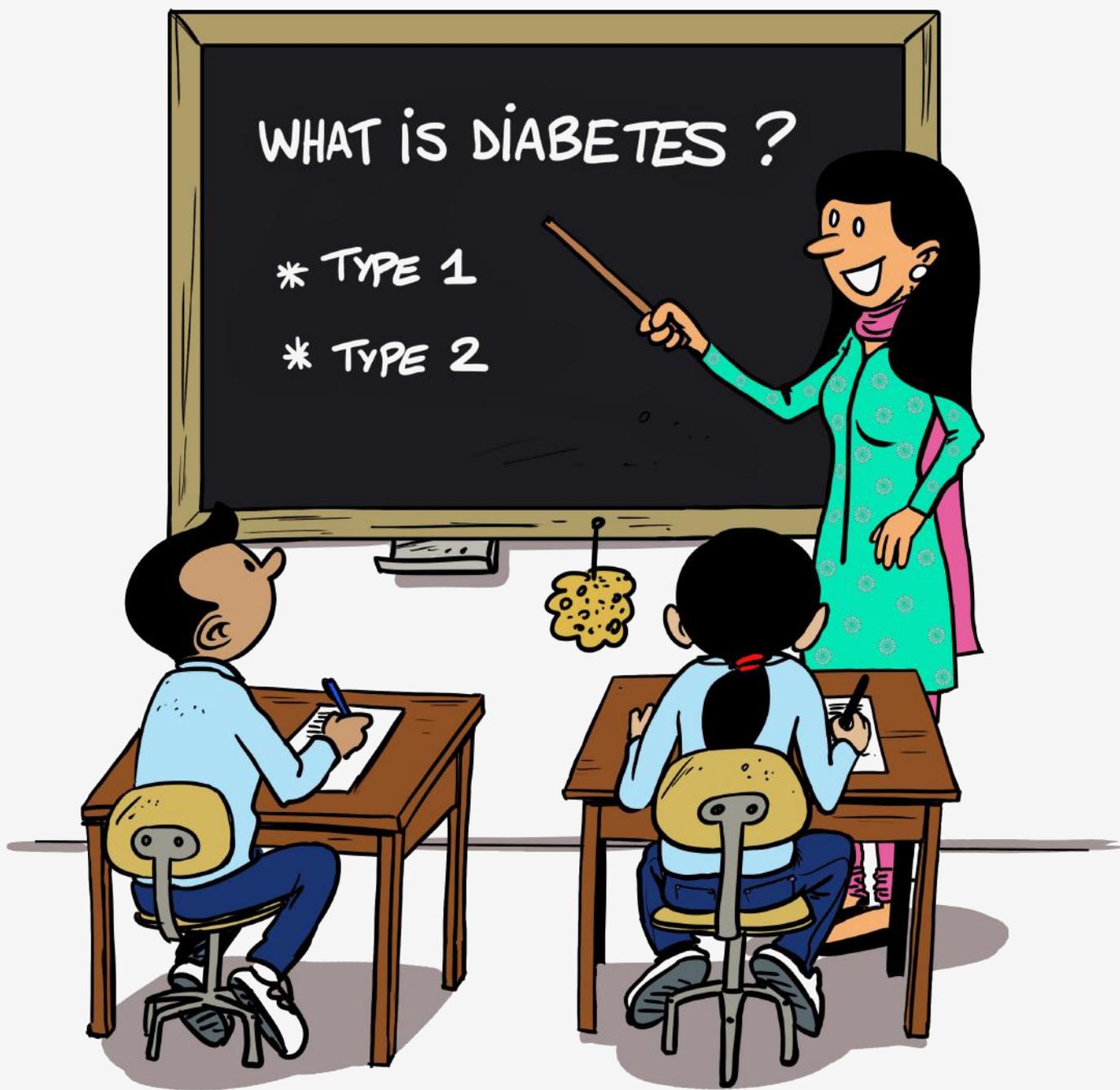


information pack
for PARENTS



A diabetes information kit: India

Acknowledgements:

This material has been developed in collaboration with the members of the KiDS Advisory Committee: Monika Arora, Anne Belton, David Cavan, David Chaney, Stephen A. Greene, Agnès Magnen, Angie Middlehurst, Denise Reis Franco, Nikhil Tandon.

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International
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International Society for Pediatric
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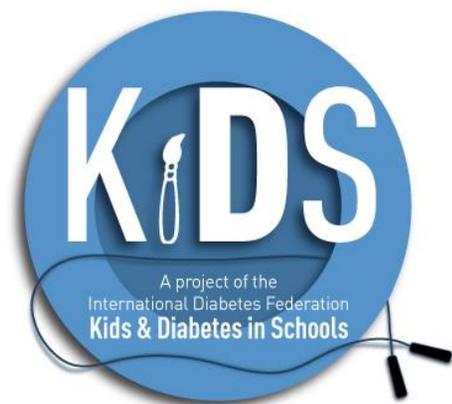


HEALTH RELATED INFORMATION
DISSEMINATION AMONGST YOUTH

IDF gratefully acknowledges the support of Sanofi in this project

SANOFI DIABETES 

A DIABETES INFORMATION KIT



Guidelines:

This pack should be used in tandem with an information session and is not intended to be distributed as a stand alone item. A programme on diabetes education should be organized at school around the pack.

If you wish to translate the pack into further languages or make culturally specific adaptations, please notify PHFI, HRIDAY and IDF before any changes are made: communications@idf.org; info@ctchp.org; info@hriday-shan.org.

PHFI, HRIDAY, IDF, ISPAD and Sanofi Diabetes logos must remain visible on this material. If you have a new local partner that endorses the project, make sure to seek IDF permission before adding new logos on the pack.

We would appreciate your feedback on pack usage and photos from your information sessions.

No fees will be asked for using this pack.

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- What is diabetes?
- What is type 1 diabetes?
- A day in the life of Arjun, living with type 1 diabetes.
- What is type 2 diabetes?
- Why do people need to prevent and take care of type 2 diabetes?
- Why it's important to choose a healthy lifestyle?
- Stay healthy: eat well, move well!

Resource Websites

INTRODUCTION

The following KiDS information pack has been prepared to guide you in making the school environment a better place for children with diabetes. The pack is an awareness and information tool created to inform you about diabetes. This pack should be seen purely as an information resource. **This pack is not intended to replace any medical advice.**

THE AIM OF THIS PACK IS TO:

Increase awareness of diabetes in school

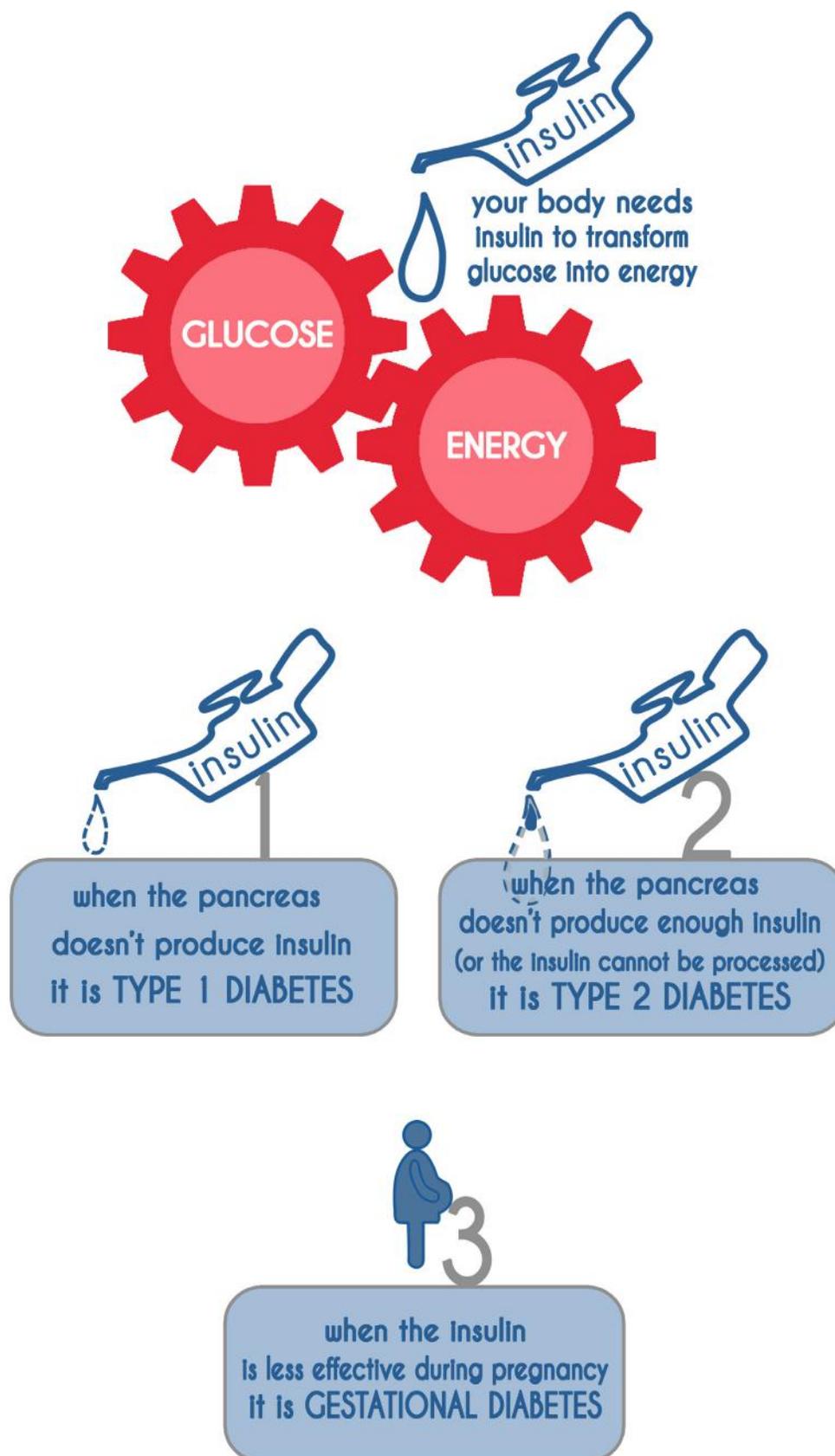
Improve the lives of children with diabetes at school and fight discrimination

To help teachers address the topic of diabetes and need for a healthy lifestyle

Why a blue circle?

The icon was designed as a call to unite for diabetes and is a symbol of support for the UN Resolution on Diabetes. The colour blue represents the sky and it's the same colour as the flag of the United Nations.

WHAT IS DIABETES?



(Source: International Diabetes Federation, 2014; <http://www.idf.org/about-diabetes>)

WHAT IS TYPE 1 DIABETES?

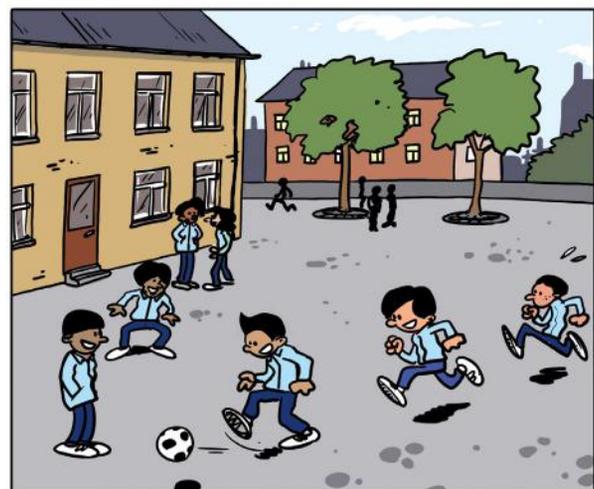
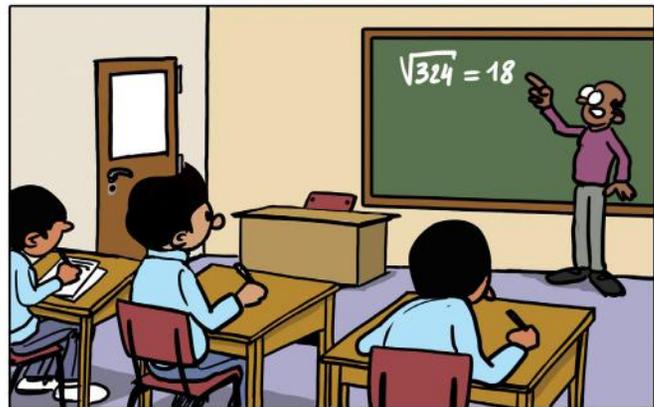
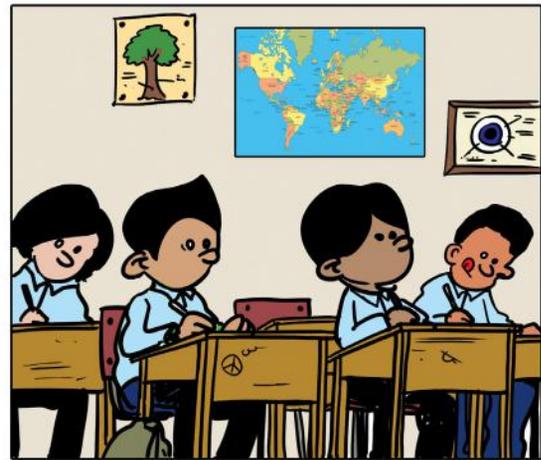
Type 1 diabetes is diagnosed when the pancreas stops making insulin completely. It is an autoimmune disease which means the body's own immune system attacks the pancreas destroying the cells that make insulin. This results in the body being unable to control the amount of glucose in the blood.

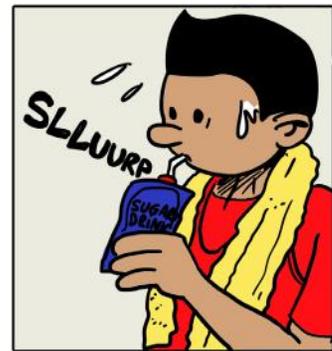
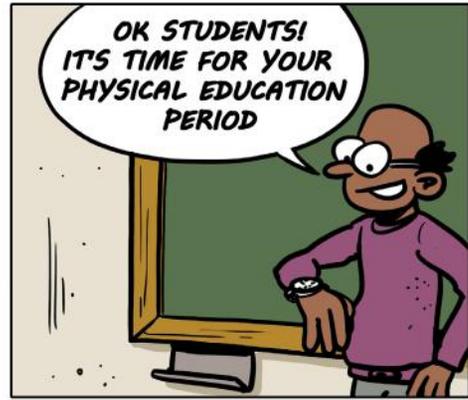
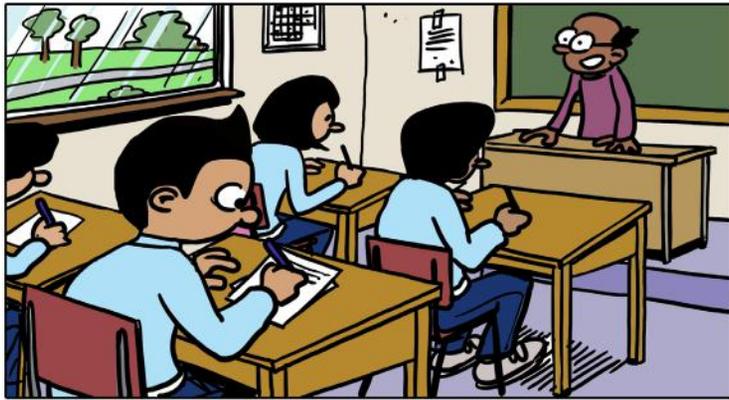
Diabetes can develop in a child of any age, including infants and toddlers. Type 1 diabetes often develops quickly and may be life-threatening if not diagnosed early.

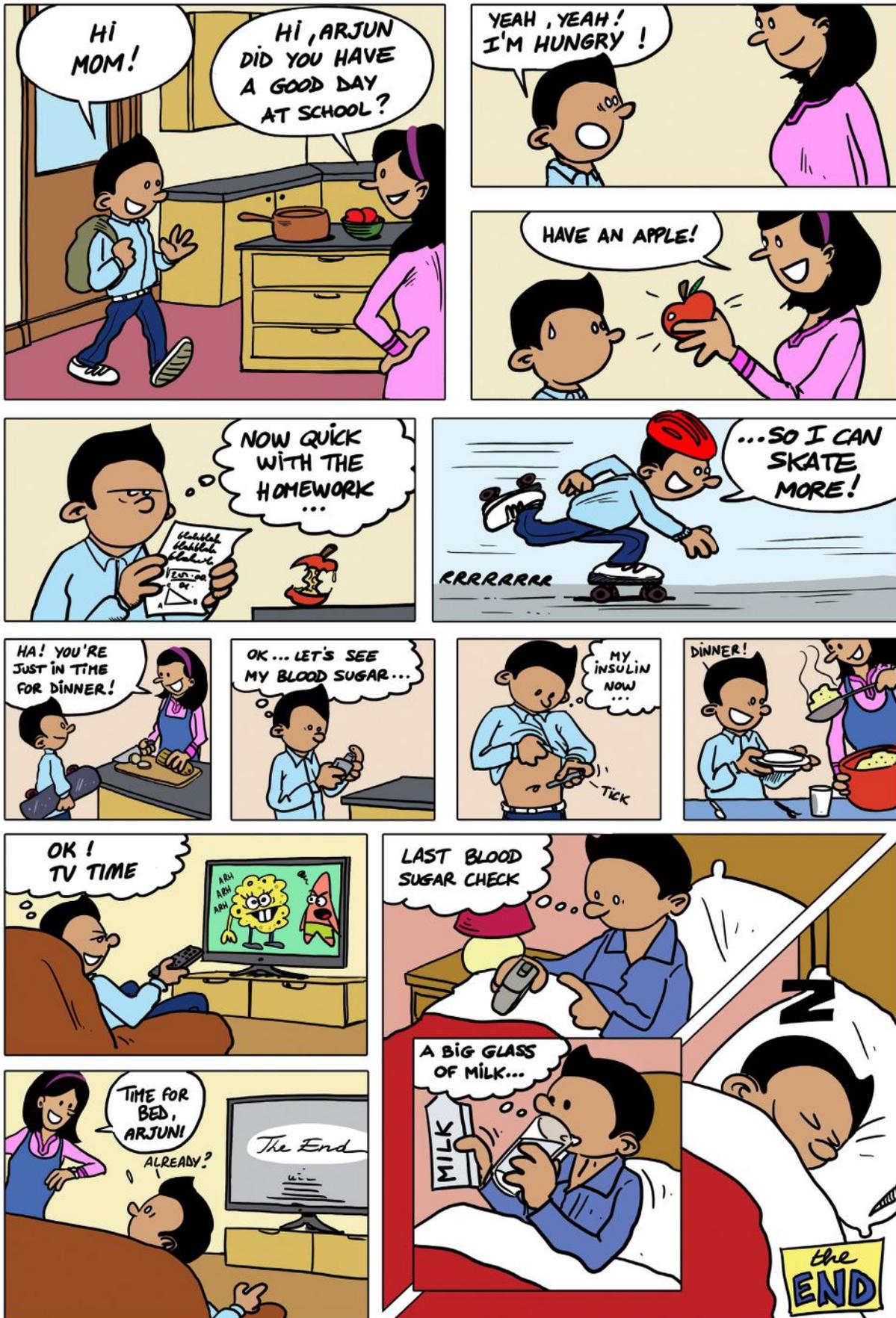


A DAY IN THE LIFE OF ARJUN, LIVING WITH TYPE 1 DIABETES









WHAT IS TYPE 2 DIABETES?

Type 2 diabetes is being diagnosed in children in a growing number of countries, including India. A Chennai-based study suggests that one out of every four patients with Type 2 Diabetes is diagnosed before 15 years of age.

Type 2 diabetes is diagnosed when the body does not produce enough insulin to function properly, or the body's cells don't react to insulin. This is known as insulin resistance. If this happens, the body is unable to control the amount of glucose in the blood.

SYMPTOMS:
Unlike type 1, in people with type 2 diabetes the symptoms are often mild or absent, making this type of diabetes hard to detect.



In general the most common signs are

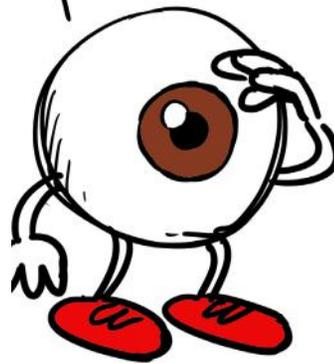


WHY DO PEOPLE NEED TO PREVENT & TAKE CARE OF TYPE 2 DIABETES?

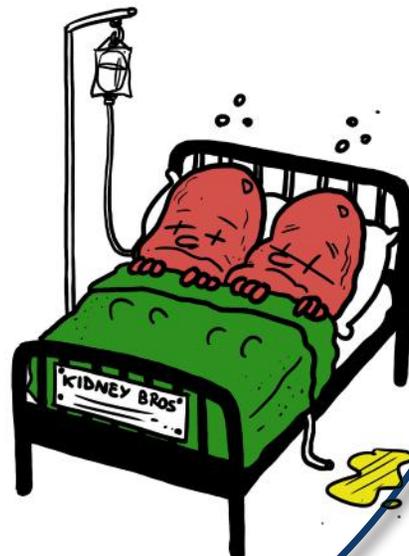
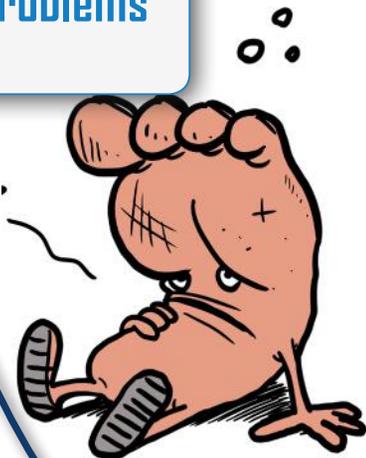
BECAUSE IT CAN LEAD TO :

damage to the retina

I CAN'T SEE...



Foot problems



Kidney disease

WHY IS IT IMPORTANT TO CHOOSE A HEALTHY LIFESTYLE?

TO PREVENT:



OVERWEIGHT



TIREDDNESS



FEELING SICK

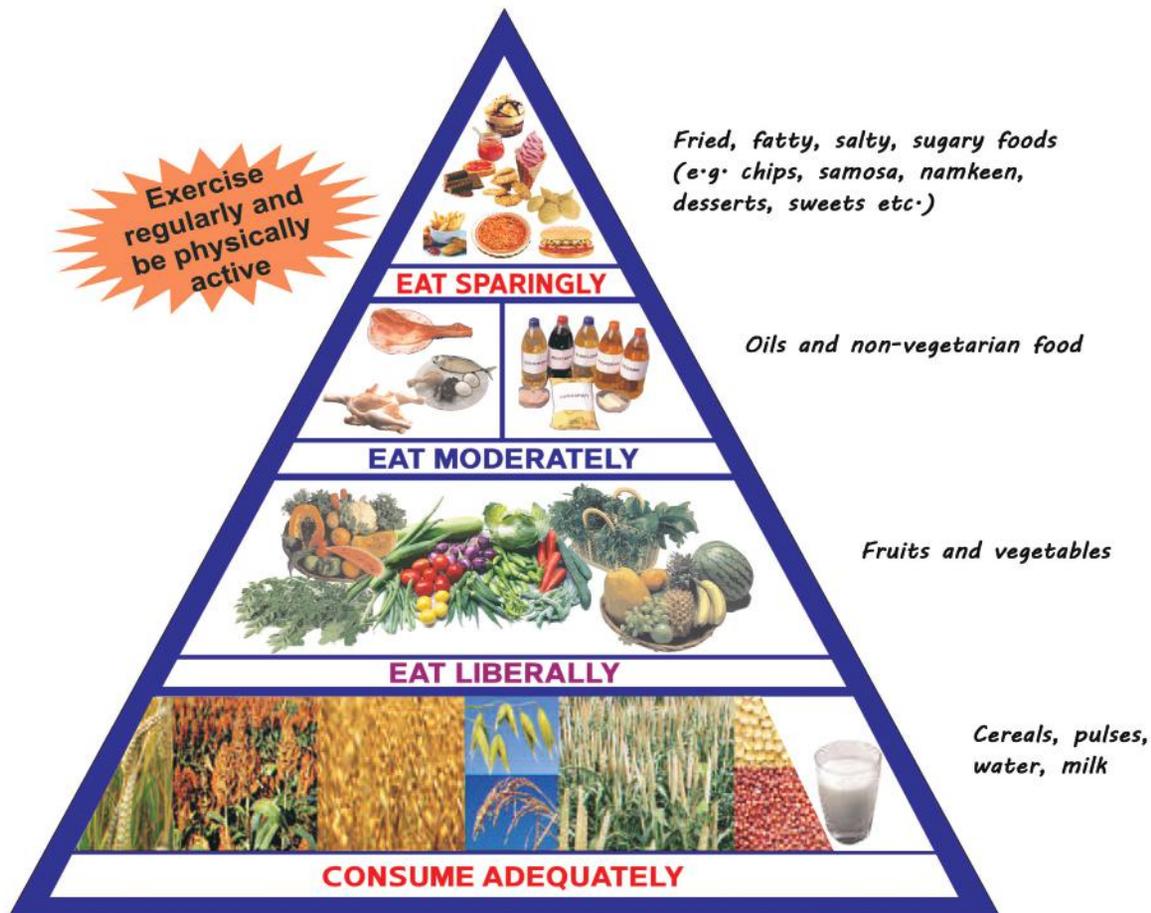


UNHEALTHY HEART

HOW TO STAY HEALTHY? EAT WELL

There is a lot of evidence that lifestyle changes can help prevent the development of type 2 diabetes.

THE FOOD PYRAMID



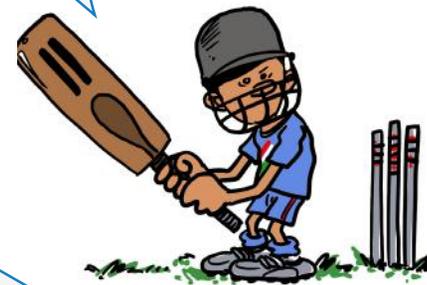
(Source: National Institute of Nutrition, Indian Council of Medical Research. 2011. Dietary Guidelines for Indians - A Manual. Hyderabad: NIN. pp. 12)

HOW TO STAY HEALTHY? MOVE WELL!

A healthy diet is built on a base of regular physical activity, which keeps calories in balance and weight in check.

TIPS TO GET ACTIVE:

- Choose a sport you like
- Set regular times for activities; make it a part of your daily schedule
- Reduce use of screen time (TV, computers etc..) and play with friends
- Walk to school (if possible)
- Take the stairs instead of an lift
- Learn to cycle, the bike or run instead of using vehicles
- Go for walk with your parents



- Turn off your TV, mobile or computer and spend some time playing with your friends
- Stay active: do a minimum of **30 minutes of exercise per day**
- Exercise with a friend

RESOURCE WEBSITES

- <http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=97#main>
- <http://www.diabeteskidsandteens.com.au/staycoolatschool.html>
- [http://main.diabetes.org/dorg/advocate/Back to School August 2013/lib/playback.html](http://main.diabetes.org/dorg/advocate/Back_to_School_August_2013/lib/playback.html)
- <https://www.diabetescamps.org/ugc/page-body/doc/JDRF%20School%20Advisory%20Toolkit.pdf>
- <http://www.t1dstars.com/web/>
- <http://www.hriday-shan.org/>
- <http://healthy-india.org/>

For further information, please contact:



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HRIDAY
HEALTH RELATED INFORMATION
DISSEMINATION AMONGST YOUTH

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