

# Lesson Plan: Information About Type 2 Diabetes



## Key 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:

1. Define diabetes.
2. Describe that having too much sugar in the blood is not healthy.
3. 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 [Division of Diabetes Clinician Resources](#) and [Standards of Care 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

