

## **Guest Speaker**

### Purpose of Activity:

1. To further expand participants' understanding of what diabetes does to the body
2. To help youth distinguish between healthy and less healthy food options

### Materials Needed:

- Guest speaker that can talk about diabetes and healthy food.

### Instructions:

1. To give youth more details about the effects that diabetes has on the body, ask a local community health partner or someone with diabetes to come talk to your group. Let the guest speaker know what your kids have learned so far in your T.R.A.I.L. sessions. The presentation should reinforce and expand on these lessons. It should also include information about foods that are healthy from a diabetic standpoint – and particularly traditional tribal foods if possible. Encourage the presenter to use lots of pictures and visual aids during the discussion. Also, encourage them to add any relevant diabetes information that is community-specific.
2. Suggested topics for the guest presenter (make sure these are at an appropriate comprehension level):
  - Clarification of the difference between type 1 and 2 diabetes – stressing ways of prevention for type 2
  - Emphasis on how having diabetes can affect a person's life and the importance of prevention
  - Information about specific foods that are both good and bad for preventing diabetes. If the presenter can, ask them to talk about traditional healthy foods of the tribe (give them local resources to do this, if they don't already have them).
3. After the presentation is over, encourage youth to ask questions about anything they didn't understand. Also, have them talk about their feelings related to diabetes. For example, how they feel about seeing a family member dealing with diabetes, or how they think they might feel if they get diabetes (remember the issue of confidentiality and remind youth of their Code of Respect).