Promoting Lifestyle Changes for Children with Type 2 Diabetes

Creative Ways to Encourage Healthy Habits in Kids with Diabetes.

By Rae Elizagaray M.S. R.D.

Type 2 Diabetes in Kids

- "For children and teens at risk, health care providers can encourage, support, and educate the entire family to make lifestyle changes that may delay -- or lower the risk for -- the onset of type 2 diabetes. Such lifestyle changes include keeping at a healthy weight and staying active."

From the National Diabetes Education Program (NEDP)
http://ndep.nih.gov/resources/school.htm ????

Risk for Type 2 Diabetes:

- Overweight
- Sedentary
- Family History
- Ethnicity

Why is There an Increased Prevalence of Type II Diabetes in Children?

- High Calorie foods- accessible and cheap.
- Unsafe neighborhoods- can't play outside.
- Video games, computers and T.V. encourage sedentary lifestyles.
- Parents who are uneducated about nutrition pass on bad habits.

What Should We Teach Kids to Prevent/Manage Type 2 Diabetes?

- Eat smaller portions
- Eat low fat foods: Fruits, Vegetables, High Fiber Foods
- Drink water and low-fat milk.
- Teach Label Reading
- To be more active

How to Get the Message Across?

- Teach all students
- Lunch time learning: use tri-boards with visuals.
- Use/distribute USDA Team Nutrition materials.
- Work with Food Service to offer healthier menu choices

Teach all students

- To avoid singling out kids with diabetes
- To prevent other students from developing Type 2 Diabetes.

Lunch time learning: use tri-boards with visuals.

- Lunch lines – a great time for teaching.
- Keep the message simple and short
  - Ex. Drink water and low-fat milk instead of juice or soda.
- Use incentives
  - free snacks, pencils, coloring books, crayons etc. Don't give out incentives until all students have gone through the lunch line. *Ask companies for donations or apply for grants.*

Sample Tri-boards

A CD of the slides and the test tubes for this board can be purchased from the: **Nutrition Council of Greater Cincinnati**

www.nutritioncouncil.org or (513) 621-3262

Sample Dialogue -Rethink Your Drink Tri-board

Have 5-6 students at a time gather around the tri-board as they are standing in the lunch line.

- Start with an Attention grabber
  - **Nurse/Educator:** "Who wants a free gift/snack?"
  - **Students:** "me!" or "I do!"
  - **Nurse/Educator:** "Those who listen and learn will get a free snack/gift."

Dialogue Continued -Rethink Your Drink Tri-board

- **Nurse/Educator**: "Candy has a lot of sugar. Is it a good idea to eat a lot of candy?"
- **Students**: "No!"
- **Nurse/Educator:** "Lots of sugar is bad for your teeth and can make you gain too much weight. Is there a lot of sugar in these drinks?" Point to tri-board with pictures of soda, juice, sweetened tea, each with the number of test tube of sugar each contains.
- **Students:** "Yes."

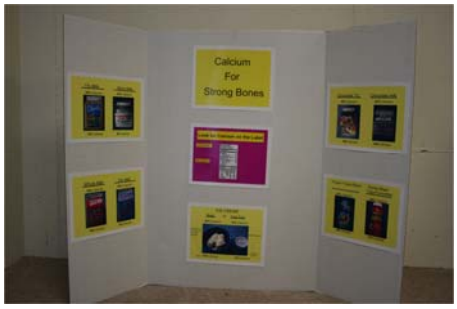
Dialogue Continued -Rethink Your Drink Tri-board

- **Educator/Nurse:** "What would be a healthier drink?"
- **Student:** "Juice?" Usually someone says this even though the board shows that juice has a lot of sugar.
- **Educator/Nurse:** "Doesn't Juice have a lot of sugar?" Point to the fruit juice picture.
- **Students:** "yes"
- **Educator/Nurse:** "It is better to eat a piece of fruit than to drink juice. Point to the board again. "Which drink doesn't have any sugar?"
- **Students:** "Water"
- **Educator/Nurse:** "Yes! Water is a great thing to drink. What if I want strong bones? What else could I drink?"

Dialogue Continue
-Rethink Your Drink Tri-board

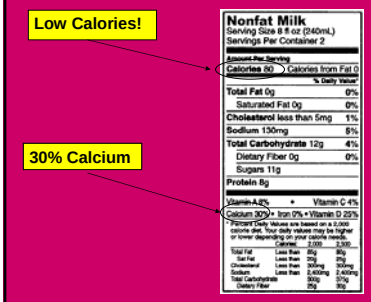
- **Students:** "Milk"
- **Educator/Nurse:** "Milk is great for strong bones, but look for skim milk or 1% milk because these have fewer calories. What happens if we eat too many calories?"
- **Students:** " You get fat."
- **Educator/Nurse:** Rephrase using neutral language, "Yes,If we eat too many calories, we can gain weight."

Sample Tri-boards



Board created and designed by Rae Elizagaray M.S. R.D

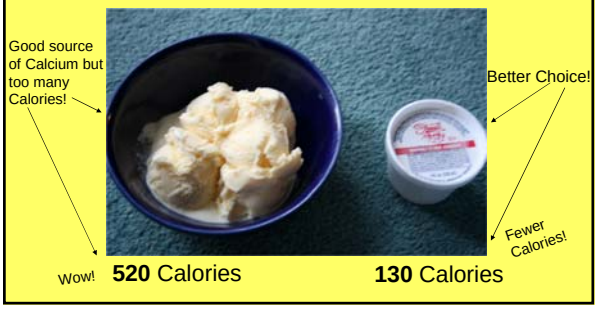
Look for Calcium on the Label



ICE CREAM

Bowl vs. 4 oz Cup

40% Calcium **10%** Calcium



Sample Tri-boards

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Portion Sizes

- The Calcium Tri-board was used to teach students at a local Cincinnati middle school about:
  - To eat high calcium, low calorie foods to build strong bones.
  - To eat appropriate portion sizes.

Portion Size
-Calcium For Strong Bones Tri-board

Show students a picture of a bowl of ice cream next to a small cup of ice cream.

- **Nurse/Educator:** "It is o.k. to eat Ice Cream?"
- **Students:** "yes"
- **Nurse/Educator:** "Yes it is o.k. to eat ice cream, but which size should I eat?"
- **Students:** "the cup"
- **Nurse/Educator:** "Yes, because even though the bowl of ice cream has more calcium, it has too many calories."

Become a Team Nutrition School

- "As a new Team Nutrition School, you will receive a resource kit (while supplies last) of materials to help you plan and carry out activities for your students and their families. Additional Team Nutrition materials can be purchased from the National Food Service Management Institute (1-800-321-3054). You also have the opportunity to use the Team Nutrition Web Page where you can share your success stories and learn what other Team Nutrition Schools are doing. "

http://teamnutrition.usda.gov/team.html

Apply for Team nutrition grants

From 1995 through 2006, the efforts by State agencies receiving TN Training Grants have resulted in:

- Many Child Nutrition Program foodservice personnel receiving training and technical assistance to enable them to prepare and serve nutritious meals that appeal to students.
- The use of many USDA developed TN materials to assist foodservice staff in serving nutritious meals that meet the Dietary Guidelines for Americans. Creating a healthy school environment using the USDA's resource, Changing the Scene: Improving the School Nutrition Environment: A Guide to Local Action.

http://teamnutrition.usda.gov/grants.html

Additional Uses of Team Nutrition Grants have Included:

- Collaborating with other State agencies and organizations to achieve the Team Nutrition goal and to assist school districts in establishing Local Wellness Policies.
- Many mini grants to local school districts to assist their efforts to promote healthy eating and physical activity.
- Efforts to integrate nutrition education into students learning content standards, including trainings and workshops provided to teachers.

http://teamnutrition.usda.gov/grants.html

Resource Library

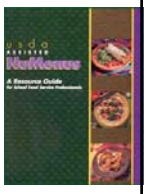
Assisted NuMenus Guidance: School Lunch and Breakfast

This manual is designed to assist local school food authorities with menu planning. The manual provides two 5-week lunch cycle menus (Grades K-6 and Grades 7-12), as well as one 1-week breakfast cycle menu. It also includes standardized recipes, generic food product descriptions, food preparation methods and nutrient analysis.

Printed: September 1996

Distributed: directly to state agencies for requests by school districts and schools in a quantity of one per school.

Available: for purchase from NFSMI. Call 1-800-321-3054.



http://teamnutrition.usda.gov/Resources/assisted_numenus.html

Work with Food Service to:

- Offer skim or 1% Milk
- Offer baked chips and other healthy choices.
- Check labels of foods offered if Ready to Use.
- Offer appropriate portion sizes
- Offer healthy choices in vending machines
- Make use of Team Nutrition Materials

Get Parents Involved.

- Hold after-school workshops for parents.
  - Show parents what you are teaching students. This will not upset parents by implying that they do not already know the information.
  - Use tri-board displays that were used in the cafeteria. Encourage them to practice good nutrition at home with the entire family.
  - **Avoid telling kids that they need to lose weight. Focus on being healthy and feeling good**.

Ideas for Getting Parents to Attend After School Nutrition Programs.

- Invite all parents
- Send home a letter that has to be read and signed by parents acknowledging that they know about the workshop. Give incentive such as free pencil to students that bring in signed letter.
- Offer raffle of a grocery store gift card or free pizza as incentive. Offer calorie info on pizza.
- In addition, call parents of the children with diabetes and children at risk for Type 2 diabetes to invite them to attend.

Innovative Ways Ohio Schools Encouraged Exercise and Nutrition

- Cincinnati Public schools, Norwood High School and Bond Hill elementary school received grants to purchase DDR (Dance Dance Revolution) for use in school.

Innovative Ways Ohio Schools Encourage Exercise and Nutrition

Get Students Involved

- Loveland, Ohio: Student leadership council was involved in changing the ala carte menu to offer healthier choices.
  - Taste tests: Students were asked to taste healthy ala carte options and asked which items they would buy.

Resources

- **USDA Team Nutrition** – apply for grants; become a team nutrition school http://www.fns.usda.gov/tn/
  - Menu Planner for Healthy Schools http://teamnutrition.usda.gov/Resources/menuplanner.html

Resources

- **NDEP (National Diabetes Education Program)**
  - **Resources for School Personnel** http://ndep.nih.gov/resources/school.htm
  - **School Nurse Newsletters -** http://ndep.nih.gov/resources/SchoolNurseNews.htm
  - **Resources for School Personnel** (including ready to use Handouts) http://ndep.nih.gov/resources/school.htm

Resources- posters, software

- Learning Zone Express
  http://www.learningzonexpress.com/
  - **Posters** (e.g. portion distortion, eat more eating light,eating breakfast) $14.95
  - **Web Based Lesson Plans Food & Nutrition** - 50 self directed lesson plans for students. $20
  - **Nutrition Labels PowerPoint software –** reading nutrition labels, activities, nutrition label quiz, related websites. $49.95

Sample Poster from Learning Zone Express

Purchase for $14.95 at http://www.learningzonexpress.com/

Resources- Student Incentives

- Inexpensive themed pencils, erasers etc.
  E.g. 144 animal print pencils for $19.95
  http://www.forteachersonly.com/