**Type II Diabetes Health Education & Prevention**

**Biological Foundations:** Type II diabetes is a chronic condition that affects the way the body metabolizes glucose. Insulin is a hormone made in the beta cells of the pancreas that regulates the body’s conversion of glucose into energy. Insulin also plays a role in helping the body store glucose in the muscles, fat cells, and liver for future use. With type II diabetes, the body is either insulin resistant or doesn’t produce enough insulin to maintain balanced glucose levels. Without insulin functioning properly, the level of glucose in the bloodstream is unregulated and there can be a build-up, which can have several deleterious effects on an individual’s health. Type II diabetes can be controlled with diet, exercise and medications (Mayo Clinic, 2016).

**What I did:** I led a health education session for the women who participated in ACLAMO’s family literacy program to teach them about what Type II diabetes is, why and how it can be dangerous and what can be done to prevent it.

**What I learned:** The team at ACLAMO understands the needs of the community they serve very well so they suggested that my first education session be on type II diabetes. As the majority of the families are of Mexican descent, it is known that the rate of type II diabetes is 18.3% compared to 10.2% for non-Hispanic whites (Diabetes.org, 2014). In addition, I was sure to meet the client’s needs in terms of language, access to resources and priorities in order to make the education effective.

**Cardiovascular Disease Health Education & Prevention**

**Biological Foundations:** Heart and blood vessel disease, also known as heart disease includes numerous problems, most of which are related to atherosclerosis, a condition that develops when plaque builds up in the walls of the arteries. This buildup narrows the arteries, inhibiting blood flow. If a blood clot forms, it can stop the blood flow, leading to a heart attack or stroke (American Heart Association, 2016).

A heart attack happens when the blood flow to a part of the heart is blocked by a blood clot. If the blood is cut off completely, then the part of the heart muscle that is supplied by that artery begins to die. An ischemic stroke happens when a blood vessel that feeds the brain gets blocked. Similar to a heart attack, when the blood is not supplied to that part of the brain, the cells die. Some other common types of heart disease are shown in the chart below (American Heart Association, 2016).

**What I did:** I lead an interactive health education session that discussed what heart disease is, what are some of the risk factors and adjustments that can be made to lifestyle to prevent heart disease.

**What I learned:** In this session, I was able to plan the lesson in a manner that built on what I learned about the community from the previous sessions about social support, language barriers, common misconceptions and ways to make the lesson resonate with this population. In addition, I wanted to make the lesson as tangible and accessible as possible, so we talked about how to take blood pressure, what the numbers mean and locations where they could do it themselves.