Lesson

1. Diabetes is a serious and costly illness with no cure.
2. Diabetes can be controlled.
3. Diabetes is common. One-third of the people who have diabetes do not know they have it.
4. Knowing the risk factors and symptoms of diabetes is important for early detection.
5. Diabetes treatment focuses on normalizing blood sugar levels.
6. People with diabetes make choices each day about diet, exercise, taking medication and other habits. These daily care choices affect their diabetes control.
7. Health problems now and in the future can be delayed and reduced when diabetes is diagnosed early and kept under control.
8. Diabetes care involves knowledge and action in making proper lifestyle choices.
9. People with diabetes should partner with a health-care team, family members and friends.

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## Materials Needed:

1. Pen or pencil for each participant.
2. Copy of the *Diabetes Awareness and Management Fact Sheet*, MF-2478, for each participant.
3. Flip chart, poster board or other writing board, and markers.
4. Scissors and stapler.
5. Copy for each participant of any other related handout publications you choose.
6. If refreshments are to be served, try to include some beverages without added sugar, as well as assorted breads or crackers, fruits, fresh vegetables, or low-fat meats and cheeses.

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## Presentation Guide

1. Before the lesson, review this leader's guide, the accompanying fact sheet and any other related handouts you plan to use.
2. Introduce yourself and help participants feel welcome as they arrive.
3. Encourage participants to briefly share an experience they have had related to diabetes. Start the conversation yourself. For example, you might share that you have a friend, co-worker, or relative with diabetes, and you exercise with them or have watched them prick their finger to measure their blood sugar.
4. Pass out the fact sheet and a pen or pencil to each participant.
5. Allow about 20 minutes to teach the key points of this lesson.
6. Ask each of the participants to complete the survey. Read each question aloud as they each record their answers.
7. Separate surveys from the fact sheets and collect them. Staple remaining pages for each participant to keep.
8. If time allows, lead participants in a discussion to review the educational goals for this lesson. Record the answers on the writing board.
  - a. What facts indicate that diabetes is a serious health condition? (page 1)
  - b. What are some risk factors for diabetes? (page 2)
  - c. What are some common symptoms of diabetes? (page 3)

## Leader's Resources

Leaders' sources for more information:

1. For clickable Internet links to all of the other resources mentioned below, go to: [www.oznet.ksu.edu/ext\\_f&n/NUTLINK/pages/DIABETES.HTM](http://www.oznet.ksu.edu/ext_f&n/NUTLINK/pages/DIABETES.HTM)
2. For a free Diabetes Community Partnership Guidebook, call the National Diabetes Education Program, 1-800-343-5383, or go to <http://ndep.nih.gov>
3. To find diabetes prevalence rates in any county in Kansas, go to <http://38.204.37.95/include/diabetesburden.asp?State=KS>
4. To find out more about The Public Health of Diabetes Mellitus in the United States, go to [www.cdc.gov/diabetes/survl/surveill.htm#Preval](http://www.cdc.gov/diabetes/survl/surveill.htm#Preval)
5. To assist with Dining with Diabetes classes, contact the Family and Consumer Science agent at your local K-State Research and Extension office.

- d. What are some self-care choices that help reduce medical problems caused by diabetes? (pages 4-5)
- e. What do the following words mean? (Words printed in bold throughout fact sheet)

**diabetes**

**insulin**

**diabetes control**

**glucose**

**hyperglycemia**

**diabetes complications**

**hypoglycemia**

**chronic condition**

**diabetes self-management**

**diabetes meal plan**

**diabetes exercise plan**

**blood sugar monitoring**

8. If desired, pass out related handout publications that you brought and discuss.
9. If desired, schedule a meeting to plan one or more of the suggested community service learning and awareness activities.
10. Mail surveys to address shown.

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## Suggested Community Service Learning and Awareness Activities

1. Organize a diabetes screening event. Ethnic fairs, community festivals, stores, senior housing units, and bowling alleys would be great locations.
2. Sponsor a Diabetes Health Fair with speakers discussing various aspects of diabetes.
3. Assist with a series of Dining with Diabetes classes.
4. Cooperate in creating a Diabetes Equipment Fair with diabetes identification jewelry, blood sugar meters, insulin injection devices, skin care products, etc.
5. Promote exercise classes.
6. Create a community media awareness campaign about diabetes. (Consider radio, television, newspaper, posters, booths, flyers, newsletter or bulletin articles, brochures.)
7. Present this lesson to ethnic groups in your community who are at increased risk for diabetes. Church groups, social or civic clubs, English-as-a-Second Language classes or other established groups might welcome speakers to address their members.

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