

**Goals of Diabetes Lesson Plans**

**12-13 years**

**Healthy Lifestyles**

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| **Goals of Diabetes Lesson Plans** | **Age Group: 12-13y** |
| **Topic: Exercise, smoking, alcohol****Delivered by Dietitian** |  |
| **Title of session:****Healthy lifestyles** | **Timing of session:****Approx 30 mins** |

**Aim of session:**

Appreciate exercise as part of diabetes treatment

Understand the effects of exercise on BG levels

Relate detrimental effects of smoking to diabetes

Understand effects of alcohol on BG levels

**Learning Objectives:**

Do I know the minimum levels of activity/exercise per day?

Can I describe potential effects of exercise on BG levels and precautions to prevent hypo?

Can I describe the effects of smoking on diabetes and wider health?

Do I know basic safety measures around drinking alcohol?

**Assessment for Learning (AfL) activities built into session:**

Complete exercise scenarios in pairs

Pros/cons of smoking - individual

Alcohol awareness safety check

**Evaluation activities to be built into session:**

Paired tasks

Post it – identify new activities

**Materials/resources needed:**

Flip chart and pens – activity list

Exercise scenarios (attached examples) or flashcards with stages of preparation

Drawing pens/post its

Access to DigiBete Goals of Diabetes Videos (exercise, smoking, alcohol)

**Exercise scenarios:**

**Scenario 1**

**School PE lesson, 3rd period, after morning break (10.45 – 11.45am)**

What would you need to do? Tick all that apply

Have usual breakfast with reduced insulin

Take PE kit to school

Have a 10g snack at break with no insulin

Check BG at break

Check BG before PE

Have a bigger snack at break with normal insulin

Have a bigger snack at break with reduced insulin

Take hypo treatment to games pitch

Leave hypo treatment in changing rooms

Check BG after PE

Check BG before lunch

Eat lunch with usual insulin

Eat lunch with reduced insulin

Miss lunch to do lunchtime activity club

**Scenario 2**

**Walking dog after school (30 mins)**

What would you need to do? Tick all that apply

Eat 10g snack after school with no insulin

Eat bigger snack after school with usual insulin

Eat bigger snack after school with reduced insulin

Check BG before dog walk

Take poo bags/dog treats

Take hypo treatment

Take BG testing kit

Take mobile phone

Check BG after walk

Check BG before tea

Eat tea with usual insulin

Eat tea with reduced insulin

**Scenario 3**

**Outside football training, evening (7.30 – 9.00pm)**

What would you do? Tick all that apply

Eat snack with usual insulin

Eat snack with reduced insulin

Eat tea with usual insulin

Eat tea with reduced insulin

Check BG before snack/tea

Check BG before football training

Check BG during football training

Check BG after football training

Take hypo treatment to training

Take water to training

Take sports drink to training

Eat supper with usual insulin

Eat supper with reduced insulin

Eat supper with increased insulin

Supper: Toast and jam OR toast and peanut butter?

Reduce insulin overnight

Increase insulin overnight

**Scenario 4**

**Jump Arena trampolining party (60 mins, 2.00-3.00pm)**

What would you do? Tick all that apply

Eat lunch at 12.30 usual insulin

Eat lunch at 12.30 reduced insulin

Check BG before lunch

Check BG before party

Take hypo treatment to party

Take BG kit to party

Take sweets to party

Take sports drink to party

Eat snack after with usual insulin

Eat snack after with reduced insulin

Check BG after party

Check BG before tea

Eat tea with usual insulin

Eat tea with reduced insulin

Usual overnight insulin

Reduced overnight insulin

**Scenario 5**

**Saturday afternoon trip into town with friends (2.00 – 5.00pm)**

What would you do? Tick all that apply

Eat food before leaving home

Give usual fast acting insulin

Give more fast acting insulin

Give less fast acting insulin

Take insulin pen/pump + BG kit

Go to lots of different shops

Have smoothie/milkshake/bubble tea/frappucino without insulin as a snack

Buy a sugar free drink

Have tea at home with usual insulin

Have tea at home with less insulin

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| **Time** | **Session Content/Taught Content** | **Resources Needed** |
| 1 min2 mins5 mins5 mins | Q: How much activity/exercise should young people do every day?Minimum of 60 minutes/day, can be cumulativeQ: Why?Heart health, strong muscles and bones, healthy weight, helps sleep, co-ordination, socialIs an important part of diabetes treatment like insulin and good food choicesWhat activities/exercise do you do, or what would you count as exercise?YP to write randomly on areas of flip chartEncourage with suggestions of non-sports activity (walking to school, walking dog, dancing in bedroom) as well as sportsQ: What effect does exercise have on BG levels?What might you do to prevent hypo?1. Test BG more frequently
2. Reduce insulin before/after if possible
3. Have snack before/after
4. Protein as well as carbs

Task: In pairs, work on 1 exercise scenario – try and match scenario with level of exercise they have said they doSupervision from educatorShare answers for general discussion when each pair have completed one | Listen to responsesFlip chart to write reasonsFlip chart and marker pensListen to responses – add to list if sparseListen to responsesExercise scenarios (attached)Listen to responses and feedback |
| 3 mins2 mins5 mins | Q: Who knows someone who smokes?On a piece of paper, write a list of the pros and cons for smoking (plusses and minuses) – complete individuallyDiscuss answers as a group and challenge answers if requiredWhen you have diabetes, smoking is a really bad idea. It massively increases your chance of heart disease and damaging blood vessels. Damaged blood vessels are what affects eyes, feet, kidneys etcQ: How old do you have to be to legally drink alcohol?Clarify rules re purchasing alcohol, drinking at home with family, with meals etcNot recommended that anyone under 15y drink alcohol as it is a poison to the body, but sometimes people doQ: What can alcohol do to BG levels?Can initially raise BG levelsEventually lowers BG levelsIf drunk it can be like a hypoIf drunk might not check BG levelsDrink alcohol with foodCheck BG level before bed | Show of handsPaper and penGroup discussionListen to responses – assess what YP know, if anything about effects of alcohol or any experiences so far |
| 5 mins | Summary: Watch G of D DigiBete 12-13 exercise, alcohol, smoking videos to summarise and revise tasks | Access to website with screen + projector/tablets/laptops |
| 1 min | Evaluation:Choose a new activity/exercise to do in the next few weeks OR how to achieve 60 mins/day if not doing | Post it promise (promise to self) |