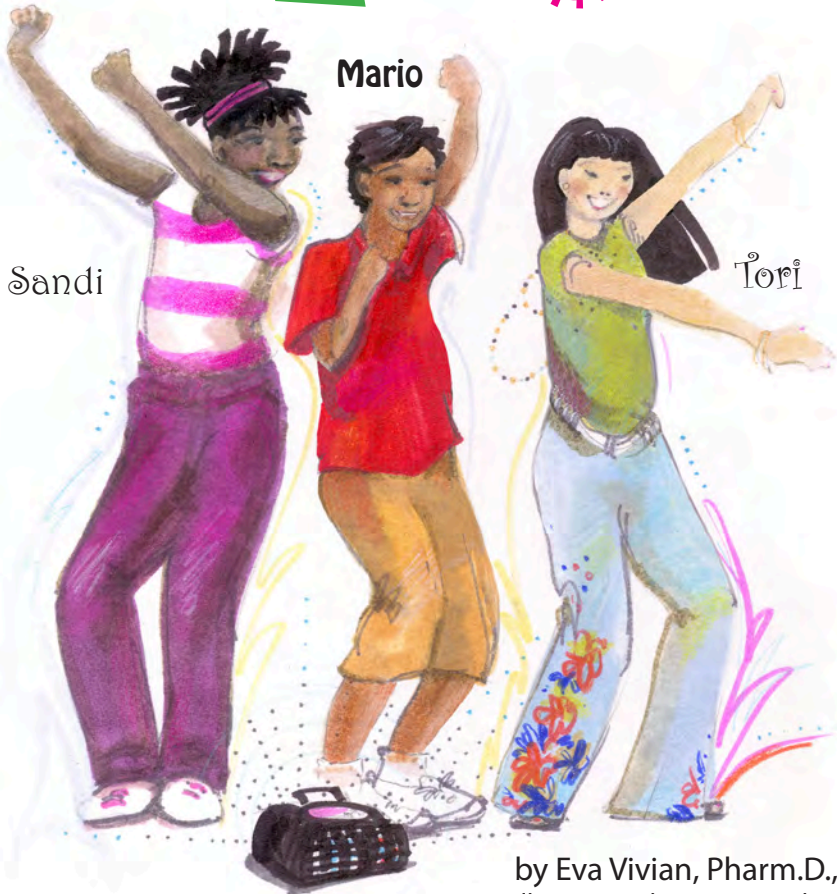


Hip Hop 2 Health



Sandi

Mario

Tori

by Eva Vivian, Pharm.D., CDE
Illustrations by Karen Weidig

Development of this comic book was funded by a grant from the Society for Adolescent Medicine




Hey, Mario! Hey, Sandi!
Where have you been?
Haven't seen you for weeks!

Tori, Mario, I've been sick!
Doctor says my sugar is
high. Guess what?
I've got diabetes!

WHAT?!
Do you have to
give your-
self shots?

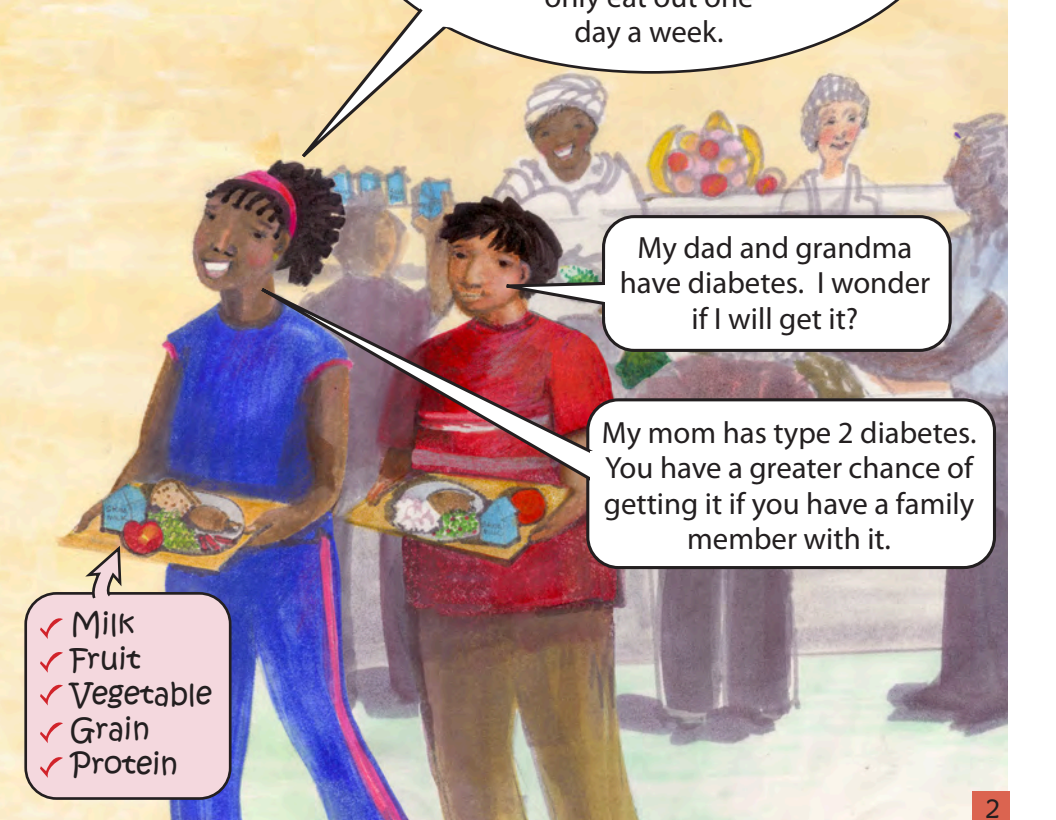


I have type 2 diabetes.
It's the diabetes older people get.
My doctor said kids get it now because
we eat too much junk food and don't
get enough exercise. I don't have to give
myself shots, but I do have to lose
some weight... If not, I might have to
start taking pills.



Sandi, wow, that's pretty serious... What are you going to do to lose weight?


I've been eating healthier lately. I eat more fruits and try to eat one to two vegetables every day. I joined the girls' basketball and soccer teams! It keeps me busy and it's so much fun! I don't drink sodas any more, and I only eat out one day a week.



My dad and grandma have diabetes. I wonder if I will get it?


My mom has type 2 diabetes. You have a greater chance of getting it if you have a family member with it.

- 
- 
- ✓ Milk
 - ✓ Fruit
 - ✓ Vegetable
 - ✓ Grain
 - ✓ Protein




I gained a lot of weight over the past winter. I usually stay in the house and play Manhunt 2, Shadowrun or Need for Speed.

I only watch TV two hours a week. I can't give up American Idol. But I should lose a little weight...




I don't want to get diabetes. My grandmother is blind because of it.



My uncle lost his left foot because he had high blood sugar for so long!




An illustration of two women in a room. One woman with long black hair, wearing a red dress and black tights, is sitting on a green sofa and gesturing with her hands. The other woman, wearing a red shirt, is lying on the floor in front of the sofa, looking up at the woman on the sofa. A third person's leg in a purple skirt is visible on the left side of the frame. Three speech bubbles contain text.

OK, gang, here's the plan.
Let's start walking more and stop
eating at fast food places for lunch
every day.

Let's meet at the mall
every afternoon after school
and walk!

We could go biking or
play basketball! Or start
a dance troupe or a dog
walking service!

An illustration of three people riding bicycles on a paved path in a park. On the left, a woman with dark skin and braided hair wears a purple helmet, a light purple jacket over a pink and white striped shirt, and purple pants. In the middle, a woman with long dark hair wears a pink helmet, a yellow jacket over a green shirt, and blue pants. On the right, a man with dark hair wears a red helmet, a plaid jacket over a red shirt, and brown pants. The background shows green trees and a blue sky with light clouds. Six speech bubbles are scattered around them, each with a line pointing to a specific person.

Swimming is a lot of fun! The "Y" has a really nice pool and they give swimming lessons.

I would love to learn to ride a horse like a cowboy. Or, rather, cowgirl. Do you think it's hard?

At least we could ride bikes to the picnic park this weekend.

Or we could join the cheerleading squad at school! They have the cutest outfits.

Figure skating is another dream of mine...

We can start skating as soon as the pond freezes!

Are YOU at Risk?



Ask your parent or guardian to complete this survey to find out.

1. Is your child African American/black, Hispanic/Latino, Native American, or Asian/Pacific Islander? Yes No
2. Does your child have a sister or brother with diabetes? Yes No
3. Does your child have a parent or grandparent with diabetes? Yes No
- 4a. Has a health care provider told you that your child is overweight? Or
- 4b. Do you feel your child is overweight? Yes No
5. Is your child between 10 - 19 years of age and gets little or no exercise? Yes No
6. Does your child have a dark skin patch around his/her neck or in his/her armpit? Yes No
7. Have you been informed by your doctor that your child has high blood pressure? Yes No
8. Have you been informed by your doctor that your child has high cholesterol? Yes No
9. Has your child (if a girl) had irregular periods, excess facial hair or unusual weight gain? Yes No

If you answered yes to 0-1 questions you are at low risk for having diabetes. But don't just forget about it. Keep your risk low by being active most days and eating low fat meals that include vegetables, fruits and whole grains.

If you answered yes to 2 or more questions you may be at risk for having diabetes. Only your health care provider can tell you if you have diabetes.



Attention, Parents!

Your child may qualify for a research study to evaluate the benefits of a diabetes prevention program for youth at risk for developing diabetes. The program will include free blood pressure checks, blood glucose monitoring and monthly educational classes about nutrition, cooking and exercise. Parents and children will both participate in the educational program.

Who will conduct the study?

It will include medical researchers at the University of Wisconsin in cooperation with Access Community Health Centers, the Boys & Girls Club, and the East Madison Community Center.

What is involved?

One half of subjects will be enrolled in the diabetes education program for one year. One half will receive an educational packet about ways to prevent diabetes.

Will study subjects be paid?

Yes, families will receive gift cards in the amount of \$100.00 for completing the study.

If interested, please fill out the back page or call (608) 263-1779. If you know someone who may be eligible, please ask for an extra flyer.

Please complete this form if you are interested in attending the next community screening which will be held in your neighborhood soon.



1. My child is a male female

2. What is the best way to reach you?

home phone: () _____ cell phone () _____

work phone: () _____ other: () _____

3. When is the best time to call?

morning afternoon evening

4. Please print your contact information below.

_____ Street Apartment Number

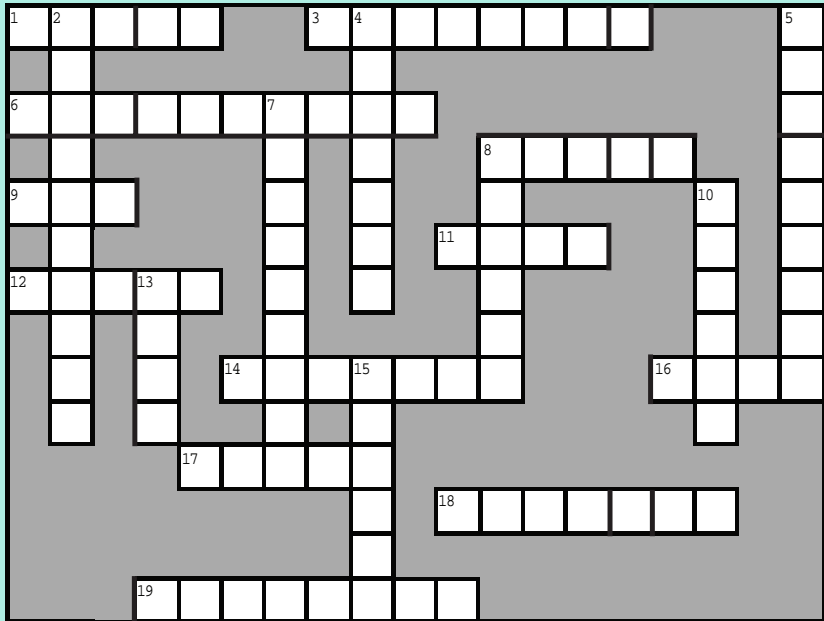
_____ City State Zip

Your name: _____

A member of the research team will contact you to inform you about upcoming screenings in your community.



What do you know about healthy habits?



ACROSS

1. A fruit that keeps the doctor away
3. Water sport
6. MJ's favorite sport
8. May hurt your teeth
9. Comes from a chicken
11. Builds strong bones and teeth
12. Used for transportation 150 years ago
14. Something that can be done with music
16. A great gift for a kid or adult
17. A beverage that is good for you
18. Served for breakfast
19. Used for work and fun

DOWN

2. A place to ride on the swings
4. An easy form of exercise
5. A food teens and adults don't eat enough of
7. The most important meal of the day
8. A sport done in snow
10. Venus and Serena's favorite sport
13. A beverage with too much sugar
15. A veggie that is good for the eyes