



The New York City Health Literacy Campaign:
From Knowledge to Action.
Sample Lessons

**PREVENTION & DETECTION
ABE LEVELS 5 & 6**

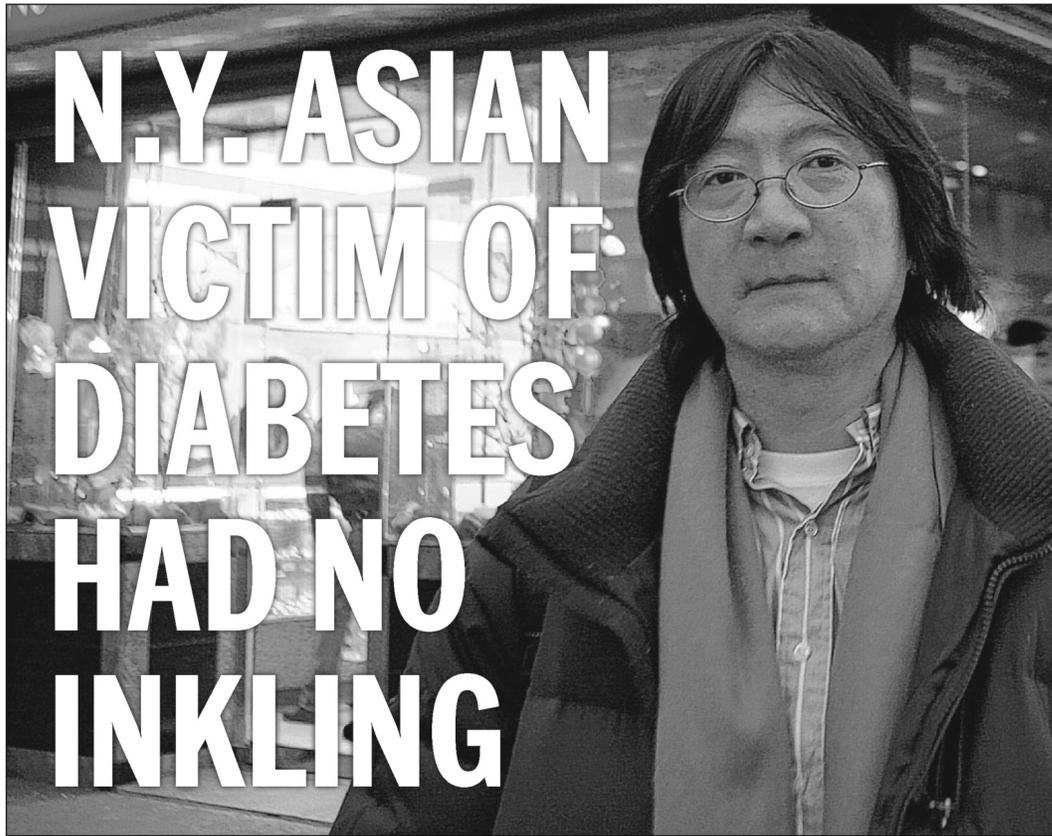
STUDENT'S EDITION



Developed by the Mayor's Office of Adult Education

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200,000 sufferers don't even know they have it, warns Health Dept.



George Ng, who emigrated from the Philippines to the U.S. in 1979, said he is still in denial that he has diabetes at age 55. Photo by Matthew Roberts

BY JORDAN LITE
DAILY NEWS STAFF WRITER

GEORGE NG NEVER imagined a skinny Chinese guy like him could get diabetes, but three weeks ago he found out he was dangerously wrong.

The Manhattan man discovered he was one of the more than 200,000 New Yorkers who don't know they have the disease — one of the surprising numbers released yesterday by the city Health Department in a new comprehensive look at diabetes.

"I think I had the condition for a while. I'm still in denial," said Ng, 55.

When the 5-foot-11 Ng arrived in the city from the Philippines in 1979, "I was underweight — 125 pounds — and I think the food here got me ballooned up to 160. I'd pig out, eating ice cream, chocolate and cupcakes, McDonald's fries, drinking Coke."

He's not alone. The study found that diabetes strikes almost half of Asian New Yorkers: 16% have it, and another 32% are teetering on the brink.

Less than a decade ago, studies of second- and third-generation Japanese-Americans found that 10% had the disease.

"It is a huge, significant increase," said Dr. Thomas Tsang, chief medical officer at the Charles B. Wang Community Health Center in Chinatown.

Thousands of New Yorkers may have diabetes and not know it. You should be checked by a doctor if you have these symptoms:

- Frequent urination
 - Excessive thirst and hunger
 - Unusual weight loss
- You should also get checked for diabetes if you:
- Are older than 45 and obese
 - Have high blood pressure or high cholesterol
 - Your blood-sugar levels are above normal

Diabetes in New York City

- **686,000** adult New Yorkers — **12.5%** of the adult population — have diabetes, **207,000** don't know it
- Half of Asian New Yorkers are affected: **16%** have diabetes and **32%** have prediabetes
- **14%** of blacks have diabetes; **21%** have prediabetes
- **12%** of Hispanics have diabetes; **25%** have prediabetes
- **11%** of whites have diabetes; **21%** have prediabetes

SOURCE: NEW YORK CITY HEALTH DEPARTMENT



Needle used to inject insulin into the body to help restore its ability to utilize sugar. Photo by Frank Rumpenhorst

The study helps confirm that the city's diabetes problem is more serious than the national one. More than 12% of all adults here, 686,000 people, have diabetes, compared with 10% across the country.

Yet 207,000 New Yorkers don't know they have the disease, and

for 105,000, the condition is out of control enough to raise their risk of heart attack, blindness and amputation, said officials, who based their results on interviews and blood tests of 2,000 residents.

For reasons that are unclear, diabetes seems to be more com-

mon among Indians, Bangladeshis and Pakistanis than other Asian New Yorkers, though exact numbers aren't known, said Deputy Health Commissioner Lorna Thorpe.

But new calorie-rich diets, couch-potato lifestyles and weight gain among Asian immigrants are likely to be driving the community's dramatically rising diabetes problem, said Dr. George Liu, an attending physician at New York Downtown Hospital. At the same time, they are migrating from countries where diabetes is becoming more prevalent, he said.

Still, the figures defy conventional wisdom about Asians, who are assumed to be at lower risk of diabetes because of their stereotypically smaller frames.

"We don't typically think of high levels of obesity in the Asian population, but that's changing, and there's some indication that if you have weight around your ... [waist] you're at greater risk for diabetes. This tends to be more common among Asians, in particular South Asians," Thorpe said.

The problem remains serious for other New Yorkers. More than 14% of blacks, 12% of Hispanics and nearly 11% of whites have diabetes, and still more are prediabetic, according to the survey. jilite@nydailynews.com

NYMinute

Trash run tied to slay?

CLAD ONLY IN boxer shorts, a man resembling Catherine Woods' accused killer was spotted making a predawn trash run on the weekend the stripper was killed.

Taking the stand in Manhattan Criminal Court yesterday, Jacques Swarcbart said he was startled when he saw someone he thinks was suspect Paul Cortez tossing out a large garbage bag in front of his East Harlem building in November 2005.

"He was barefoot and bare-chested," said Swarcbart, a saxophone player who had been performing all night. "And that struck my imagination because it was very cold."

No murder weapon or bloody clothes were ever recovered from the 21-year-old beauty's fatal stabbing, leaving prosecutors to build their case against Cortez around circumstantial evidence and a bloody fingerprint found in her E. 86th St. pad. **Jose Martinez**

Porn KOD, flags still OK

THE FDNY yesterday announced regulations that strengthen its ban on pornography at city firehouses — but apparently allow American flags and Mass cards.

The rank-and-file union trumpeted the rule as a "victory for free speech."

"We were going to sue over those items and now we don't have to, so that's a step in the right direction," said Steve Cassidy, president of the Uniformed Firefighters Association. "They have a right to ban offensive material. They don't have the right to take everything off your locker." **Jonathan Lemire**

Plunge kills day laborer

A DAY LABORER died at a Brooklyn construction site yesterday after plunging four stories down an unguarded elevator shaft, police said.

The unidentified victim was doing tile work on the fourth floor of a building on Troutman St. in Bushwick when he stumbled and fell about 10:20 a.m. Emergency workers raced him to Woodhull Hospital, where he died. A source familiar with the investigation said there were no guard rails blocking the opening to the elevator shaft. **Robert F. Moore**

Hunting dead girl's kin

ANONYMOUS TIPS sent cops searching addresses in upper Manhattan and the Bronx for the parents of a baby girl found dead Monday in a trash compactor at the Mitchell Houses in Mott Haven.

The medical examiner's office was still trying yesterday to determine the identity of the baby, who was thought to be between 2 and 3 months old. **Robert F. Moore**

NAME: _____ DATE: _____

ACTIVITY 1: “N.Y. ASIAN VICTIM OF DIABETES HAD NO INKLING”

Directions: Read the article and then find a partner to help answer the questions below.

Vocabulary: When you take the GED test, you will run across many difficult words but you will not be able to use a dictionary. For this reason it is important to practice using context clues, or the information in sentences that surround these difficult words, in order to understand their meaning. **Locate and underline each of these words in the article and use context clues to determine their meaning.**

1. Define *inkling*

- Now use it in a sentence:

2. Define *denial*

- Now use it in a sentence:

3. Define *comprehensive*

- Now use it in a sentence:

4. Define *conventional*

- Now use it in a sentence:

5. Define *prediabetic*

- Now use it in a sentence:

NAME: _____ DATE: _____

INTRODUCTION: PREVENTION, EARLY DETECTION AND HEALTH SCREENINGS

1. What GED skills will we build today?

2. Name some common health problems:

- What words mean the same thing as “health problems”?
-

3. What is Prevention?

- Define the word *prevent*:

 - Use *prevent* in a sentence:

 - What is disease *prevention*?

 - How can we *prevent* diseases?
-

4. What is Early Detection?

- Define the word *detect*:

 - Use *detect* in a sentence:

 - What does early *detection* of a disease mean?
-

5. What are Health Screenings?

- Define the term *health screenings*:

NAME: _____ DATE: _____

ACTIVITY 1: ATTENDING A HEALTH SCREENING: MILA'S STORY¹

Directions: Read this story in your groups and answer the questions below.



Mila is thirty-five years old and an immigrant from the Dominican Republic. She has lived in New York City for five years. Mila attends an ABE class two days a week to get her GED. Recently, Mila has been thinking about her health a lot. This is because she has been learning about health in her class. She has learned that the prevention of disease means eating healthy food and being more active. She has also learned about how important the early detection of illness can be. Mila's teacher said that the best way to detect an illness early is to attend a health screening.



Mila just found out her class will be taking a trip to a free or low-cost health screening offered at a public hospital or clinic near her school. Her teacher told the class that they will be screened for diseases like high blood pressure and diabetes. Mila is nervous for several reasons. First, she has not been to see a doctor in three years and she is worried that she might have a disease. Secondly, she does not know what happens during screenings or what she will do with her results. She is also nervous because she has no papers and she is worried that the hospital will report her to the authorities. Finally, she has no insurance and cannot afford to pay for the health screening. To feel better, Mila decided to ask her teacher some questions.

Questions for small group discussion:

1. **What is Mila's problem?**
2. **Does this problem relate to your life?**
3. **How?**
4. **What can Mila do to feel better about going to the screening?**

¹Adapted from a health lesson developed by Tilla Alexander and Diana Raissis at MMALC

NAME: _____ DATE: _____

ACTIVITY 1: MILA'S QUESTIONS ABOUT THE HEALTH SCREENING²

Teacher: How are you Mila? You look nervous.

Mila: I can't go to the health screening. I don't have any documentation or insurance.

Teacher: Don't worry. The hospital promises to keep all of your information confidential and the health screening will be free if you do not have insurance.

Mila: I feel perfectly healthy though. Why should I go to the screening?

Teacher: Everybody needs to get screened, even people that feel healthy like you. This is because many people have life-threatening diseases like high blood pressure but never know it. This is because high blood pressure has no symptoms. The only way to know if you have high blood pressure is to get screened by a healthcare provider.

Mila: Why does checking my blood pressure matter?

Teacher: High blood pressure can hurt your whole body. It can lead to a stroke, heart attacks, heart failure or kidney failure if it goes untreated.

Mila: How will healthcare providers check my blood pressure?

Teacher: Healthcare providers will put a cuff on your arm. This will measure your blood pressure. It is fast, easy and painless. By the way, it is important to get your blood pressure checked by your doctor on a regular basis, not just at health screenings.

Continued



Blood pressure cuff

NAME: _____ DATE: _____

Mila: What will happen if I have high blood pressure?

Teacher: Everything will be okay. If you have high blood pressure, you will just have to make some small but important changes. First, you will have to visit your regular doctor for screenings. If you do not have a regular doctor, there are people who work at the hospital where we are going that would be happy to help you. You will also have to make changes in your diet such as eating less fats and salt. If you smoke, you will have to quit smoking. Finally, you may have to take medicine.



A GED student getting her blood pressure checked at a health screening

²From American Heart Association's High Blood Pressure Library found at:
http://www.americanheart.org/beatyourrisk/en_US/main.html

NAME: _____ DATE: _____

ACTIVITY 2: QUESTIONS FOR DISCUSSION

Directions: Work with your partner to answer these questions.

- 1. High blood pressure is often called “the silent killer”. Judging from the reading, why do you think people call it that?**
- 2. The hospital promises to keep all information “confidential”. What does this mean?**
- 3. How did Mila feel about health screenings before talking to her teacher? Why?**
- 4. How do you think she feels after talking to her teacher? Why?**
- 5. What is the point of going to a health screening?**



TAKE CARE NY

Get Screened.
Stay Healthy.

A simple health check for asthma, diabetes, high blood pressure, cholesterol, HIV, depression or cancer can help keep you healthy. This October, NYC public hospitals and health centers will offer the health screenings you or your family need at little or no cost.*

Dial **311** or visit **nyc.gov/hhc** to find the HHC hospital or health center near you.

And Take Care, NY.



nyc.gov/hhc

Bellevue • Belvis • Coler-Goldwater • Coney Island
Cumberland • East New York • Elmhurst • Gouverneur
Harlem • Jacobi • Kings County • Lincoln • McKinney
Metropolitan • Morrisania • North Central Bronx
Queens • Renaissance • Sea View • Woodhull

*If you have health insurance, it will be billed. You will be responsible for any co-payments. If you don't have insurance, there is no cost to you.

NAME: _____ DATE: _____

ACTIVITY 3: “GET SCREENED. STAY HEALTHY.”

Directions: Read this advertisement and analyze its meaning in your group. Take notes as you talk about the questions and be ready to report back to the class.

Questions for Discussion

- 1. Explain the title in your own words.**
- 2. Name all of the diseases mentioned.**
- 3. Why should people get screened?**
- 4. How much will it cost?**
- 5. What is the point of going to a health screening?**
- 6. What does TCNY stand for?**
- 7. What does HHC stand for?**

NAME: _____ DATE: _____

ACTIVITY 3: “GET SCREENED. STAY HEALTHY.”

Directions: Participate in the conversation and takes notes below.

Common Diseases	Prevention	Early Detection
High Blood Pressure →	Eat healthy and be active →	Blood Pressure Cuff
Diabetes		
Asthma		
Cholesterol		
HIV		
Depression		
Cancer:		

NAME: _____ DATE: _____

ACTIVITY 4: MILA CONVINCES RICARDO TO ATTEND A HEALTH SCREENING

Mila left her class feeling much better about attending the health screening. She was happy because she asked her teacher questions and she doesn't feel nervous anymore. When she got home she decided to tell her friend Ricardo about what she learned in class today.

Directions: Choose a partner to work with and take turns playing the roles of Mila and Ricardo. Answer Ricardo's questions in your own words.

Ricardo: Hey Mila, how are you? What did you learn in class today?

Mila: Hey Ricardo, I am fine. I learned about health screenings in class today.

Ricardo: What are health screenings?

Mila: _____

Ricardo: What kind of screenings can I get?

Mila: _____

Ricardo: Who should get health screenings?

Mila: _____

Ricardo: Why should I attend a health screening?

Mila: _____

Ricardo: Where can I get a health screening?

Mila: _____

Directions: After you have done this role play as a class, write the best answers to each question on the lines provided above.

NAME: _____ DATE: _____

ACTIVITY 7: SHARE YOUR KNOWLEDGE

Directions: Make a PowerPoint Presentation with your group. Be sure to answer every question with one paragraph and to use pictures from clip-art or the internet to make your slides interesting!

Titles of Slides:

1. Title and name of presentation.
2. What is "prevention"?
3. What is "early detection"?
4. What are "health screenings"?
5. Who should get screened?
6. Where did you go to get screened?
7. What screenings did you do?
8. Why should I get screened?
9. What was your experience like?
10. What is one thing you would tell a friend about health screenings?