

Unit: Type 2 Diabetes

Objective

Ps will define what type 2 diabetes is, name causes of it, and name ways to control or prevent it.

Materials

- **Teacher notes on organs* (if needed)**
- **Risk Factors and Prevention**
- **Symptoms**
- **Long Term Effects**

Step 1 Warm Up (10 minutes)

Type 2 Diabetes:

- Write *Type 2 Diabetes* on the board and ask the Ps if they know what this is.
- Write this definition on the board:

Type 2 diabetes is a disease in which your pancreas does not produce enough insulin, or your body does not properly use the insulin it makes. As a result, glucose (sugar) builds up in your blood instead of being used for energy.

- Discuss the definition. (Note*: Please refer to the Organs unit for help in understanding the purpose of the pancreas.)
- Explain today you will discuss type 2 diabetes

2 Work out (45 minutes)

Learning about Type 2 Diabetes:

- Ask the Ps what causes type 2 diabetes. Write down anything they think might cause it.
- Make 3 columns on the board. It should look like this:

Things you can't control / medical history and health / lifestyle choices

- Hand out the **Risk Factors and Prevention** – be sure to cut the strips up. Divide the strips up between Ps.
- Ask them to decide which category it belongs in – is it a lifestyle choice, is it something they can't control etc.

- Put all the strips in the right categories and discuss.

Note* African-American, Alaska Native, Native American, Asian-American, Hispanic or Latino, or Pacific Islander-American are the ethnic groups most affected by the disease.

Note * For a healthier diet avoid highly processed carbs, sugary drinks, and trans and saturated fats. Limit red and processed meats.

- Ask the Ps if they know the symptoms of Type 2 Diabetes. List their answers on the board and then hand out **Symptoms** page. Did they get some correct? Discuss.
- Put the word *long term effects* on the board. Do they know what this means? Explain the meaning - *something that happens to our body over a long period of time if we have type 2 diabetes.*
- Hand out **Long Term Effects** and read and go over it together.
- Discuss ways to eat to avoid Diabetes and/or maintain health. Write the following list on the board:

Lose weight. Dropping just 7% to 10% of your weight can cut your risk of type 2 diabetes in half.

Get active. Moving muscles use insulin. Thirty minutes of brisk walking a day will cut your risk by almost a third.

Eat right. Talk to your doctor about a proper diet to avoid or manage Type 2 Diabetes.

Quit smoking. Work with your doctor to avoid gaining weight, so you don't create one problem by solving another.

- Discuss this list. Tell the Ps should they have any questions they can contact the Canadian Diabetes Association.

Step 3 Cool Down (10 minutes)

Check their progress

- Draw a picture of a lady or man on the board. (it can be a stick person). Tell the class this person just got diagnosed with Type 2 diabetes. Ask the Ps to explain the following to this person.
What is type 2 diabetes?
What they can't control, what is their health history and what is lifestyle choices.
What the side effects are?
What can they do to manage it?
Why should they try to manage it? What are the long term effects if they don't?