

Overview:

Kerri Knippen's lecture, "Diabetes," describes Diabetes' effects and prevention, particularly for women. Knippen goes into detail regarding risk factors associated with diabetes, and why it should be treated.

Summary:

Dietician Kerri Knippen reviews the risk factors associated with diabetes, especially those in women, and suggests preventive measures related to lifestyle changes in this excerpt, "Diabetes Risks and Management." Diabetes management and prevention through lifestyle changes can be characterized by increasing physical activity, losing weight, managing stress and improving diet. Knippen uses a highway metaphor to explain the effects diabetes has on the body.

ODE 9-12 STANDARD 1: *Health; Topic 1, Nutrition; Topic 2, Exercise and Lifestyle Choices*

ODE 9-12 STANDARD 2: *Science; Course, Human Anatomy and Physiology; Topic, AP.AE: Absorption and Excretion, 1 Digestive System*

Discussion Questions:

1. Do you know anyone with diabetes? Give clear examples of how diabetes affects them.
2. What is the difference between type 1 and type 2 diabetes?
3. If diabetes is not diagnosed and treated, what are some long-term effects that may occur?

Activity:

1. Ask students to monitor and record their physical activity for one week.
2. Brainstorm a list of sports or everyday activities that students might engage in to become more physically active -- in school and at home.
3. Read the following list of activities aloud to students and ask students to jump if you mention a healthy activity and to squat if you mention an unhealthy activity: playing video games (squat); watching TV (squat); playing catch (jump); taking the elevator (squat); taking the stairs (jump); eating 3 pizzas (squat); eating fruits and veggies (squat); Raking leaves – (jump); washing the car (jump); drinking water (jump); drinking soda pop (squat); smoking cigarettes (squat); and shoveling snow (jump).

Resources:

Diabetes – An Epidemic: <https://wgte.pbslearningmedia.org/resource/in-defense-of-food-clip-07/diabetes-an-epidemic-in-defense-of-food/#.WxbAgC-ZNmA>

Preventing Diabetes with Exercise: <https://wgte.pbslearningmedia.org/resource/envh10.health.diabetes/help-prevent-diabetes-with-exercise/#0>

Facts about Diabetes: http://schoolwalk.diabetes.org/swfd/swfd_mshs_attach.pdf

