

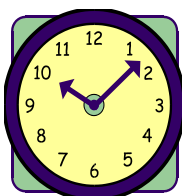


NETA

**Nutrition Education Training Academy
Newsletter
For Early Childhood Education Providers**

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The Basics of Diabetes

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Most likely as an Early Childhood Educator you will be involved with the care of a child with Type 1 diabetes. The prospect of caring for a child with diabetes may seem overwhelming but it doesn't have to be. Here is important information about diabetes that will help you get started on your understanding of this serious illness.



What is diabetes? When you think of diabetes, you may think of too much sugar in the blood. A child with diabetes is either unable to make adequate quantities of insulin or to make effective use of the insulin that it does make. Think of *insulin* as that *key* that allows the cells to open up and convert the sugar from the foods we eat into a useable energy form. Therefore, if sugar cannot enter the cells it stays in the blood and eventually you end up with higher than normal levels of sugar in your blood.

Is there more than one type of diabetes? Yes, there are two types of diabetes. In Type 1 (insulin-dependent) diabetes, there is little or no production of insulin. In other words, there aren't enough keys to open up all the cells. This type of diabetes can be diagnosed in very young children, as young as infants under 1 year of age. In Type 2 (or non-insulin dependent diabetes), the body becomes resistant to the insulin being produced. Using the *key* analogy, some key holes change and therefore, the *key* (insulin) does not work. This type is increasing in children with the increasing rates of childhood obesity.

What causes diabetes? It is believed that Type 1 diabetes may occur as a result of an autoimmune response to an environmental trigger (such as a virus). As for Type 2 diabetes, the cause is unknown but several risk factors have been identified. These risk factors include older age, obesity, family history, physical inactivity and race or ethnicity. African Americans, Latinos, Native Americans and Pacific Islanders have been identified at higher risk than other races.

Daily care of a child with Type 1 diabetes The treatment regimen for a child with Type 1 diabetes can be quite rigorous. Children with Type 1 diabetes are required to monitor their blood glucose several times a day, follow a closely measured diet, plan physical activity and maybe even receive multiple insulin injections. Since the ultimate treatment goal for these children is to maintain blood glucose level within normal limits, caregivers may be asked to assist with the monitoring of blood glucose levels. You will also have to learn the signs of low blood sugar and how to respond.

Monitoring blood glucose levels The method for determining the glucose level in the blood continues to be the finger-stick method. A tiny lancet is used to prick the fingertip, then a drop of blood is collected and placed on a special strip of paper. This paper is then placed into small apparatus called a glucose meter, which gives a reading of the glucose level.

What affects blood glucose levels? Factors known to alter the levels of glucose in the blood include diet, exercise, emotional stress, illness and medications. When addressing the diet issue, the key factors to keep in mind include, tracking the types of foods a child eats and the regular scheduling of meals and snacks. As for exercise, it is important to understand that exercise lowers the blood sugar level. It may be necessary for the caregiver to determine the child's blood glucose level prior to exercise.

What is the law with respect to the care of a child with diabetes? In California, you are only required to perform blood glucose testing for a child in your care. You are not, however, required to give insulin injections. Also keep in mind The Americans with Disabilities Act, puts legal responsibility on child care providers to care for children with special needs such as children with diabetes.

References:

Helping Students with Diabetes Succeed: A Guide for School Personnel, June 2003, National Diabetes Education Program (NDEP).
Diabetes in the Child Care Setting, February 1998, Health & Safety Notes, California Childcare Health Program, 1.800.333.3212.

The Food Stamp Program: First Line of Defense Against Hunger in California



Today in America, the number of people who are food insecure and hungry is growing. In California 4.4 million people are food insecure, of which 1.4 million also experience hunger. This, despite the fact that California has the largest agricultural economy in the country and is an important producer of high quality fruits and vegetables for much of the nation. Households headed by single woman with incomes below the poverty line are at greater risk for food insecurity and hunger, particularly African-Americans and Hispanics.

According to a number of studies, food insecurity and the lack of an adequate nutritious diet over a long period of time can have a negative impact on health, learning, psychological and physical development, particularly in children. Researchers in the field of nutrition have also found a link between food insecurity and obesity. Children who are hungry or food insecure are more likely to be ill and absent from school. These children tend to have more health problems such as headaches, ear infections, colds and have more difficulty concentrating on learning and doing well in school. Adolescents in food insecure households have higher rates of depression and suicidal symptoms.

Food Security is defined as the right to have access to enough food through socially acceptable means. Those who cannot always afford to put food on the table, due to lack of financial resources, are *food insecure*.

Hunger is defined as the uneasy or painful sensation caused by lack of food, which can lead to malnutrition over time.

The Food Stamp Program is a federal nutrition program. It enables low-income families to buy basic nutritious food and it is the first line of defense against food insecurity and hunger. Electronic Benefits Transfer (EBT) cards have replaced food stamp coupons. Unfortunately, only half of Californians eligible for food stamp are currently receiving the nutritional assistance of this program. According to the California Food Policy Advocates (CFPA), red tape, bureaucracy and stigma limit participation among eligible Californians - particularly working families, which represents 71 percent of eligible households and legal immigrants.

Why aren't families participating in Food Stamps? Fingerprinting requirements, lengthy application process and disqualification of families that own a car worth more than \$4,650 deter many from participating.

What can you do? As an Early Childhood Education provider, you can play an important role in increasing Food Stamp Program awareness by providing information regarding eligibility requirements. It has been recorded that misinformation is a key barrier to participation in the program.

Help promote the Food Stamp Program in your community by:

- Informing families about this resource
- Educating families that Food Stamps is a nutrition assistance program and *not* welfare
- Encouraging families to call or visit the Alameda County Community Food Bank which is located at:

Oakland Army Base
700 Murmansk Street, Suite 69

Oakland, CA 94607

Phone: 510-834-3663

Hunger Hotline: 1-800-870-3663 (in Alameda County)

Hunger Hotline Hours: Monday - Friday 9 am to Noon; 1 pm to 4 pm

References:

1. *FRAC-Food Research and Action Center*: <http://www.frac.org/index.html>.
2. *Over 2.2 million low-income California Adults are food insecure*, 650,000 suffer hunger. UCLA Center for Health Policy Research, November 2002.

Farmer's Markets News



Recipients of Food Stamps and those who are not, have access to local-grown fresh fruits and vegetables through your local Certified Farmers' Market (CFM). At these locations farmers sell their own crops directly to the public. Only California-grown products are sold. Below is a list of markets in Alameda County open this time of year. For any questions, call: 800-897-FARM or visit <http://www.cafarmersmarkets.com>.



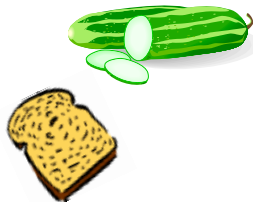
Sunday	Tuesday	Thursday	Friday
Fremont Irvington CFM Bay & Fremont Blvd. 9A-1P Oakland Jack London CFM Broadway & Embarcadero 10A-2P	Alameda CFM Taylor & Webster 9:30A-1P Berkeley CFM Derby and Martin Luther King Way 2-7P	Berkeley Shattuck Organic CFM Elephant Pharmacy Parking Lot 2P-6P Livermore CFM Carnegie Park & 3rd & J 4-8P, May-October	East Oakland CFM 73rd Ave. & International Blvd 10A-2P, May-Nov Emeryville CFM Bay St. & Shellmound 11A-3P, Jun-Oct Oakland Kaiser CFM Howe bet. MacArthur & 40th 10A-2P, May-November Old Oakland CFM 9 th & Broadway, 8A-2P
Saturday			
Berkeley Saturday CFM Center St. & Martin Luther King 10A-3P	Hayward CFM Main & B St 9A-1P	Oakland Mandela CFM 5th St. & Mandela Parkway 10A-4P	Pleasanton CFM W. Angela & Main, 9A-1P
Fremont Centerville CFM Bonde & Fremont Blvd 9A-1P, June-November	Oakland Grand Lake CFM Grand & Lakepark Way 10A-2p	Oakland Millsmont CFM MacArthur at Seminary 10A-2P	San Leandro Bayfair Mall Fairmont & E. 14th-Bayfair Mall 9A-1P
Union City-Old Alvarado Ceasar Chavez Park 10A-2P, May-November			

Nutritious Seasonal Recipes

Mini Cucumber Sandwiches

Ingredients:

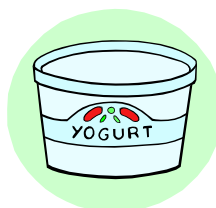
Whole wheat bread
 Cucumber slices
 Low fat or Fat Free Yogurt



Method:

1. Spread a slice of whole wheat bread with yogurt.
2. Cut into quarters.
3. Place a slice of cucumber on top of each square.

Prep: 5 min
 Source: www.myeasyrecipes.com



Easy Homemade Applesauce

Ingredients:

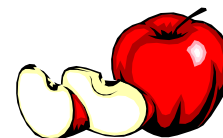
3 pounds cooking apples, peeled cored and sliced
 (about 12)
 1/2 to 3/4 cup sugar
 1/2 cup water
 1 teaspoon ground cinnamon

Method:

1. In a large microwave-safe bowl, combine all ingredients, stirring well.
2. Cover bowl with wax paper, microwave 9 minutes, then stir.
3. Cover and continue cooking 5 to 8 minutes or until apples are soft.
4. Mash apples and serve warm or cold.
 Apples are available year around, the best buys are September to February.

Prep: 15 min. Cook: 20 min.
 Makes 8 servings

Source: www.kidsacookin.org



Physical Activity Corner

Children who engage in physical activity and are active perform better academically. Daily physical activity of at least 30 to 60 minutes is important and takes practice. Physical activity improves body awareness not only for athletics, as well as helps develop better postural control, balance, bilateral coordination, hand-eye coordination and spatial concepts. It is important that developmentally appropriate activities be part of a child's daily life throughout the entire year. Now, during Fall and Winter time, there's still a lot that families can do in order to keep their body moving and warmed up. Here are some great resources to check out:

- **City of Oakland's Office of Parks and Recreation** It operates 22 community-based recreation centers and two discovery centers spanning the entire city. Free and low-cost programs, classes and activities for people of all ages and backgrounds are offered in recreation, sports, arts & cultures, computers, general learning, after-school activities, summer excursions and more! All centers and programs are open to the community-at-large, including non-Oakland residents.

Some of the classes and activities offered during Fall & Winter time for children ages 3-5 are: Learn to Swim, Indoor Games, African Dance, Cheerleading, Basketball, Cooking, Ballet and Tap Dance, and much more. For time and locations, call: (510) 238-PARK or check their website at <http://www.oaklandnet.com/parks/programs/>, or you may request a copy of their Fall & Winter 2003-2004 brochure from your local recreation center, library, or from the Office of Parks and Recreation, 1520 Lakeside Drive, Oakland, CA 94612.

- **Downtown Berkeley YMCA** Hip Hop, Capoeira, Swimming, Ballet/Tap and many other classes are offered to children as young as 2 years old. For those who qualify, a need-based financial assistance is awarded. For more information, call (510) 848-9622 or check their website at <http://www.baymca.org/index.php/downtown.html>. The YMCA is located at 2001 Alston Way, Berkeley, CA 94704.

Seasonal Gardening Tips

October: Great time for planting! Soils are still warm and demand for water is going down.

1. Plant shrubs and trees, natives, perennials, ground covers and cool season annuals and vegetables.
2. Cut back and divide perennials or plant new ones.
3. Prune back dead and overgrown stems.

November: Is usually a rainy month. Finish up your fall planting now.

1. As you pull up old crops, compost. You'll need it in the spring.
2. Keep on top of raking and cleanup until leaf fall is over. Be sure to clean up under fruit trees. Fallen leaves and dead fruit can harbor insect eggs and fungus spores over the winter.
3. As plants slow down, stop fertilizing. Water if necessary.

December: This is a cold and rainy month.

1. Dig it! A few days after a good rain, we are apt to have clear skies and sunny days. The soil will be damp but not wet, and it will be easy to cultivate. This is a good time to turn the soil over with a spading fork.
2. Keep weeds under control.
3. Time to plan for your next garden. Check a seeds catalog.



Nutrition Tidbits

Tips for Parents: Parents may find their children hungry after a full day of activities and dinner time may still be hours away. Instead of stopping by a fast food restaurant and getting something loaded with fat, sugar and calories, parents can bring a healthy snack for their children to eat on their way home.

Some delicious ideas: Carrot sticks, fruit, graham crackers, celery sticks with peanut butter, cheese strips, 100% fruit juice, bread sticks, small bran muffin, cucumber slices.

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