DIABETES MESSAGES

COMMUNITY EDUCATION FOR THE PREVENTION AND CONTROL OF DIABETES

DRAMA LESSONS

Suggested Citation: Diabetes Messages, Drama Lessons
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Published in 2019
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- **POSTERS: LESSONS 1-3**
  Located at the end of this module.
TIME: 30 -40 minutes

OBJECTIVES
1) Learners will understand what diabetes is and the complications of diabetes.
2) Learners will identify risk 5 common risk factors for developing diabetes.
3) Learners will be able to state 5 common symptoms of diabetes.
4) Learners will be able to identify 2 lifestyle changes to prevent or control diabetes.

LESSON MATERIALS
• Drama Lesson 1.
• Drama Script.
• Accessories for the Drama (see the Drama Script).
• Posters - Complications of Diabetes; You Can Prevent and Control Diabetes.
• Large paper or blackboard and chalk/marking pens.

PREPARATION
• Become comfortable with the materials:
  ✓ Review the Drama Script and Discussion Guide, including the Application & Personal Plan.
  ✓ Review the Posters – Complications of Diabetes and You Can Prevent and Control Diabetes.
• Several days before the Lesson, ask two learners to be to read and act out the Script.
  Make two copies of the Script, one copy for each of them. Ask them to practice the “drama”.
• Collect any “props” needed for the Drama (see the Script).

AFTER THE LESSON
• Thank the learners for their participation.
• Tell the learners that you believe they can make the healthy changes that they have identified.
• Thank those who acted the Script for their help. Ask for two volunteers would be willing to read and act the script for the next month’s lesson.
DRAMA LESSON 1:
WHY IS DIABETES IMPORTANT?

INTRODUCTION (1 minute):
“How many of you think that you may have diabetes? Or do you have family with diabetes? How many of you have had diabetes for a while? You probably have questions on what exactly diabetes is and why it is important. Diagnosing and controlling diabetes is vital in order to stay healthy all your life.

DRAMA (5 minutes):
• Two volunteers act out the script.

DISCUSSION (20 minutes) and PERSONAL PLAN (5 minutes):
• Lead a group discussion, using the DISCUSSION questions below.
  As the discussion leader, be sure that the participants talk about the MAIN IDEAS.
• Conclude by asking each person to make a PERSONAL PLAN to set goals for preventing or controlling diabetes.

<table>
<thead>
<tr>
<th>DISCUSSION</th>
<th>MAIN IDEAS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.) Why do you think Rosa doesn’t feel well? What do you think is happening to her?</td>
<td>1.) Rosa has symptoms of Diabetes.</td>
</tr>
<tr>
<td></td>
<td>• Diabetes is a serious medical condition.</td>
</tr>
<tr>
<td></td>
<td>• Sweet and starchy foods that you eat are digested, raising your blood sugar (or blood glucose).</td>
</tr>
<tr>
<td></td>
<td>• Blood sugar enters every cell in your body to give you energy for life.</td>
</tr>
<tr>
<td></td>
<td>• When you have too much blood sugar or it cannot enter your cells, the blood sugar builds up in your body.</td>
</tr>
<tr>
<td></td>
<td>• Over time, too much blood sugar in your body causes “uncontrolled diabetes”, resulting in health problems or “complications of diabetes”.</td>
</tr>
<tr>
<td>2.) Why did Rosa think that she might have diabetes? If you have diabetes, what were your symptoms?</td>
<td>2.) Symptoms of diabetes:</td>
</tr>
<tr>
<td></td>
<td>• Very thirsty.</td>
</tr>
<tr>
<td></td>
<td>• Frequently urinating.</td>
</tr>
<tr>
<td></td>
<td>• Blurry vision.</td>
</tr>
<tr>
<td></td>
<td>• Fatigue.</td>
</tr>
<tr>
<td></td>
<td>• Loss of weight.</td>
</tr>
<tr>
<td></td>
<td>(These symptoms may be due to other health problems. It is important to see a doctor for a correct diagnosis)To know if you have diabetes, your doctor or medical staff will give you a simple blood test.</td>
</tr>
</tbody>
</table>

List ideas on large paper or a blackboard.
3.) What did Rosa and Eduardo think causes diabetes? What do you think causes diabetes?

List ideas on large paper or a blackboard.

4.) Rosa’s sister, Maria, was having numbness in her feet – a complication of uncontrolled diabetes. Do you know someone with diabetes that had other health problems because of diabetes?

Share Complications of Diabetes chart.

Ask: If you have diabetes, do you experience any of these complications?

5.) Do you think that Maria’s diabetes can be cured? (Raise hands for yes or no answers)

How did Rosa and Eduardo think that they could take care of themselves to prevent diabetes and it’s complications?

Share the poster: You Can Prevent and Control Diabetes.

3.) People can develop diabetes for many reasons:
• Others in their family have it (in their genes).
• If they eat too many sweet foods, sugary drinks, and starchy foods
• If they are overweight.
• If they do not get enough activity.
• Pregnancy, especially if women give birth to large babies.

4.) Complications of diabetes:
(from the Complications of Diabetes chart)
• Lungs – more pneumonia and flu.
• Heart & Blood Vessels – heart disease.
• Feet and Legs – Nerve damage, burning or numbness of the feet. Possible amputations of feet and legs.
• Teeth & Gums – Sore, bleeding gums.
• Eyes – Blurry vision, blindness.
• Brain – Higher risks of stroke.
• Pregnancy – problems during pregnancy, also very large babies.
• Kidneys – kidneys are damaged and may stop working.

5.) Diabetes cannot be cured. But, people can prevent diabetes and people with diabetes can control it and have fewer health problems if they:
• Eat healthy foods.
• Eat the same amounts of foods three times a day.
• Avoid or eat no sweets and sugary drinks.
• Be careful not to eat too many starchy foods.
• Lose weight if they are overweight.
• Stay physically active.
• Medications can help people with severe diabetes.
(We will talk more about these at our next meetings)

See the poster - You Can Prevent and Control Diabetes
PERSONAL PLAN:
A.) What two changes that you can make this week to live a healthy life to prevent diabetes or control your diabetes?

Share the You Can Control or Prevent Diabetes poster.

B.) Raise your hand if you are choosing to make this change.
   (name each point on the poster).

C.) Now tell you the person sitting next to you what changes you will be making.

D.) When you see this neighbor/friend/family this month, support each other on the changes you are making for better health.

E.) When we meet next month, we will share with each other the changes that we are making for better health.

THANK YOU ALL FOR COMING HERE TODAY!
DRAMA LESSON 1:

WHY IS DIABETES IMPORTANT?

Setting – Kitchen or main room of a home. Rosa and Eduardo are a married couple. They are seated at a table enjoying coffee, pan dulce. There is a bowl of fruit on the table, also.

Props – Two chairs, a table, coffee cups (real coffee optional), a small plate with 2-3 pan dulce, a bowl of fruit.

SCRIPT:

ROSA: I don’t know what is the matter with me, Eduardo – I’m thirsty all the time, then I’m always needing to use the bathroom, especially at night! Maybe that’s why I’m so tired, too – but I don’t sleep well...

EDUARDO: I wondered if you were well. You do seem tired all the time, and look like you have lost a little weight.

ROSA: My sister feels the same way, and she has diabetes. I think that I’ll go see the doctor. I need to see him, anyway, because sometimes my vision is blurry. I’ll ask him why I’m feel this way, too....

EDUARDO: Rosa, you say that your sister, Maria, has diabetes? I’ve heard that it can happen in families – something genetic. Did your parents have it?

ROSA: Well, who knows if my parents had diabetes – people didn’t know what made them sick, back then, and they had no doctors. But yes, my sister was told she had diabetes when she was pregnant with her baby, Carlos. And Baby Carlos was one big baby! The diabetes went away, then it came back a few years ago.

EDUARDO: Rosa, my buddy, Hector, told me that sugars and soda make you have diabetes. And you like to lots of sweets – look at you now!

ROSA: Well, of course!! What would life be without pan dulce and coffee every day!! And I need my sweet treats and soda! (Rosa helps herself to more pan dulce )

EDUARDO: But do you need to put to eat three pieces of pan dulce and so much sugar in every cup of coffee?

ROSA: Why not? I like it!!
EDUARDO: You do like sweets, don’t you, Rosa? It’s funny that you are losing weight when you like to eat so much. I see you eating 3 or 4 tortillas and lots of rice and beans every lunch.

ROSA: That’s not nice to say, Eduardo! You eat as much rice and tortillas as I do.

EDUARDO: Yeah, and that’s a lot ...

EDUARDO: Your sister, Maria, …does she have problems from her diabetes?

ROSA: Maria told me that her feet are getting numb, and this worries her. The other day, she cut her toe, but couldn’t feel it. Now her toe is infected. Her neighbor who has diabetes had these same problems, and eventually had their foot amputated! My sister also told she knows of people with diabetes who went blind! That scares me…do you think that my blurry vision could be the start of blindness, if I do have diabetes?

EDUARDO: You had better talk to your doctor soon, Rosa. I think that they test people for diabetes through a simple blood test.

ROSA: Just a blood test? That’s all? That doesn’t sound too bad... If I have diabetes, can it be cured, I wonder?

EDUARDO: What did the doctor tell your sister, Maria?

ROSA: I think that the doctor told her that her diabetes would not be cured, but that she could control it by eating the right foods and losing weight. And be being more active. I remember that she thought eating heathier and walking more every day would not be fun at all. But now she says that she feels better, so she likes it! She is taking medications for diabetes now, but she hopes that by living better, her diabetes will be better controlled and her numb feet won’t get worse.

EDUARDO: So, eating healthier must mean using less sugar or no sugar in your coffee and only one piece of pan dulce, huh, Rosa? Or maybe eating a fruit instead of more pan dulce. (Eduardo points at the sugar bowl and pan dulce. He then picks put 1-2 fruits from the fruit basket).

ROSA: Yeah….and I guess that I should try eating half as many tortillas and rice…I don’t have to give them up, do I? Just eat less?

EDUARDO: I would think that eating less of those foods would be a good way to start. But, definitely don’t drink soda and sweet drinks – Hector told me that those are really bad for diabetes.

ROSA: Hmmm, this may take a while to get used to. But I think that I’ll try – my health is important to me.
EDUARDO: I think that eating healthy and being more active is good advice for everyone. I can also eat better and go walking with you, Rosa, if this will help you avoid diabetes – if you have it. And, if the doctor says that you do not have diabetes, it seems that eating healthy and exercise will help you avoid it.

ROSA: Thank you, Eduardo. I was a little afraid to talk about this, but I’m glad that I told you. I like having your support. I think that I’ll try to use less sugar in my coffee and eat less pan dulce… and maybe walk a longer way to the Mercado. If we both eat better, walk together, and lose some weight, it will be good for you, too. I think that you are getting a little fat 😊
TYPE 2 DIABETES

With type 2 diabetes, your body makes some insulin, but not enough. Or, the insulin your body makes does not work right.

Much of the food you eat is changed by your body into a kind of sugar. The medical word for this sugar is glucose. Insulin helps sugar move from your blood into your body’s cells.

If you don’t have enough insulin to move sugar from your blood into your body’s cells, the amount of sugar in your blood goes up. When your blood sugar levels stay high, you have diabetes.

Type 2 diabetes is more common in adults, but the number of children and young people with type 2 diabetes is growing. Eating healthy foods, in the right amounts, and being physically active can help people lower their blood sugar. Most people with type 2 diabetes take diabetes pills and many also take insulin.

Diabetes cannot be cured, but you can control it! People who control their blood sugar levels can lead full and happy lives - just like everyone else. Talk to your doctor or health clinic for more information.

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FACILITATOR GUIDE

DRAMA LESSON 2: EATING HEALTHY to PREVENT or CONTROL DIABETES

TIME:  35-45 minutes

OBJECTIVES
1) Learners will be able to identify three types of healthy food groups to prevent and control diabetes.
2) Learners will be able to demonstrate appropriate portion sizes of these food groups through two methods of portion control.
3) Learners will be able to state that it is important to eat the same size of meals to prevent and control diabetes.
4) Learners will be able to state high sugar foods and beverages that promote diabetes.

LESSON MATERIALS
- Lesson 2.
- Drama Script.
- Drama Props (see the Script).
- Posters - You Can Prevent and Control Diabetes; El Plato de la Comida Saludable; A Fist of Each Food.
- Large paper or blackboard and chalk/markng pens.
- A large representation of “El Plato de la Comida Saludable”, using either a large paper chart or large plate that has been (see Preparation, below).
- Common foods from each of the food groups, to use as examples on the paper chart or plate.
- Soda pop, other sweet drinks (Tang), sweets, candies, and postres, to use as examples of drinks and foods that increase diabetes.

PREPARATION
- Become comfortable with the materials:
  ✓ Review the Drama Script and Discussion Guide, including the Application & Personal Plan.
  ✓ Review the Posters – You Can Prevent and Control Diabetes; El Plato de la Comida Saludable; A Fist of Each Food.
- Several days before the Lesson, ask two learners to be to read and act out the Script. Make two copies of the Script, one copy for each of them. Ask them to practice the “drama”.
- Collect any “props” needed for the Drama (see the Script).
- To make the large representation of “El Plato de la Comida Saludable”, divide the “plate” into three equal parts. Label each part: Starchy Foods, Protein Foods, and Fruits and Vegetables. If paper is not available, use a large plate, divided into three parts with tape.
- Collect common foods of the three food groups to use as examples on the paper chart or plate.
- Collect examples of sweets and sweet beverages to use as examples of drinks and foods that increase diabetes.
AFTER THE LESSON

- Thank the learners for their participation.
- Tell the learners that you believe they can make the healthy changes that they have identified.
- Thank those who acted the Script for their help. Ask for two volunteers would be willing to read and act the script for the next month’s lesson.
DRAMA LESSON 2:
EATING HEALTHY to PREVENT or CONTROL DIABETES

REVIEW
At our last meeting, we talked about changes that each person could make to prevent or control diabetes – eat healthy foods; eat the same amounts of foods each meal; avoid sweets and sugary drinks; avoid eating too many starchy foods; lose weight if you are overweight; and be physically active.

Show the poster You Can Prevent and Control Diabetes, pointing to each topic.
- What did you change or changes did you make?
- Was it easy or difficult?
- If your change was easy, why?
- If your change was difficult, why? How can you make your change easier to do?

INTRODUCTION
Everyone who wants to prevent or control diabetes has questions about food: what do I eat? What are ‘good foods’ for me to eat? Which foods should I avoid? How much should I eat and when? Today, we will answer these questions, providing you with information and “tools” for healthy living to keep diabetes and its complications away.

DRAMA
- Two volunteers act out the script.

DISCUSSION and PERSONAL PLAN
- Lead a group discussion, using the DISCUSSION questions below.
- As the discussion leader, be sure that the participants talk about the MAIN IDEAS.
- Conclude by asking each person to make a PERSONAL PLAN to set goals for preventing or controlling diabetes.

<table>
<thead>
<tr>
<th>DISCUSSION</th>
<th>MAIN IDEAS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.) What changes has Rosa made to help reduce her risk of diabetes?</td>
<td>1.) Rosa has made these changes:</td>
</tr>
<tr>
<td>Maybe you have diabetes or you know someone with diabetes.</td>
<td>• Less, then no sugar in coffee.</td>
</tr>
<tr>
<td>What foods help you (or your family or friend) control their diabetes?</td>
<td>• Fewer sweet foods, breads.</td>
</tr>
<tr>
<td>List ideas on large paper or a blackboard.</td>
<td>• More activity (walking).</td>
</tr>
<tr>
<td></td>
<td>• Losing weight.</td>
</tr>
</tbody>
</table>
2.) What three types of foods did Maria’s Health Worker recommend she eat?
   • Which did she tell her to eat less of?
   • Which did she tell her to eat more of?

List the main points on large paper or blackboard.

2.) Maria’s Health Worker recommended:
   • Adequate protein food (chicken, egg, frijoles).
   • Less starchy foods (rice, tortillas, potatoes).
   • More vegetables (especially colorful orange, red, and green leafy vegetables).

3.) When making meals, how did Maria and Rosa prepare foods in a healthier way?

3.) Healthy food preparation includes:
   • Cooking with less fat, oil, salt, and sugar.

4.) Maria showed Rosa a way to eat the right amounts of these types of healthy foods, using a plate. What did she show her?

4.) Maria demonstrated how to use:
   • A smaller plate instead of a large plate
   • To divide the plate in thirds. Each third is for one of the three types of healthy foods. See the El Plato de la Comida Saludable poster.

   **Starchy foods** – maiz, rice, whole grain breads
   These foods give us energy for daily activities and work. Too any starchy foods can make diabetes worse and cause people to gain weight, which may also lead to diabetes.

   **Protein foods** – beans, eggs, chicken, meats
   These foods help us grow, maintain health, and heal.

   **Fruits and Vegetables** – green leafy vegetables, carrots, bananas, mangos, oranges and other fruits and vegetables provide vitamins and minerals to stay healthy and avoid illnesses.

   **Note:** People need all three types of foods for good health. For good health and to prevent or control diabetes, eat the same amounts of healthy foods.

   **Practical Application:**
   Use the El Plato de la Comida Saludable Poster as a guide.
5.) Sometimes, we eat from a bowl or without a plate (with our fingers). Can you think of other ways to know if you are eating the same amounts of healthy foods?

Allow learners to suggest their ideas. Then, demonstrate the “Fist of Food” method, using the A Fist of Each Food poster. Have each person practice with various foods from all three types of foods.

6.) What did Maria tell Rosa about coffee with sugar, sodas, juices, Tang, and all drinks with sugar? What could she drink instead of sweet drinks?

List the main points on large paper or blackboard.

7.) What about sweets, candies, postres? Raise your hand if you think that these foods not healthy for us? All right to eat? Can you ever eat these foods?

Everyone think of at least one other health problem can happen if you have too many sweet foods and drinks.

List the main points on large paper or a blackboard.

PERSONAL PLAN (5 minutes):

Everyone think of the important ideas that you learned from today’s lesson! What are they?

List the main points on large paper or a blackboard. Be sure to include all the “Important Ideas” listed to the right.

From this list, what are two changes that you can make this week to live a healthy life to prevent diabetes or control your diabetes?

5.) Ideas:

- **Fist of food** – eat a fist-sized portion of each of the three types of foods. See A Fist of Each Food chart.

6.) Any beverage with sugar promotes diabetes.

Drinks without sugar include:
- coffee and tea with no added sugar.
- pure water (favor it with lemon juice or slices of fruit, cucumber).

7.) **Avoid eating sweet foods or eat them in very small amounts.**

Too many sweet foods can cause diabetes or make it hard to control.

Sweet foods and drinks can also cause weight gain which is also a risk factor for diabetes, heart disease, hypertension, sleep apnea, and some cancers.

**Important Ideas:**

- Eat three types of healthy foods: protein foods, starchy foods, and fruits and vegetables.
- Eat adequate protein foods, less starchy foods, and plenty of colorful (green, red, orange) vegetables.
- Cook with less fat, oil, salt, and sugar.
A.) Raise your hand if you are choosing to make this change.

   As they answer, name each idea on the list.

B.) Now tell the person sitting next to you what changes you will be making.

C.) When you see this neighbor/friend/family this month, support each other on the changes you are making for better health.

D.) When we meet next month, we will share with each other the changes that we are making for better health.

THANK YOU ALL FOR COMING HERE TODAY!

- To eat the same amounts of healthy foods, use these methods: El Plato de la Comida Saludable or Fist of Each Food.

- Sweet foods and drinks promote diabetes.

- Try to avoid or have very few sweet foods and drinks.
DRAMA LESSON 2:
EATING HEALTHY to PREVENT or CONTROL, DIABETES

Setting – Kitchen or main room of a home. Rosa and Maria are sisters, Maria has been diagnosed with diabetes. They are preparing a main meal together.

Props – Two chairs, a table, coffee cups (real coffee optional), large and small plates. Foods: chicken, starchy vegetables (potatoes), rice and beans, tortillas, and vegetables (carrots, greens). Beverages: soda, Tang, fruit juice, water.

SCRIPT:

MARIA: Rosa, I remember that you are trying to eat better and walk more...what’s been happening with that?

ROSA: It was hard to use less sugar in my coffee, but now it tastes fine – I got used to it OK. So, now I am going to try drinking my coffee with no sugar. I’m usually “good” to eat only one piece of pan dulce. I try to eat it (and other sweet foods) more slowly, and that helps me. Eduardo is good about walking with me every day, and I try to walk a longer way to the Mercado. You know, I do feel better, and I think that both Eduardo and I are losing a little weight. It was hard for the first few weeks, but we encouraged each other, and now eating better and walking more is easier.

MARIA: Good for you, Maria! I am really proud of you! You don’t want you to have diabetes as bad as I do. I am doing better now, but I was late in learning what foods to eat, what I’d best not eat, and - especially for me – how much to eat.

ROSA: I need to learn more about eating, too! What have you learned from your Health Worker that you can tell me?

MARIA: Well, she told me that it’s important at each meal to have some protein (like chicken and beans), carbohydrate food (that’s the rice, potatoes, and tortillas) and vegetables that aren’t starchy...where are those? (She gestures or points to the foods, but looks around for veggies). It looks like you have plenty of starchy foods and tortillas, but not many vegetables here, Maria.

ROSA: But this is what we always eat!

MARIA: Sure, but you will be healthier if you eat less of the carbohydrate foods like tortillas, rice, pasta and starchy vegetables like potatoes and more vegetables - especially colorful green and orange vegetables. Do you have any of those around here?
ROSA: Hmm, well here are some carrots, lettuce, tomatoes, spinach... (she pokes around in the refrigerator and pulls out the veggies).

MARIA: Good!! We can make a salad! And, instead of cooking the chicken with potatoes, we can cook the carrots with the chicken, maybe add the spinach at the end of cooking. Those are two easy ways to add vegetables and also have less starchy food like potatoes.

Let’s try it now - let’s cook the chicken with the carrots and onions. We’ll add the spinach when it’s almost done. Also, let’s use much less oil – just a little, because that is healthier for your heart and helps you lose weight, too. (they add a little vegetable oil to a cooking pot, saute chicken, and add onions, carrots, herbs). While we’re talking about cooking healthier, use less salt, Maria - your blood pressure will like that.

ROSA: OK, I can see that I don’t have to change the way I cook, except to use less oil. Also, I don’t have to change ALL the foods I eat, just less of some – like carbohydrate foods - and more of others - like green, orange, and red vegetables.

(later, after the meal is prepared)

MARIA: That’s the idea! Eating well means making healthy choices and preparing food with less fat, oil, salt, and sugar. Here’s another thing: how much you eat of these food is really important to control your blood sugars.

ROSA: Are you telling me now that I have to eat like a mouse?!

MARIA: Oh no! Here, the “Healthy Plate Model” is an easy way to eat the “right” amount of healthy foods: (she picks up two plates – a large and a smaller plate). First, choose a small or regular-sized plate, not a platter, OK? Maybe Eduardo can use the platter, but you pick a smaller plate! Divide your plate into three equal parts. Protein foods like the chicken, beef, egg, even beans go in 1/3 of the plate. Next, your salad or vegetables cover a 1/3 of the plate. Lastly, the carbohydrate foods like rice, tortillas, pasta, and potatoes go on the last 1/3 of the plate. (she demonstrates by dishing the meal onto the plate in thirds)

ROSA: I don’t know if Eduardo is going to like this... can he pile up the tortillas on top of the rice? (she puts 3-4 tortillas on top of the 1/3 carbohydrate section of the plate, covering the rice and tortilla).

MARIA: No. That’s not the idea, Maria... and you shouldn’t use Eduardo as an excuse to eat what you want and how much you really want to eat. You are responsible for your health and he is responsible for his health!

ROSA: Yeah... I know you are right.... I want to ask you – what did your health worker say to drink – I know that soda and coffee with sugar isn’t good for my health, but is Tang OK?
**MARIA**: Good question! She says that drinking ANY beverage with sugar is promotes diabetes. Fruit juice raises blood sugar, too, and often has sugar added to it. You are getting used to coffee without sugar, now try purified water and tea instead of soda, Tang, and juices.

**ROSA**: OK, sister, I promise you that I am going to try to eat foods that are better for me – using this idea of this Healthy Plate Model, divided into thirds. And, I’m going to try my coffee without sugar and drink purified water from now on, instead of Tang and soda.

**MARIA**: I’ll come by in a few days and see how you are doing, Rosa. I don’t want you to have problems with diabetes like I do. Well, let’s enjoy our lunch now. *(they sit down to their meal)*
FACILITATOR GUIDE

DRAMA LESSON 3: HEALTHY FOODS, HEALTHY WEIGHT

TIME: 30- 40 minutes

OBJECTIVES

1) Learners will be able to say that high sugar foods and drinks that increase blood sugar, weight, and tooth decay.
2) Learners will state 2 ways that they can reduce sugary drinks and foods.
3) Learners will identify 5 behaviors that can help them to maintain or to lose weight.
4) Optional: Learners will demonstrate the ‘Pinch Test” or “Making Ends Meet” ribbons for monitoring their waist circumference for diabetes risk.

LESSON MATERIALS

- Lesson 3.
- Drama Script.
- Drama props (see the Script).
- Posters - El Plato de la Comida Saludable, A Fistful of Food, Your Hand as a Guide to Portion Sizes, Healthy Changes (see Weight Management Information & Mini-Lesson).
- Large paper or blackboard and chalk/marking pens.
- Examples of sweet drinks (soda, Tang) and foods (candies, postres) that are common in your community.
- 1 cup sugar, clear glass or plastic cup, and measuring spoon for #1 in the Lesson. Information page, Azucares Escondidos y Diabetes.
- Optional #8 in Weight Management Information & Mini-Lesson and Healthy Changes poster

PREPARATION

- Become comfortable with the materials:
  ✓ Review the Drama Script and Discussion Guide, including the Application & Personal Plan
- Several days before the Lesson, ask two learners to be to read and act out the Script. Make two copies of the Script, one copy for each of them. Ask them to practice the “drama”.
- Collect any “props” needed for the Drama (see the Script).
- Collect the examples of the sweet foods and drinks.
- Prepare for #1 in the Lesson, with a demonstration of the amounts of sugars in foods:
  ✓ Use the information in Azucares Escondidos y Diabetes, found at the end of Lesson 3.
  ✓ Assemble ½ cup sugar, clear plastic cups or glasses, 1 teaspoon measuring spoon.
  ✓ If you use foods that are not in Azucares Escondidos y Diabetes, you can find out how many grams of sugar are in each item using this method: Divide that amount by 4 to know how many teaspoons of sugar are in each item. Example: 1 can soda has 40 grams of sugar. 40 divided by 4 = 10 teaspoons of sugar in the soda.
✓ Make a list of the teaspoons of sugar in your examples, for use in the lesson.

• Practice Your Hand as a Guide to Portion Sizes using the poster.

• Optional #8 in the Lesson:
  ✓ Activity 1 – practice the “Pinch Test” on yourself and willing family!
    OR
  ✓ Activity 2 – Review the Making Ends Meet activity in the Weight Management Information & Mini-Lesson and the Healthy Changes poster.

AFTER THE LESSON

• Thank the learners for their participation.
• Tell the learners that you believe they can make the healthy changes that they have identified.
• Thank those who acted the Script for their help. Ask for two volunteers would be willing to read and act the script for the next month’s lesson.
REVIEW
At our last meeting, we talked about eating three types of healthy foods, using a Plate Model or Fist as guide for how much to eat, using less fat, oil, and sugar in food preparation, and avoiding sweet foods and drinks.

Write this list on large paper or a blackboard.

Review healthy foods with El Plato de la Comida Saludable poster.

• What changes did you make?
• Was it easy or difficult?
• If it was easy, why?
• If your change was difficult, why? How can you make your change easier to do?

INTRODUCTION
Everyone likes sweet treats, yet sugary foods and drinks can promote diabetes.
Today, we are going to talk about ways to eat and drink fewer sweet foods and to choose healthier foods, overall.
How many of you would like to lose a little weight, or have a family member who wants to lose some pounds?
Keeping a normal weight also helps to prevent and control diabetes.
We’ll also talk about ideas to have a healthy weight.

DRAMA
Two volunteers act out the script.

DISCUSSION and PERSONAL PLAN
• Lead a group discussion, using the DISCUSSION questions below.
• As the discussion leader, be sure that the participants talk about the MAIN IDEAS.
• Conclude by asking each person to make a PERSONAL PLAN to set goals for preventing or controlling diabetes.
### DISCUSSION

1. Everyone think of one reason why did Rosa and Maria think that sweets and sugary drinks harmful to your health. What are they?

   Make a list on large paper or the blackboard with their answers.

   **Raise your hand if you agree with __________**
   Point to each answer – see list in Main Ideas.

   Often, we are not aware of the sugar in foods and drinks, because we can’t “see it”.

   **Display:** Show examples of drinks and sweets common/available in that community.
   Demonstrate the amounts of sugar in typical drinks and foods (colas, other sodas, Tang, juices, candies, etc. by measuring the teaspoons of sugar per bottle or serving into a clear cup.
   4 grams sugar = 1 tsp.

2. Raise your hand if you, like Rosa and Maria, are you tempted to eat sweets and drink sugary drinks?

   How did they avoid sweet foods and beverages?

   What are your ideas for eating and drinking fewer (or no) sweet things?

   Make a list on large paper or the blackboard.

   These are all great ideas! Which can work for you? Turn and tell your neighbor.

3. Everyone think of one thing that Maria told Rosa about fruit. What did she tell her?

   Do you remember the ideas that Maria had for eating the “right” portion sizes of fruit? How much should a banana be? A round fruit? A slice of melon?

   Show examples of a banana (1/2) orange (small ball), melon (one inch slice)

### MAIN IDEAS

1. Too many sugary drinks, candies, and other sweet foods can increase your chances of:
   - Diabetes.
   - Overweight and obesity (which can also increase diabetes risk).
   - Tooth decay.

   **Display:** Use the information in **Azucarés Escondidos y Diabetes**, at the end of this lesson.

2. Maria and Rosa tried these ideas successfully:
   - Remembering the long-term health problems that can result from eating and drinking too many sweets. (“You are what you eat”).
   - Ask their family and friends to support their efforts.
   - Have few or no sweets and sugary drinks at home.
   - Serve more fruits and vegetables, coffee and tea without sugar, and water (flavored with lemon or other fruits).

3. Maria advised Rosa to:
   - Fruit is “naturally sweet, a healthier substitute for sugary foods.
   - BUT, too much fruit can raises blood sugar levels.
   - Eat small portions of fruit: ½ a small banana, round fruit the size of a small ball, one inch thick slice of melon.
| What did she tell her about vegetables? | • Choose **colorful vegetables** (red, green and leafy green, orange).
| | • Both fruits and vegetables have **many vitamins and minerals** to keep us healthy.

4.) Eating smaller portions of foods – especially sweet and fatty/fried foods, starchy foods – is better for preventing diabetes and controlling weight.

The sisters talked about two ideas for eating the “right” portions of foods. What are they?

Show the Posters. Quickly review **El Plato de la Comida Saludable**.

Demonstrate each hand portion, referring to **Your Hand as a Guide to Portion Sizes**.

Ask each person to also show appropriate serving sizes using their hand.

Then, state various foods; each person practices the corresponding portion size.

5.) Maria and Rosa talked about weight and diabetes. What did they say?

6.) Everyone think of at least one other illnesses can you prevent, even if you are a healthy weight?

Make a list on large paper or the blackboard.

7.) Everyone think of one way that someone who is overweight can lose weight.

List on the large paper or chalkboard.

| 4.) Rosa and Maria discussed: | • Using **The Healthy Plate Model** (Lesson 2).
| | • Using your hand as a guide to portions.

Refer to Posters - **El Plato de la Comida Saludable** and **Your Hand as a Guide to Portion Sizes**.

**Suggested foods to demonstrate:**
Rice, beans, cheese, chicken or beef, nuts, butter’ their most common foods.

5.) Extra pounds can contribute to developing **diabetes**. To avoid or to control diabetes, it is important to maintain a healthy weight. important to lose weight if you do weigh too much.

6.) A healthy weight will help you to prevent or improve:
| • Diabetes.
| • Heart disease.
| • High blood pressure.
| • Arthritis.
| • Many cancers.

7.) People can lose weight by eating healthy foods in the right amounts and by being active!
| • Eat more vegetables and moderate fruits.
| • Be careful not to eat too many starchy foods (corn, tortillas, rice, potatoes, and breads).
| • Eat smaller portions of foods.
8.) OPTIONAL - not in the Play (as time permits):
   How can you know if you are a healthy weight?

Activity #1: Pinch Test – With two fingers, “grab” your flesh on the side of your body, above your waist. If you can pinch more than one inch of flesh, you probably need to lose some pounds.

OR

Activity #2: Demonstrate the Making Ends Meet waist ribbons. Distribute ribbons. Learners try out their ribbon on themselves. Learners are to take home their ribbon, use as a tool to see if they are losing waist inches.

PERSONAL PLAN
A.) Divide learners into groups of 3-4.
   Ask each group to talk over:

   • **Less sugar** – What are two ways that each of you can drink fewer sweet drinks and eat less sweet foods?

   • **Weight control** – To lose weight or maintain a healthy weight, what are two things that you can do?

   Ask each group to briefly share what their choices for having less sugar and /or losing weight.

   Activity #2: see Weight Management Information & Mini-Lesson - Making Ends Meet Mini-Lesson and Healthy Changes poster.

   • **Ideas to have less sugar** –
     ✓ Choose beverages that do not have sugar: water, tea and coffee w/o sugar added, diet colas instead of colas.
     ✓ Choose fewer or no sweet foods. (candies, postres, chocolates, and ice cream).
     ✓ When you want to eat something sweet, choose small portions.
     ✓ Keep sweet foods and drinks out of your home.
     ✓ Ask support from your family and friends.

   • **Weight control** –
     ✓ Eat more vegetables and fruits.
     ✓ Eat less oils, fats, fried foods, sugary, and starchy foods.
     ✓ Eat the smaller portions.
     ✓ Get plenty of activity- start walking daily with a friend or family member.

Avoid sugary foods and drinks.
• Use small amounts of oil and fats when cooking.
• Be as active as you can!
B.) When you see members of your group this month, support each other on the changes you are making for better health.

C.) When we meet next month, we will share with each other the changes that we are making for better health.

THANK YOU ALL FOR COMING HERE TODAY!
DRAMA LESSON 3:
HEALTHY FOODS, HEALTHY WEIGHT

Setting – Kitchen or main room of a home. Rosa and Maria are sisters, Maria has been diagnosed with diabetes. As the play begins, the sisters walk into the room, carrying grocery bags. They have just returned from a walk to the Mercado.

Props – Two chairs, a table. On the table are a liter of soda, candies, cake or cookies, left from a family gathering the day before. The sisters are carrying a variety of fruits and vegetables in their grocery bags.

SCRIPT:

(The two sisters enter the room, and sit down at the table, setting their bags on the table. Rosa is tired from walking)

Rosa: Oh my!! Thanks so much for walking with me, Maria. You make me walk fast, but that is good for me! You know, now I am looking forward to walking more everyday - it makes me feel better – but walking with Eduardo or you helps me to be more consistent about it.

Maria: And I look forward to this time together with you! Plus, we can go shopping together, which is always nice!

Rosa: Well, I know that I can develop diabetes after eating lots of sugar over many years, but....I also remember that sugar cause tooth decay. I know too many people who have lost their teeth to sugary drinks, candies, and not cleaning their teeth.

Maria: That’s so right! Also, you know that sweets and sugary drinks add extra calories, so people gain weight. And being overweight or obese is still another risk for developing diabetes or – in my case – it can make my diabetes worse.
Rosa: I know all of that, but what do I do when these things are all around me, in front of me like this? My family isn’t helping me to be healthy! And, it’s just difficult, day to day. Do you have ideas, Maria? You have been doing this longer than I have.

Maria: It is hard, but my family was more cooperative when I asked them to help me to control my diabetes. I needed their support. Also, they are at risk for diabetes, so they needed to make healthy food choices, too. Most of all, it is just easier not to have so many sweet drinks and foods in the house! If sweets and postres aren’t around, you will be less likely to be tempted.

Rosa: What about fiestas and when others come to the house with all kinds of postres, cake, soda..? Everyone is just eating away!! Am I just supposed to sit there?

Maria: Well, how do you think that you could avoid so many sweets?

Rosa: (….she thinks a little…..) I suppose that I could serve fruits instead of sweets. Also, I could have cold water with lemon or fruit slices, coffee, and tea (with no added sugar) instead of sodas, Tang, and juices. Then, others and I can have healthier foods and drinks. (she takes out fruits and colorful vegetables out of her grocery bag, putting them on the table).

Maria: Those are good ideas, Maria! Then, you can encourage your family and friends eat better, too. Fruits are naturally sweet, so they can satisfy your sweet cravings, but too much fruit also raises your blood sugar. Be careful to eat a small piece of fruit, like these: (As she talks about each fruit, she picks it up and demonstrates the appropriate sizes) Eat round fruit that is the size of small ball, or ½ a banana, or a one inch thick slice of melon or watermelon..

Rosa: I like fruit, so that could be a good answer for my sweet tooth! If a small piece of fruit will be good for me, I suppose that I could serve vegetables with salsa or guacamole, too? And, I know that vegetables make healthy snacks anytime, too.

Maria: Yes! The best vegetables are the colorful ones, like carrots, peppers, tomatoes, broccoli, even radishes! You can best use leafy green vegetables in salads and soups, though. (she points out colorful veggies). Both fruits and vegetables have many vitamins and minerals that keep you healthy.

Maria: You can and should still enjoy your meals and your family visits, Rosa. Just remember that few of us need to eat sweets and so many starchy foods as we do – it’s just our custom. Make more salads and vegetables, fewer starches and everyone will be healthier! Remember that “Healthy Plate Model” that we talked about?. On your plate today, you’ll have 1/3 of the plate with salad or vegetables, 1/3 filled with eggs, meat, or beans, and 1/3 with ½ cup rice + 1 tortilla. And tea or coffee with no sugar!!
Rosa: I have been using that Plate Model and it does help me! It’s such good way to eat the right amounts of foods, especially to eat plenty of vegetables and fewer starchy foods.

Maria: My Health Worker also showed me another way to estimate portion sizes that are right for me: In addition to the fruit sizes that I showed you, try this: (as Maria demonstrates as she talks, Rosa practices the portions)

For rice, beans – your fist
For chicken, beef, or pork – the palm of your hand
For cheese – your thumb
For nuts or sweets – the cupped palm of your hand
For fats – your upper thumb

Rosa: I like that! The Plate Model and these hand portions will be useful. Eating smaller portions should help me to lose weight, too.

Maria: You have a good point, Rosa - eating healthy foods and better portions help us to control diabetes and lose weight. Losing weight helps to prevent and to control diabetes. Also, when you lose weight, you will lessen your risks for heart disease, high blood pressure, arthritis, and many cancers.

A good recipe for a healthy life is: eat more vegetables and moderate fruits; not overeat starchy foods like tortillas, rice, pasta, and potatoes; eat smaller portions of food; use small amounts of oils in cooking; avoid or have very few sugars in beverages, candies, pastries, and cookies; and be as active as we can!!!!

If all this seems overwhelming, do 1 or 2 of these “rules” until they become habit. Then do 1 or 2 more “rules”. You already have started by walking more, using less sugar in your drinks, and avoiding sweets. What can you try now?

Rosa: I think that I’ll use more vegetables, and eating smaller portions. I’m going to use a smaller plate divided in thirds – that Healthy Plate Model. And be aware of portions using my hand as a guide. And, I plan to keep walking with Eduardo or you – that definitely helps!

Maria: Good for you, Rosa! You’ll feel and look better, I know!
Many foods contain more sugar than you think. Eating foods high in sugar makes it harder for you to manage your diabetes, which may cause serious health problems.

Here is a list of commonly eaten foods that are high in sugar:

<table>
<thead>
<tr>
<th>Food</th>
<th>Calories</th>
<th>Carbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular “Cola” drinks (12 ounces)</td>
<td>152</td>
<td>39 grams</td>
</tr>
<tr>
<td>Kool-aid (12 ounces)</td>
<td>150</td>
<td>38 grams</td>
</tr>
<tr>
<td>Honey (1 Tbsp)</td>
<td>64</td>
<td>17 carbs</td>
</tr>
<tr>
<td>Gelatin (1/2 cup)</td>
<td>83</td>
<td>20 grams</td>
</tr>
<tr>
<td>Hard candy (3 pieces - butterscotch type)</td>
<td>666</td>
<td>16 grams</td>
</tr>
<tr>
<td>Sweetened Cereals (1/2 cup to 1 cup)</td>
<td>Many of these cereals are HIGH in calories, HIGH in carbs, and HIGH in sugar.</td>
<td></td>
</tr>
<tr>
<td>Jelly (1 Tbsp)</td>
<td>51</td>
<td>14 grams</td>
</tr>
<tr>
<td>Canned fruit with heavy syrup (1 cup)</td>
<td>189</td>
<td>51 grams of carb</td>
</tr>
<tr>
<td>Natural Fruit Juices (orange, grape, etc.) (8 ounces)</td>
<td>112</td>
<td>26 grams carb</td>
</tr>
<tr>
<td>Ginger ale (12 ounces)</td>
<td>124</td>
<td>32 grams carb</td>
</tr>
</tbody>
</table>

*Carbs and calories shown are averages. All numbers rounded.

Your goal with diabetes is to keep your blood sugar levels as close to normal as possible. One way to do this is to avoid eating foods high in sugar.

Read food labels carefully when you shop. They are there to help you!
LESSON 4: WHAT ELSE MAY PREVENT and CONTROL DIABETES

REVIEW
At our meeting last month, we talked about ways to have fewer sweet foods and drinks. Raise your hand if you were able to eat and drink no or few sweets and drinks.
- What changes did you make?
- Was it easy or difficult?
- If it was easy, why?
- If your change was difficult, why? How can you make your change easier to do?

We also talked about the importance of losing weight, if you need to lose some pounds. Did anyone try to lose weight? What did you do?

Write their ideas on large paper or a blackboard.

INTRODUCTION
Today, we are going to talk about foods, spices, and beverages that may help you to also prevent or control diabetes. In addition, we’ll learn more about lifestyle choices that can influence blood sugar levels.

ACTIVITY and DISCUSSION and PERSONAL PLAN
- Lead your group through the ACTIVITY, as described below.
- Lead a group discussion, using the DISCUSSION questions below.
  As the discussion leader, be sure that the participants talk about the MAIN IDEAS.
- Conclude by asking each person to make a PERSONAL PLAN to set goals for preventing or controlling diabetes.
THE ACTIVITY

Before the ACTIVITY:
• You will need two large sheets of paper to make signs or two blackboards.
• On the top of one sign/blackboard, write in large letters: PREVENTS DIABETES.
• On the top of the second sign/blackboard, write in large letters: PROMOTES DIABETES.
• Optional: Collect examples of foods from the List of Factors (below) to show as you talk over each
  food or drink.

If using paper, tape the signs on different walls. Be careful that people will be able to walk to the signs
easily.

The ACTIVITY:
Introduction: We are going to play a guessing game: what things help you to prevent and control
diabetes? Or, what things can make diabetes worse?

As I say each item to you, guess how it may influence diabetes.
Then walk to the sign labeled PROMOTES DIABETES or PREVENTS DIABETES.

Practice: First, let’s practice. I am going to read EXERCISE. Well, how many think that it promotes
diabetes? Or helps to prevent diabetes? Which sign do you want to stand by? Move to that sign
now.

Yes, exercise will help you to both lose weight and lower blood sugars, so those of you who chose
to stand by the PREVENTS DIABETES sign are correct. Go to that sign and write EXERCISE.

Activity: Read off each factor in the following order. After your community members have made their
decision (standing by a sign), tell them whether that factor helps prevent or promotes diabetes. Then
you (or a volunteer helper) write the factor on the appropriate sign.

LIST OF FACTORS:

PROCESSED MEATS (bacon, sausages, deli meats)
COFFEE
SLEEP WELL
STRESS
TEA
PICKLED VEGETABLES
FIBER in WHOLE GRAINS
TRANS FATS (hydrogenated and partially hydrogenated fats)
NUTS
OVERWEIGHT or OBESITY
MAGNESIUM in FOODS
LEMON JUICE
**DISCUSSION**

**AFTER THE ACTIVITY:**
You will now have two lists. Discuss each list, first the **PREVENTS DIABETES** sign, then the **PROMOTES DIABETES** sign. Share the **MAIN IDEAS** for each factor.

<table>
<thead>
<tr>
<th><strong>PREVENTS DIABETES</strong></th>
<th><strong>MAIN IDEAS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1.) EXERCISE</strong></td>
<td><strong>1.) EXERCISE</strong></td>
</tr>
<tr>
<td>• What can help you to walk at least 30 minutes a day?</td>
<td>• Walking fast for just 30 minutes a day can keep blood sugars lower for a whole day.</td>
</tr>
<tr>
<td><strong>2.) SLEEP WELL</strong></td>
<td><strong>2.) SLEEP WELL</strong></td>
</tr>
<tr>
<td>• How many hours should you try to sleep?</td>
<td>• Sleeping 7-8 hours a night helps to control your blood sugar.</td>
</tr>
<tr>
<td>• Raise your hand if you have trouble sleeping.</td>
<td>• To sleep better, avoid caffeine late in the day, drink manzanilla tea, exercise, and avoid upsetting thoughts.</td>
</tr>
<tr>
<td>• Everyone think of something they do to sleep better. What are your ideas?</td>
<td></td>
</tr>
<tr>
<td><strong>3.) COFFEE and TEA</strong></td>
<td><strong>3.) COFFEE and TEA</strong></td>
</tr>
<tr>
<td>• You can enjoy coffee and black tea.</td>
<td>• Drink 4-5 cups of coffee a day.</td>
</tr>
<tr>
<td>• Should you add sugar? (NO)</td>
<td>• Enjoy 3-4 cups of black tea (not herbal tea) a day.</td>
</tr>
<tr>
<td><strong>4.) PICKLED VEGETABLES</strong></td>
<td><strong>4.) PICKLED VEGETABLES</strong></td>
</tr>
<tr>
<td>• How many of you like pickled vegetables?</td>
<td>• The vinegar (or acid) in pickled vegetables lowers blood sugars.</td>
</tr>
<tr>
<td>• Raise your hand if you can enjoy them at meals 2-3 times a week? 4-5 times a week? More than 5 times a week?</td>
<td></td>
</tr>
<tr>
<td><strong>5.) FIBER in WHOLE GRAINS</strong></td>
<td><strong>5.) FIBER in WHOLE GRAINS</strong></td>
</tr>
<tr>
<td>• Do you like oatmeal? Bran cereal? Corn and Whole wheat tortillas? Brown rice?</td>
<td>• In addition to keeping blood sugars lower, fiber can help prevent constipation, colorectal cancer, and high cholesterol. More fiber helps you to lose weight by making you feel more full, too.</td>
</tr>
<tr>
<td>• These are all examples of high fiber whole grain foods.</td>
<td></td>
</tr>
<tr>
<td><strong>6.) NUTS</strong></td>
<td><strong>6.) NUTS</strong></td>
</tr>
<tr>
<td>• Snack on raw or roasted nuts.</td>
<td>• Eat a handful of nuts at least 5 times a week.</td>
</tr>
</tbody>
</table>
7.) **MAGNESIUM in FOODS**
- What is Magnesium?
- What foods have magnesium?(write these foods on the sign).

8.) **LEMON JUICE**
- How can you use lemon juice in meals and drinks?

**Brainstorm Menu Ideas:**
Please make groups of 3-4 persons. Think of ways that you can use **PICKLED VEGETABLES**, **LEMON JUICE**, **FIBER in WHOLE GRAINS, NUTS**, and **FOODS with MAGNESIUM** in meals at least one time a day.

Allow them 5 minutes for this activity.

Please share your ideas with the whole group.

As they share, write their menu ideas by each item.

---

**PROMOTES DIABETES**

1.) **PROCESSED MEATS**
- Everyone tell me one example of a processed meat.

2.) **TRANS FATS**
- Can anyone tell me what these are?
- They are ingredients in what sorts of foods?

---

**PROMOTES DIABETES**

1.) **PROCESSED MEATS**
- Sausages, hot dogs, bacon, and many deli meats are examples of processed mats that can worsened diabetes.
- Processed meats can also promote heart disease and some cancers.

2.) **TRANS FATS**
- Trans fatty acids in hydrogenated fats and partially hydrogenated fats can also promote diabetes and heart disease.
- These types of fats are ingredients in Manteca, chips, some candy bars, and snack foods.
3.) **STRESS**
- Be aware that worries and anxieties raise blood sugar levels in people with diabetes.
- Think of a situation or person that causes you stress.
- What is one idea for making that situation less stressful? Or how can you make peace with the person who causes you worries?
- Please share your ideas (generally), if you feel comfortable with that.

4.) **OVERWEIGHT and OBESITY**
- In last month’s lesson, we talked about keeping a proper weight to lower risks of diabetes. Everyone tell me one idea to lose weight or maintain a proper weight.

On the sign, list their ideas below **Overweight** or **Obesity**.

- Everyone please think of other health reasons to avoid being overweight or obese. What are they?

**PERSONAL PLAN (5 minutes):**

Everyone look again at the two lists that we made of things that PREVENT and PROMOTE DIABETES.

From these lists, what are two changes that you can make this week to live a healthy life to prevent diabetes or control your diabetes?

A.) **Now tell you the person sitting next to you** what changes you will be making.

B.) **When you see this neighbor/friend/family this month, support each other on the changes you are making for better health.**

C.) **Let’s go around the room - Everyone please share at least one of the changes that they want to make.**
D.) When we meet next month, we will share with each other the changes that we are making for better health.

THANK YOU ALL FOR COMING HERE TODAY!
FACILITATOR GUIDE

LESSON 4: WHAT ELSE MAY PREVENT and CONTROL DIABETES

TIME: 50-60 minutes

OBJECTIVES
1) Learners will be able to identify 8 foods and behaviors that may lower diabetes risk.
2) Learners will be able to identify 4 factors that may increase diabetes risk.
3) Learners will be able to state how they can implement foods in their meals that may reduce diabetes risks.
4.) Learners will be able to state 2 foods or behaviors that they can implement in their lives to reduce diabetes or the risk of diabetes.

LESSON MATERIALS
• Lesson 4.
• 2 Large paper, tape, and making pens or blackboard and chalk.
• Optional: Examples of foods from the List of Factors.

PREPARATION
• Become comfortable with the materials:
  ✓ Review the Discussion Guide, including the Activity, Discussion, and Personal Plan.
  ✓ Prepare the two signs or blackboard for the Activity (see directions in the Activity).
• Collect any examples of foods from the List of Factors, if possible.

AFTER THE LESSON
• Thank the learners for their participation.
• Tell the learners that you believe they can make the healthy changes that they have identified.