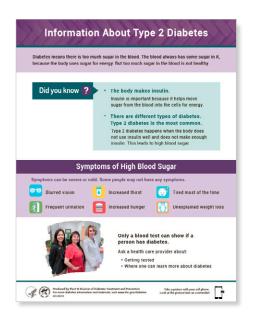
# **Lesson Plan: Information About Type 2 Diabetes**



# **Q** Handout and Key Points

Handout to use: Information About Type 2 Diabetes

This one-page education handout is designed to complement the conversation between the educator and participant. Download or order copies at no cost using the link above.

### **Key Points to Discuss:**

- What is Diabetes?
- The body makes insulin.
- Type 2 diabetes is the most common.
- · Symptoms of high blood sugar.
- Only a blood test can show if a person has diabetes.

# **Objectives and Goal Setting**

### **Objectives**

By the end of this lesson, the participant will be able to:

- Define diabetes.
- 2. Describe that having too much sugar in the blood is not healthy.
- Discuss the role of insulin in type 2 diabetes.
- 4. Identify the symptoms of high blood sugar.
- 5. Recognize only a blood test can show if you have diabetes.

### **Goal Setting**

Participant will be able to discuss diabetes information with their healthcare provider and set a goal as appropriate.



### **Information About Type 2 Diabetes**



# **Educator Resources**

### IHS Division of Diabetes Treatment and Prevention Resources

- A variety of materials can be found on the <u>Division of Diabetes Clinician Resources</u> and <u>Standards of Care</u> for Diagnosis of Type 2 Diabetes and Prediabetes websites.
- Search the Education Materials and Resources Online Catalog for materials and resources featuring American Indian and Alaska Native people.
- Integrating Case Management Into Your SDPI Diabetes Best Practice [PDF 290 KB] Use this Case Management guide to assist you in meeting the health needs of individuals in your clinic and community diabetes programs.
- Integrating Diabetes Self-Management Education and Support Into Your SDPI Diabetes Best Practice [PDF – 275 KB] – Explore strategies and tools to enhance DSMES in your diabetes program.

### Looking for additional materials?

- NIH: Diabetes Tests and Diagnosis
- NIH: Diabetes Overview



# Participant Materials and Handouts

#### IHS Division of Diabetes Treatment and Prevention Resources

Search the Education Materials and Resources Online Catalog for materials and resources featuring American Indian and Alaska Native people.

- Information About Type 2 Diabetes
- Know Your Numbers: A1C and Blood Pressure
- Tips for Managing Blood Sugar
- Working With the Diabetes Health Care Team
- **Diabetes Basics**

