

Diabetes Task Force

The Department of Education assembled a Diabetes Task force in response to House Concurrent Resolution 14. The resolution directed the Board of Elementary and Secondary Education to develop and implement an age and grade-appropriate curriculum for diabetes awareness education in all local public schools.

Educational materials. The Task Force reviewed educational materials currently available to increase awareness of diabetes among students, parents, school faculty and staff. The review of resources is attached on page two of this document. Overall, no one item appeared to meet all of the criteria concerning content and appropriate activities. The resources were reviewed by a Diabetes Task Force based upon evaluation tools that is included on pages 8 and 9 of this report. Beth Reames from the LSU AgCenter is developing a lesson to be used by 4-H Agents at Club meeting for students in grades 4-12.

Recommendations. Because no one item met all of the criteria concerning content and appropriate activities, the Task Force recommends that the Legislature provide funding for the development of age-appropriate lessons and materials. The cost should be about \$500 per lesson. The lessons would be posted on the Department of Education's Making Connections website.

Other Activities:

Screening. Screening for diabetes was addressed through Project for a Healthy Environment to Assist Learning in Schools (Project HEAL), created in response to Senate Concurrent Resolution 20. The committee reviewed current statutory and regulatory requirements for health screenings and procedures in schools. A report was submitted to the Board of Elementary and Secondary Education in February 2003.

Diabetes Awareness Month. November 2002 was designated as Diabetes Awareness Month in the Department of Education.

School Food Service Professional Development. Beth Reames, Louisiana Cooperative Extension Service, presented information on carbohydrate counting to School Food Service Directors at its annual Spring Conference in February 2003.

DIABETES MATERIALS REVIEW

Resource Name	Grade Level	Average	Comments
American Academy of Pediatrics www.aap.org Resource ✓	All		Website. Good resource.
American Diabetes Association Website (http://www.diabetes.org) Resource ✓	All	10	Website. Excellent materials available online for all levels. Examples of pages include: 1. Your Child Has Type 1 Diabetes ... What you should know 2. Parents and Kids page 3. Children and Diabetes
American Dietetics Association www.eatright.org Resource ✓	All		Website. Good resource.
Being Healthy Rocks (2002) Source: International Diabetes Publishing Park Nicolette Health Source http://www.idcpublishing.com/ (888) 825-6315 Resource ✓	3-6	7	Not focused on diabetes. Includes nutrition & activity.
	3-12	7	Good resource. Nothing on symptoms. Nothing to identify this for diabetes.
Centers for Disease Control and Prevention www.cdc.gov Website Resource ✓	All		Website. Good resource.
Children With Diabetes – Information for teachers and child care providers (2001) Source: American Diabetes Association http://www.idcpublishing.com/ (800) 342-2383 Pamphlet Order code: 5958-01	Faculty and adults	8	Good resource. Did not mention symptoms.
			Small narrow pamphlet, easily stored and accessed. Excellent source of information. Diabetes Health Care Plan.
Children With Diabetes web site www.childrenwithdiabetes.com Resource ✓	K-4	13	Website. Good for resources and instruction use.

Resource Name	Grade Level	Average	Comments
Diabetes and You (1994, reprinted 1997) Source: Pfizer Pharmaceuticals (800) 646-4455 Resource ✓	9-12	8.33	Good basic information on Type 2. More for management than awareness. Covers all races. Spanish section. All simply written. Provides categories and examples. Free from Pfizer.
	Faculty, nurse	8	No hands-on activities. Recommend for faculty.
Diabetes Overview (2002) Source: National Institute of Diabetes, Digestive, and Kidney Disease (NIDDK) Available online: http://www.niddk.nih.gov/health/diabetes/diabetes.htm (800) 860-8747 NIH Publication No. 02-3873 Resource ✓	9-12	8	Use as a possible resource, not curriculum.
The Down Syndrome Nutrition Handbook (2002) Author: Joan Guthrie Medlen Publisher: Woodbine House (800) 843-7323	Sp. Pop/ K-4	9	Very good activities; mainly for educators. Best for special education students. Excellent handouts, graphics, and activities. Chapters 7, 10, 13, 14 and activities are useful.
	9-12	10	Section on diabetes and nutrition education is strong. Resource.
Getting Started. We have Diabetes Too! (1998) Source: Becton & Dickinson www.bd.com/diabetes 1-800-237-4554 Resource ✓	5-8	9	Free. Resource only.
Growing Up With Type 1 Diabetes (2001) Source: Krames/ Staywell Health and Safety Materials http://www.krames.atmedica-asia.com/ (800) 333-3032	5-8	11.5	Better as a resource for Type 1 Diabetes. Excellent resource. Good for 7 and 8 grade.
	9-12	10.75	Good vocabulary. Good for newly diagnosed Type 1 only. Free. Comic book format. No activities. Made out of <i>heavy</i> paper.

Resource Name	Grade Level	Average	Comments
A Guide for Managing Diabetes in School Settings (1991, revised 2002) San Diego Association Diabetes Educators P.O. Box 880075 San Diego, CA 92168 Resource ✓	9-12	9	
	Nurse	9.5	Mostly for school personnel who need process for management. All management; good resource for nurses. Can be used in communication with parent that any child can be susceptible to diabetes.
Health in Action American School Health Association (August/September 2002) www.ashaweb.org Volume 1, number 1 Resource ✓	School Staff & Faculty	6	All for parents, teachers, and faculty. Good resource. Nothing on awareness.
	9-12	9	Excellent overall information for all teachers and school personnel to understand DM 1 and 2. Specific reference to school responsibility.
Hyperglycemia/ Hypoglycemia (800) 241-4925 Pritchett and Hull Associates www.p-h.com Item numbers 445 and 446	All	5	Good on symptoms of hyper and hypoglycemia. Easily replicated.
	K-4/ 5-8	4	Cartoons; coloring sheet for manipulatives; strictly for students; can be copied; great coloring sheet; hands-on activities.
It's Time to Learn About Diabetes (1995) and It's Time to Learn About Diabetes -- A workbook on diabetes for children (1995) Includes an 18 minute video and accompanying workbook Author: J. Betschart Source: International Diabetes Center http://www.idcpublishing.com/ (800) 637-2675 or Chronimed Publishing 1-800-848-2793 Resource ✓	K-4 .	10.1	Adopt for grades 3 and 4. Teachers could use the first 10 minutes of the video for basic information as an activity or resource. The video is highly engaging. Excellent models and scenarios. Symptoms not clearly stated but sprinkled throughout. First part is on awareness; the last part goes into management. Good resource for management. Excellent teacher resource. Good activities. Written to be easily understood by early elementary students.
	5-8	8	First section would be helpful for awareness. Designed for kids, but adults could benefit. Management rather than awareness.

Resource Name	Grade Level	Average	Comments
My Food Plan for Kids and Teens (1998) Source: International Diabetes Center http://www.idcpublishing.com/ (800) 637-2675	5-8	8	Good for teaching nutrition concepts to students. Features carbohydrate counting.
National Institute for Diabetes, Digestive, and Kidney (Website) www.niddk.nih.gov/health		10	Website. Resource for middle and high schools.
PEDS (Pediatric Education for Diabetes in School: A Resource for Schools and Communities (2002) Author: M. Zombeck Source: PADRE Foundation (714) 532-8330 www.pedsonline.org www.padrefoundation.org Resource ✓	5-8	7	Good for reference and mgt. guide for faculty, health care team, parents.
	9-12	9	May need to be adjusted to make this resource grade-appropriate. Good section on basic information.
	Faculty and Nurses	6	Good PowerPoint is included on a CD, but too long. Good resources. Appropriate to be used for a presentation for school personnel and educators.
Rufus Comes Home (1998) Author: K. Gosselin Publisher: Jay Jo Books, LLC P.O. Box 213 Valley Park, MO 63088-0213 www.jayjo.com	K-4	9	Words are defined at student level. To use as an additional resource. Good awareness that can be understood by younger students and can be an excellent teacher resource.
A Coloring Book (1997) Source: Novo Nordisk (800) 727-6500	K-4	9	Hands on coloring book. Info. best for young students. Easily copied. Excellent resource for PreK-4
Sugar Was My Best Friend (1998) Peacock, C, et. al. Publisher: Albert Whitman and Co Resource ✓	5-8	4	Use as a resource only.
Staying In Balance with Type 1 Diabetes: An Introduction to Type 1 Diabetes for Kids and Their Parents (video) (2002) Source: Milner-Fenwick, Inc. (800) 432-8433 Resource ✓	K-4		This 17-minute video could be used as a tool for in-service staff and parents.

Resource Name	Grade Level	Average	Comments
Taking Diabetes to School (1998) Author: Kim Gosselin Publisher: Jay Jo Books, LLC P.O. Box 213 Valley Park, MO 63088-0213 www.jayjo.com	K-4	10	Easy to understand. Accurate. Good teacher resource. Lacking awareness and symptoms. Partial vocabulary. Reading the book could be an activity.
Teenagers With Type 1 Diabetes Mellitus: A Curriculum for Adolescents and Families (2000) Authors: P. Johnson, et. al. Source: American Diabetes Association (800) 232-6733 http://store.diabetes.org	5-8		A curriculum; excellent hands-on activities. Designed for teens, but appropriate for 7-8 grades. Excellent resource for management, not awareness.
	9-12	10	Limited to newly diagnosed Type 1 only. Excellent management tool. Some excellent activities and information can be pulled out for training awareness.
Type 1 Diabetes and Your Child (2001) Source: Krames/ Staywell Health and Safety Materials http://www.krames.atmedica-asia.com/ (800) 333-3032 Resource ✓	9-12	8.5	Simply written, excellent diagnostic, geared for parents and child/teen. Excellent for parent information and diagrams. Good for developing lesson plans. Awareness, education, and management.
Understanding Insulin-Dependent Diabetes (2000, 9 th edition) Author: H. Peter Chase MD Source: The Guild of the Children's Diabetes Foundation at Denver (800) 695-2873 Resource ✓	5-7	6	This book covers management concepts of diabetic students. More of a management tool. Chapters 1-3 covers awareness in detail.
	9-12	11.25	Good information. Easily copied by teachers. Good resource for teachers. Good graphics, explanations, and definitions. Use first few chapters for awareness if developing curriculum. More of a management tool. Chapters 1-3 covers awareness in detail. Excellent for 9-12 grades, parents and for preparing curriculum. Vocabulary list with each chapter. Some record forms are included. Chapter 22 – The School and Diabetes. Chapter 16 – Family Concerns. For limited use.

Resource Name	Grade Level	Average	Comments
Walk For Diabetes Source: American Diabetes Association www.diabetes.org/schoolwalk (888) 342-2383	All		Fund-raising and educational activity.
Wisdom Kit Source: American Diabetes Association www.diabetes.org/wizdom . (800) DIABETES Resource ✓	3-8	11	Excellent for parents, teacher, faculty. The teacher needs to develop activities. Very complete.
	5-8	11.67	Management. Could use as a resource for 7 and 8 grades. Very colorful. No activities, but materials could be incorporated. Free to children with diabetes; \$50 for others.
	9-12	9	
Your Guide for Diabetes: Type 1 and Type 2 (2002) Source: National Institute for Diabetes, Digestive, and Kidney Diseases http://www.niddk.nih.gov/health/diabetes/diabetes.htm Resource ✓	9-12	9.67	Available online. Good information for awareness. No activities; technical but solid information; good resource for teachers. Excellent information on all areas of diabetes. Could be used for awareness and management.

Essential Diabetes Topics

Rate each topic on a range from 1 to 5 as to the level of importance to include in a diabetes curriculum. A rating of “1” indicates low, a “3” indicates moderate, and a “5” indicates high level of importance.

Topic	Average ratings from Task Force Members
1. Definition of Diabetes	1. <u>5.0</u>
2. Types (1 and 2)	2. <u>4.4</u>
3. Causes	3. <u>4.1</u>
4. Symptoms	4. <u>4.9</u>
5. Risk factors	5. <u>4.5</u>
6. Basic information about treatment, i.e., healthy eating, physical activity, medications (insulin for type 1 and oral med and/or insulin for type 2)	6. <u>4.1</u>
7. Diet and exercise for weight control	7. <u>4.5</u>
8. Eating a balanced diet	8. <u>4.2</u>
9. Contact sources if they suspect they might have diabetes (who to go to if they suspect they have diabetes)	9. <u>4.0</u>
10. What to expect at the doctor's office	10. <u>2.8</u>
11. Where to get information about diabetes, including web sites	11. <u>3.6</u>
12. Providing an environment that is conducive to diabetes management	12. <u>3.8</u>
13. Note to parents and educators	13. <u>4.5</u>

Comments:

- Which grade levels will be taught?
- How will teachers be in-serviced on this topic?
- Combine item #2 with #1.
- Items 7 and 8 are similar; basic healthy eating and physical activity guidelines should be emphasized for all children.
- Perhaps not to emphasize weight control for children – just healthy lifestyles that would lead to achieving and maintaining a healthy weight

Topics to add:

- Resources that may be available for provisions of support to parents/caregivers in the areas of meal planning (school dietitian) general health care (school nurse).

**EVALUATION CRITERIA FOR THE SELECTION
OF DIABETES INSTRUCTIONAL MATERIALS
(Curriculum Evaluation Form)**

NAME OF EDUCATIONAL MATERIAL

PUBLISHER OR SOURCE

GRADE LEVEL

Rate the materials you are evaluating **by checking whether** the item content meets the following criteria.

Each item marked yes counts as one point. At the end of the page, add up the points.			
	Yes	No	Comments
1. Concepts and accompanying information are accurate.			
2. Skills and concepts are developed logically and sequentially.			
3. Materials and strategies are grade-appropriate.			
4. Provides a balanced representation of people and points of view regarding issues such as race, ethnicity, gender, religion, environment, business, industry and political orientation.			
5. Key vocabulary words are identified through definitions.			
6. Clarifies, explains, and connects basic concepts.			
7. Information is presented in manageable format.			
7. Includes some concise activities and/or mini-labs that support information taught and can be used in short time frames.			
9. Materials engage and motivate students using components such as real-life scenarios, simulations, investigations, anecdotes and technology.			
10. Opportunities are provided for concepts to be presented at multiple levels of difficulty for a variety of learning styles.			
11. Includes information for parents, teachers, and faculty.			
12. Materials are of durable construction or easily replicated.			
13. Materials align with State content standards and assessments.			
TOTAL NUMBER OF YES RESPONSES			

I vote to recommend or reject this submission. (Please circle one.) *Adopt* *Reject*

Name of Reviewer

Date