Total Class Time - 1 hour

Stanford Youth Diabetes Coaches

Class 1: Introduction To Youth Coaching & Diabetes

Complete your Pre-Test if you have not done so already!

https://stanfordmedicine.qualtrics.com/jfe/form/SV_2idR947jFe9OJKK
Remote Guidelines

1. Keep camera on (if possible)
2. Mute microphone (except when asked to talk)
3. Use chat for questions

Why turn on camera?
• Helps us get to know you
• Helps fight isolation during pandemic
• Helps you support each other
Meet Your Instructors

Who is teaching the Stanford Youth Health Coaches class today?

Instructors: Please describe your path to the medical field
Class 1:

What is **Diabetes**?

What is a **Health Coach**?
**What is the Stanford Youth Health Coaches Program?**

- You will help someone live a healthier life!
- You meet with your class and the instructor(s) once a week for 8 weeks
- Instructor teaches YOU how to coach someone
- You coach your team member once a week
Stanford Youth Health Coaches Program:  
Class Guidelines

Please show respect:
• Log in on time.
• Do not miss class.
• Complete assignments.
• Meet with team member once a week.
• Listen and be respectful.
• Maintain confidentiality.
• Participate (can unmute or use the “chat” function)

Ask Questions & Have Fun – It’s your chance to get answers from your instructors!
Introductions

Please unmute and turn video on (if comfortable) and say:

1. Name

2. What’s the most fun thing you have done this week?
Copy this on a Blank Sheet of paper

<table>
<thead>
<tr>
<th>Quiz Answers:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>What I found interesting:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>What I think will be helpful and most useful to share with my team member:</th>
</tr>
</thead>
</table>
Quick Quiz: What do you **already** know?

- Quiz will begin on the next slide
- Type your answer in the chat
- It’s ok to not know the answer
- Just take a guess!
- We’ll review at the end of class
1. What is diabetes? A chronic illness:
a) in which a person has high blood pressure
b) in which a person has low blood pressure
c) where too much salt is in the blood
d) where too much sugar is in the blood
2. Which is **not** a type of diabetes?

a) Type 1 Diabetes  
b) Type 2 Diabetes  
c) Type 3 Diabetes  
d) Gestational Diabetes
3. What is the goal hemoglobin A1C for someone with diabetes?

a. ≤ 5%

b. ≤ 7%

c. ≤ 11%

d. ≤ 14%
4. What is an acceptable range for blood sugar in diabetics before meals?

   a) 50 - 80 mg/dl
   b) 80 – 130 mg/dl
   c) 160 – 200 mg/dl
   d) 230 – 270 mg/dl
5. By managing diabetes well and keeping blood sugars in a normal range (not too high or too low), people with diabetes can:

a) feel healthy and happy
b) prevent complications
c) live a healthy, full life
d) all of the above
What will we learn today?

1. What is diabetes? What is blood sugar?
2. What are ways to manage diabetes?
3. What is a Health Coach?
4. Scheduling a time to meet

*During class, type in the “chat” with any questions!*
almost **ONE** out of **FOUR** (23%)
teens in US has diabetes or pre-diabetes

26 million people in US have diabetes
What is Diabetes?

a chronic illness where **too much** glucose accumulates in the blood
What is Diabetes?

A chronic illness where **too much sugar** (glucose) accumulates in the blood.
How do people get diabetes?

Please unmute or type your answer in the chat!

Type your answer in “Chat’!"
How do you get Diabetes?

Nobody knows the exact cause

Usually combination of:
• Genetics (runs in family)
• Being overweight
• Not being physically active

We can’t control genetics, but we can control weight and exercise

Note: Diabetes is NOT contagious.
What is Diabetes?

VIDEO: Press bottom left arrow to start

food
Diabetes Types

• **Type 1 Diabetes** = NO insulin:
  • body does not make insulin; must inject insulin
  • not related to lifestyle
  • Usually diagnosed in childhood

• **Type 2 Diabetes** = RESISTANT to insulin:
  • body does not make *enough* insulin or is resistant to insulin
  • can be genetic OR related to being overweight
  • Can be treated with lifestyle, taking medicine, or insulin

• **Gestational Diabetes:**
  • develops during pregnancy; may go away after pregnancy
  • more likely to get diabetes later

© Stanford University 2021
How to Check Blood Sugar

How can people check blood sugar at home?

Is there another way to check blood sugar other than at home?

Type your answer in “Chat”!

© Stanford University 2021
How to Check Blood Sugar

1. At Home
   • Using glucose meter
   • Sugar level right now like a “pop quiz”

2. At Doctor’s Office
   • Blood test (Hemoglobin A1C)
   • Average sugar level over past three months like a “semester grade”
Blood Sugar Level Measurement: Home Testing

Too Low: Below 80 mg/dl

Acceptable: 80–130 mg/dl before
Less than 180 mg/dl after
2 hours after

Too High: Above 180 mg/dl
How to Diagnose: Hemoglobin A1C Test

Measures average blood sugar for past 3 months

IMPORTANT: TAKE A SCREENSHOT/PHOTO/ WRITE THIS DOWN
How to Diagnose: Hemoglobin A1C Levels

If no diabetes, A1c is <5.7%

To diagnose diabetes, A1c is >6.4%
Goal Hemoglobin A1C for People with Diabetes

Goal A1C for people with diabetes is $\leq 7\%$

to avoid complications

If frail or elderly, goal may be $\leq 8\%$

IMPORTANT: TAKE A SCREENSHOT/PHOTO/ WRITE THIS DOWN
Good News About Diabetes

Keeping blood sugars in **NORMAL RANGE** people can:

1. feel happy
2. live a **healthy, full life**
3. prevent complications

© Stanford University 2021
Stretch Break: Videos On!

-Deep breath in & lift shoulders to ears.
  -Breathe out and drop shoulders.
  -Repeat 3 times.

-Hands behind your lower back & fingers laced together.

-Stretch shoulders back,
  -Open chest,
  -Keep head center, & look straight ahead.
  -Shake it out!
A Health Coach has:

1. growing knowledge about how to manage diabetes
2. good and improving communication skills
3. desire to help & encourage someone manage their illness
What makes a good coach?
What makes a good coach?

**Listen**  
Find out how team members are feeling and what obstacles they are facing.

**Encourage**  
Keep trying even if things don’t work out well the first time.

**Be Patient**  
People can’t change their habits overnight.
What can you do?

Video: Press bottom left arrow to start
Who Will You Coach?

Family Member or Friend Who:

has diabetes or heart disease

OR

would like to know more about being healthy
Before class next week:

Find a person to coach!
Step 1 of Health Coaching

Schedule a convenient and REGULAR time to meet with your team member

© Stanford University 2021
**Health Coach:** For my health coaches class, I want to set a regular time for us to talk each week for about 30 minutes. Is there a day and time we could meet?

**Team Member:** We can just meet whenever we have time.

**Health Coach:** Well, the doctors who teach the class say it’s better to set a specific time so we will remember to do it. How about after dinner on Wednesdays?

**Team Member:** Sure. That would be fine.

**Health Coach:** Ok. Can we plan to meet in the kitchen and talk after dinner on Wednesdays?

**Team Member:** Ok. Just remind me.
Scheduling a meeting time

1. Be Specific:
   What **day** will you meet?
   What **time**?
   Where will you meet?

2. No distractions

3. Remind them of scheduled time

**Necessary for phone meetings as well as in person**
Health Coach: For my health coaches class, I want to set a time for us to talk each week.

Team Member: Well, we can just meet whenever we have time. I’m too busy to set up a regular time.

Health Coach: The doctors who teach the class say it’s better to set a specific time so we remember to do it.

Team Member: I’m not sure. Why do we have to do this?

Health Coach: ___________________________

What would you say next? (TYPE IN THE “CHAT”)

Example: “Because I care about you and I want you to be healthy and happy.”
Coaching Assignment #1

1. Explain the program to your team member

2. Schedule a SPECIFIC place and time to talk

https://forms.gle/5fzchqFoPq6aZxqm6
Coaching Assignment #1

This is a short assignment – but it is important!

Find a team member and set your meeting time before next class! Submit the form before the next class.

This coaching time is when you will complete your coaching homework each week.
Quick Quiz Review: part 1

1. What is diabetes?
A chronic illness
a) in which a person has high blood pressure
b) in which a person has low blood pressure
c) where too much salt is in the blood
d) where too much sugar is in the blood

2. Which is not a type of diabetes?
   a. Type 1 Diabetes
   b. Type 2 Diabetes
   c. Type 3 Diabetes
   d. Gestational Diabetes

3. What is the goal hemoglobin A1C for someone with diabetes?
   a. ≤ 5%
   b. ≤ 7%
   c. ≤ 11%
   d. ≤ 14%
4. What is an acceptable range for blood sugar in diabetics before meals?
   a) 50 - 80 mg/dl
   b) 80 – 130 mg/dl
   c) 160 – 200 mg/dl
   d) 230 – 270 mg/dl

5. By managing diabetes well and keeping blood sugars in a normal range (not too high or too low), people with diabetes can:
   a) feel healthy and happy
   b) prevent complications
   c) live a healthy, full life
   d) all of the above
What did we learn today?

1. What is diabetes?  
What is blood sugar?

2. What is a Health Coach?

3. Scheduling a time to meet

Any Questions?