

welcome to our assembly about



Do you know anyone with  
diabetes, you have ten  
seconds to talk with your  
partner





# Time up Hands out

We will try to answer as many people as we can

What would you do if you  
had diabetes ?

Talk to the person next to you



**Type 1**  
Diabetes

Genetics/  
Hereditary

High Blood  
Pressure

Lack of  
Physical  
Activities

High-Calorie  
Diet

**Type 2**  
Diabetes

Obesity

Sedentary  
Lifestyle

Sugar, Fats, &  
High-Glycemic  
Foods



## Types of Diabetes

### Type 1

- An autoimmune disease
- Requires insulin to live
- Not preventable, but some research shows that avoiding exposure to viruses can help reduce your risk
- Regular vaccinations and wellness visits are important



### Type 2

- Insulin resistance can lead to elevated blood sugars
- Many people that have type 2 suffer from underlying health problems
- Can be prevented by eating healthy and staying active



### Gestational

- Occurs during pregnancy
- Caused by a combination of genetic and environmental risk factors
- Blood sugar typically returns to normal after birth



## Diabetes Symptoms

- Urinate (pee) a lot, often at night.
- Are very thirsty.
- Lose weight without trying.
- Are very hungry.
- Have blurry vision.
- Have numb or tingling hands or feet.
- Feel very tired.
- Have very dry skin.

# Penny

Penny has been so brave with diabetes i think she has got more confident . She has been good at injecting herself . And she has overcome her fear of needles . She has been good at changing her diet but she loves her sweets but she has been able to manage her craving for them under wraps. And she has to be careful about her sugar levels or something bad could happen but she has been good of keeping her blood sugar levels right . from layla



# Penny level 2

I remember seeing a photo of her unconscious having a scan I felt so sad I couldn't breath it was so sad to see her in hospital and when I saw her in hospital she was so brave and it was so brilliant to see her after so long



# *prayer*

Dear Lord,  
Thank you for your help  
to aid us in our journey  
of health and  
May we be thankful for  
your help  
Amen

Thank you for listening to  
are assembly

(Shout out to Layla Millard, Edward  
lodge and a very special shout out to  
Mr Hawksby)

Bye Diabesties