

Dinnertime Conversation Guide

Talking with Your Family About Type 2 Diabetes
Risk Factors



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Both sides of our family have a history of type 2 diabetes or have been affected by the disease. If we do nothing, our family's history will become our family's future. That's why we talk about our risk of diabetes and take steps together toward healthy lives. We hope you'll do the same.

Be your family's health leader by starting the diabetes conversation. Use this guide to talk about your risks and what you can do as a family to stay healthy, such as eating right and exercising more. Don't wait. The sooner you know where you stand, the sooner you can do something about it.

From our family to yours – in health,
Rev Run and Justine

Get Ready for the Talk

Health and lifestyle can be sensitive topics in some families. This guide offers information and suggestions to make sure this conversation is comfortable and productive, including:

- **Tips for Talking About Diabetes:** Choose the best time to have the conversation and bring up this important health topic
- **Conversation Worksheet:** Use these tools, facts, and resources to learn about your family's type 2 diabetes risk factors together

Tips for Having a Successful Conversation

Pick the Right Time

Dinnertime is great for family talks because you can sit down together without distractions. Below are some ways to get you and your family in a healthy frame of mind:



Suggest a short walk before or after dinner to show how easy it is to exercise together.



Serve a healthy meal while talking about diabetes to show that food can taste good and be good for you. Need healthy recipe ideas? Check out the Recipes for Healthy Living Guide on AskScreenKnow.com.

Start the Conversation

You'll want to use your normal tone and language to talk with your family about diabetes. Adapt these introductions to make them your own:



I'm happy we can get together as a family this weekend. I want to talk about something important — our family's type 2 diabetes risk factors and what we can do about them.



I hope we can find a few minutes while we're together to talk about our medical history. I just found out having a family history of type 2 diabetes means we're more likely to be at risk. Let's talk about how we can stay healthy as a family.



My resolution this year is to be healthy. I want us to learn about our type 2 diabetes risk factors and what we can do as a family to stay healthy.

Use the Conversation Worksheet

The Conversation Worksheet at the end of this guide can help you and your family discuss the steps you can take toward healthy lives. Encourage everyone to participate and express their concerns and ideas.

Tips for Having a Successful Conversation

Know the Facts

Talking about diabetes can feel a little unnatural, especially if you don't usually talk about your family's health over dinner. Use these resources to gather facts and decide what you want to say:

» **Just Ask: Questions for Your Doctor Guide**

Learn about type 2 diabetes risk factors, questions to ask your doctor, and more at AskScreenKnow.com.

» **American Diabetes Association**

Find comprehensive diabetes information and organization activities at diabetes.org.

» **Centers for Disease Control and Prevention**

Find information about the impact of diabetes at cdc.gov/diabetes/consumer/index.htm.

Be Ready for Resistance

As your family's health leader, it's up to you to ease fears and keep loved ones on the right path. Below are some common concerns and how to respond:

» **I'm afraid to find out my risk of diabetes**

It's important to know your type 2 diabetes risk factors, because the sooner you do, the sooner you can be screened for the condition. Waiting could lead to complications such as problems with your eyes.

» **I can't afford a doctor**

There are health centers where you may be able to pay what you can afford, even if you don't have insurance. Don't skip this important doctor's appointment. Go online to find a center near you at findahealthcenter.hrsa.gov.

» **I don't want to change what I eat and do**

Adopting a healthy lifestyle isn't hard. Little things like walking 20 minutes a day and eating better can make a big difference. Visit AskScreenKnow.com for healthy recipes.

» **If I find out I have diabetes, I'm afraid of taking medication for the rest of my life**

If you find out you have diabetes, you should talk to your doctor about the best treatment plan for you. Your doctor may say you need to eat better, exercise more, and/or take medication, such as pills, non-insulin injectables, or insulin, to manage your diabetes. Managing your diabetes is important because it may help prevent or delay disease-related complications.

Conversation Worksheet

Encourage everyone in your family to use these tools to identify their type 2 diabetes risk factors and what to do next. Print out this worksheet and other resources, like the Recipes for Healthy Living and Just Ask: Questions for Your Doctor guides at AskScreenKnow.com, so you can refer to them easily.

What Are Our Type 2 Diabetes Risk Factors?

More than one in three American adults are at risk of diabetes. Family members may have some of the same risk factors, such as:

- Being aged 45 or older**
- Lack of physical activity**
- Being overweight**
- High blood pressure**
- Diabetes in the family**
- Being a member of certain ethnic groups**
 - Non-Hispanic Black
 - Hispanic/Latino American
 - Asian American and Pacific Islander
 - American Indian and Alaska Native
- Diabetes during pregnancy or gave birth to a baby weighing more than nine pounds**

Know Your Risk

The sooner you know your type 2 diabetes risk factors, the sooner you can take action. Go to AskScreenKnow.com and take the Diabetes Risk Factor Assessment today.

WHAT IS DIABETES?

Your body needs insulin to transform blood sugar into energy. Diabetes occurs when your pancreas doesn't produce enough insulin or because your body can't process it.

DIABETES QUICK FACTS

- More than one in three American adults is at risk of diabetes.
- Many people who develop diabetes have one or more family members with the disease.
- Adults over 45 are at higher risk of type 2 diabetes.

NO INSURANCE?

If you don't have health insurance, go to findahealthcenter.hrsa.gov to find a health center where you may be able to pay what you can afford.

What We Should Know About Our Family's Diabetes Risk Factors

Many people with type 2 diabetes have one or more family members with the disease. What is our family's history of diabetes?

Notes:

Did you know that with early detection of type 2 diabetes, people may be able to reduce their risk of developing complications, including eye and foot problems? Let's use our cell phones to visit AskScreenKnow.com and get more facts about diabetes.

Notes:

People who are at risk of or have type 2 diabetes can live healthy lives by eating better, exercising more, monitoring their health, and, if needed, following a treatment plan from their doctor. What steps can be taken as a family to stay healthy and help prevent or delay future diabetes related complications?

Notes:

We know our family's diabetes risk factors, so the next step is to visit our doctor(s). What questions should we ask at our appointment(s)? (Hint: see [Just Ask: Questions for Your Doctor](#) guide at AskScreenKnow.com for suggestions.)

Notes:

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**Ask.
Screen.
Know.**

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