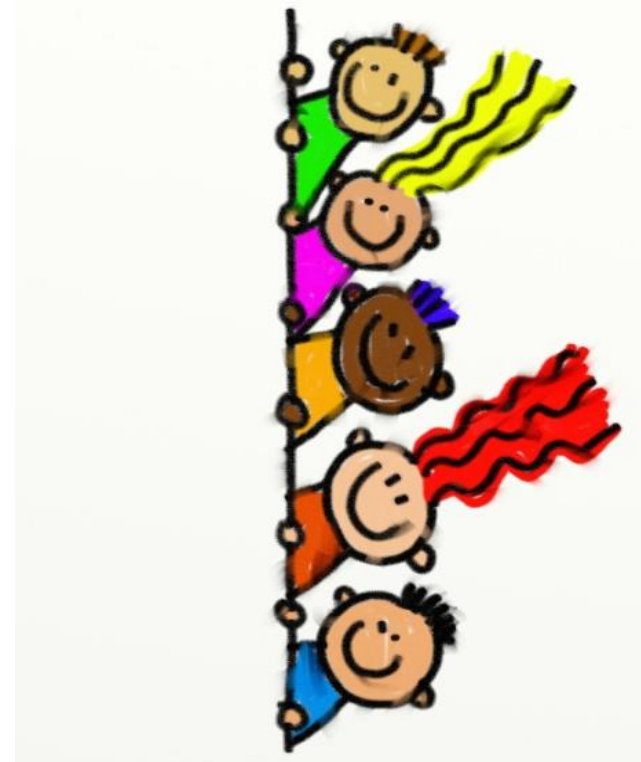

DIABETES & YOUTH

ERNESTINE CLEVELAND, SCHOOL HEALTH EDUCATION COORDINATOR
KAYENTA HEALTH CENTER / HEALTH PROMOTION & DISEASE PROGRAM



AGENDA:

- ❑ Data/Statistics on Youth & Diabetes
- ❑ Audience Question?
- ❑ What is Diabetes?
- ❑ How can you get Diabetes?
- ❑ What does A1c count tell me?
- ❑ Why do young people get Diabetes?
- ❑ What are the EARLY signs of DM?
- ❑ What are some symptoms of DM?
- ❑ Developing Healthy Eating
- ❑ Diabetes Complications
- ❑ What can you do to prevent Diabetes?



DATA & STATISTICS ON DIABETES & YOUTH:

- Over 34 million children and adults in the United States have diabetes
- More than 18,000 youth are newly diagnosed with type 1 diabetes annually
- Nearly 6,000 youth are newly diagnosed with type 2 diabetes annually
- 19-20% Navajo youth are overweight/obese based from NNYRBS survey
- No current DM data for Navajo youth



WHAT DO YOU KNOW ABOUT DIABETES? DO YOU KNOW WHO HAS DIABETES IN YOUR FAMILY?

Before we begin, let me ask several questions.

- Please tell me what you know about Diabetes.
- Does someone in your family have Diabetes?

WHAT IS DIABETES? TYPE I? TYPE II?

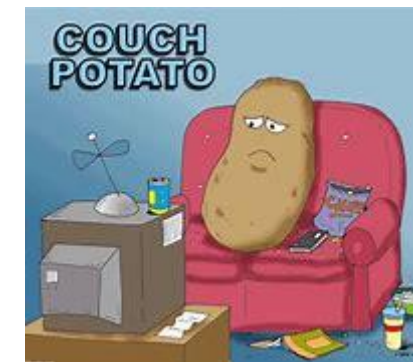


- A metabolic disorder in which the body has high sugar levels for prolonged periods of time.
- Type I diabetes is most often diagnosed in children, teens, and young adults, and now more kids are developing type 2 diabetes. No matter the type of diabetes, good management is important in order to avoid or delay related health complications.
- Type II diabetes, either the body does not produce enough insulin or the cells ignore the insulin. Insulin is necessary for the body to be able to use glucose for energy. Most common in adults.

HOW CAN YOU GET DIABETES?


Causes. Diabetes in children can be caused due to many factors including:

- Hereditary reasons
- Damage in pancreatic cells
- Lifestyle conditions
- Obesity
- Environmental factors.



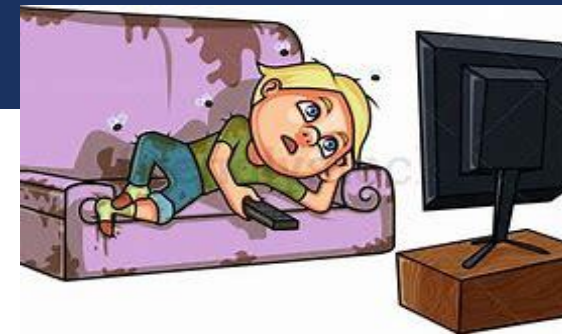
WHAT DOES A1C COUNT TELL ME?

- The A1C is a blood test that tells you what your **average blood glucose levels have been for the past 2 to 3 months**. It measures how much glucose is attached to your red blood cells.



	HbA1c	MEAN BLOOD GLUCOSE	
	test score	mg/dL	mmol/L
	14.0	380	21.1
	13.0	350	19.3
	12.0	315	17.4
	11.0	280	15.6
	10.0	250	13.7
	9.0	215	11.9
	8.0	180	10.0
	7.0	150	8.2
	6.0	115	6.3
	5.0	80	4.7
	4.0	50	2.6

WHY DO YOUNG PEOPLE GET DIABETES?

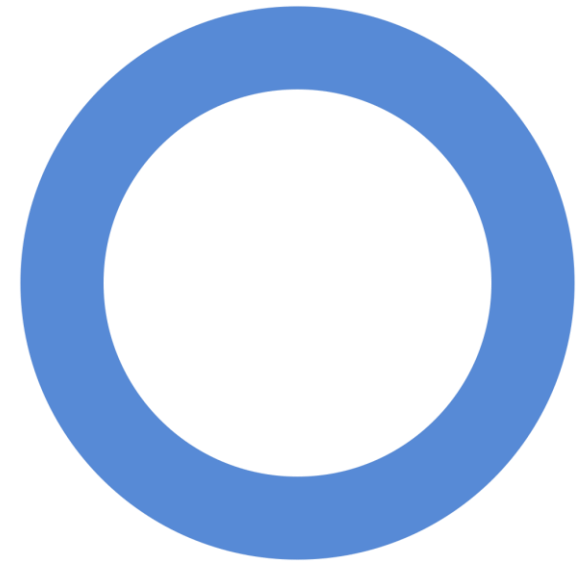


- They get diabetes because they **don't exercise or eat healthy**. Most times, it is passed on from your parents genes and/or they lack discipline in controlling their appetites.



EARLY SIGNS OF DIABETES INCLUDE:

- “Most time people don’t know if they have Diabetes”.
- Signs of early diabetes include:
 - **Numbness in the hands/feet**
 - **Blurry vision**
 - **Frequent urination and cramping.**



WHAT ARE SOME SYMPTOMS OF DM?

- Symptoms of diabetes can be vague or very dramatic, depending on the individual and the type of diabetes. Both type 1 diabetes and type 2 diabetes can present with:
 - Excessive thirst**
 - Excessive urination**
 - Fatigue**
 - Weakness**
 - Weight loss and blurred vision.**

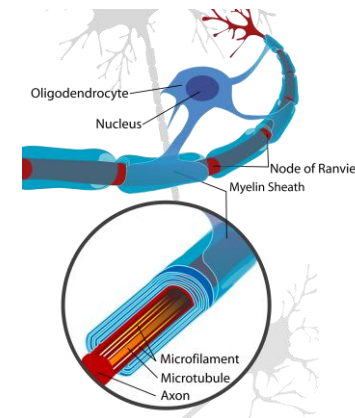
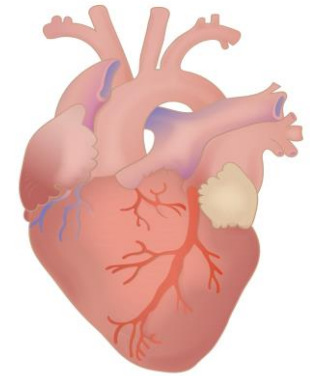
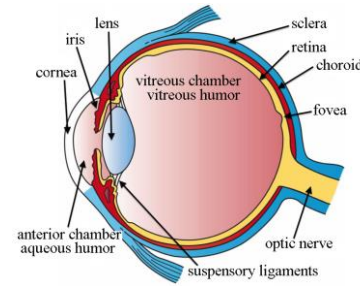
TO HELP CHILDREN DEVELOP HEALTHY EATING HABITS:

- Provide plenty of vegetables, fruits, and whole-grain products.
- Include low-fat or non-fat milk or dairy products, including cheese and yogurt.
- Choose lean meats, poultry, fish, lentils, and beans for protein.
- Encourage your family to drink lots of water.
- Limit sugary drinks.



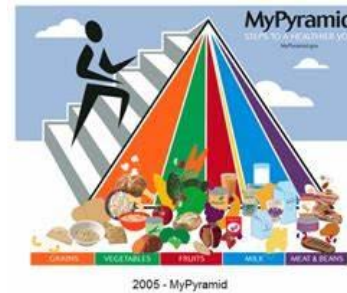
COMPLICATIONS MAY INCLUDE:

- Vision problems
- Dental problems
- Stroke
- Heart Disease
- Nerve Damage



WHAT CAN YOU DO TO PREVENT DIABETES?

- Stay Active
- Play School Sports
- Eat healthy!
- Drink lots of WATER
- Keep it positive—focus on progress.
- Limit screen time to 2 hours a day
- Serve small portions; let kids ask for seconds



SOURCES:

- Center for Disease Control (CDC)
- American Diabetes Association (ADA)
- National Institute for Health (NIH)
- National Diabetes Education Program (NDEP)
- Navajo Special Diabetes Program (DETS)
- Navajo Health Education Program (NYRBS)

QUESTIONS??

- For more information, please contact your local Diabetes Education Program at

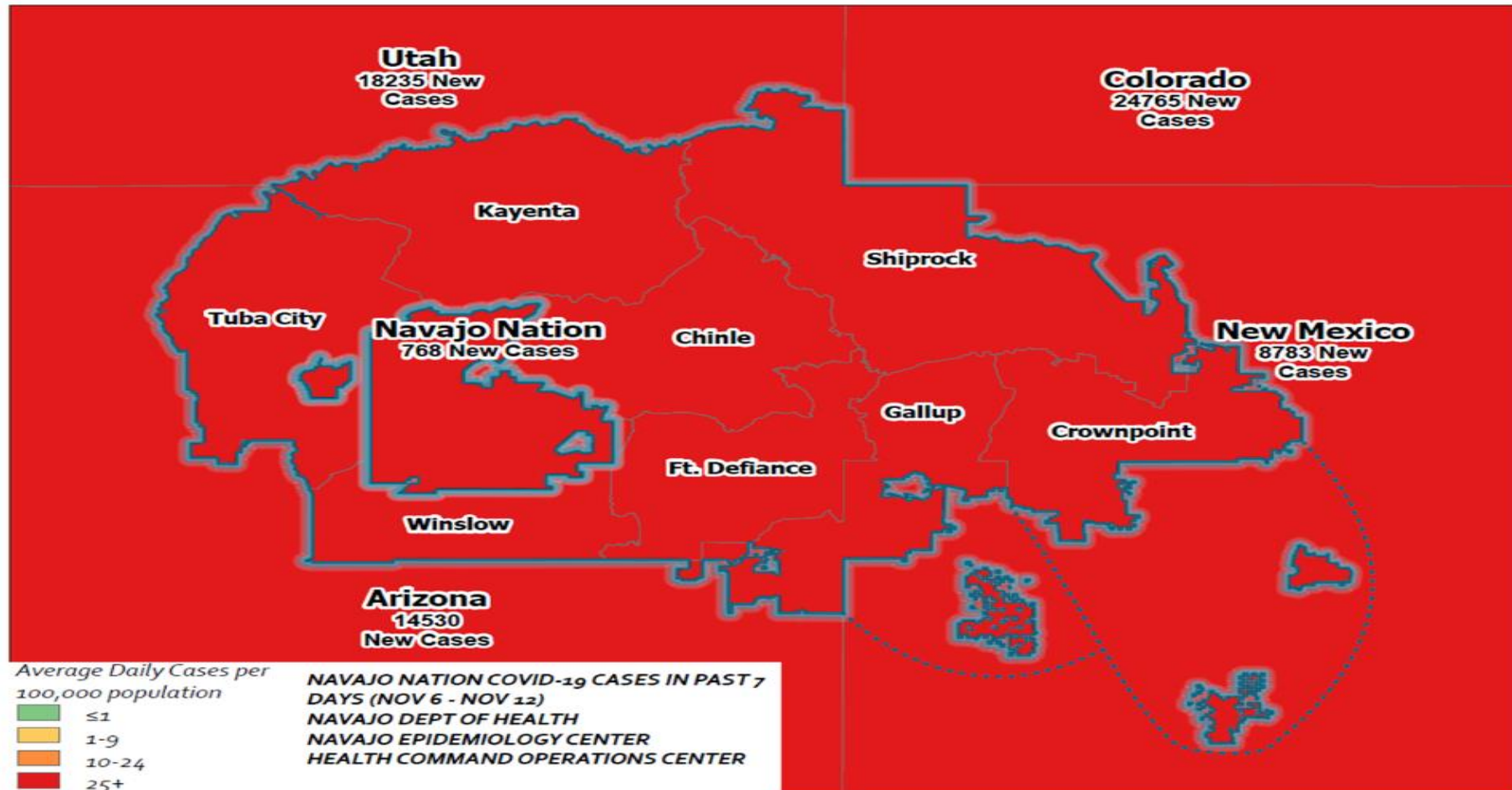
Kayenta Health Center (928) 697- 4463 / (928) 697-4201

Navajo Nation Special Diabetes Program (928) 697-5670

Thank you very much!



NAVAJO NATION COVID-19 INFORMATION



COVID-19 EDUCATION SAFETY MEASURES:

- Wear your MASK! Not below the nose or chin.
- Social Distance 6ft away. Keep convo 15 mins less
- Wash your HANDS or use hand sanitizer.
- Disinfect most touched areas.
- Stay local and no travel outside NN
- No Social gathering! Especially ceremonies such as Kinaalda, Peyote meeting and Yei'bi'chii
- Kids wipe electronic devices before sharing