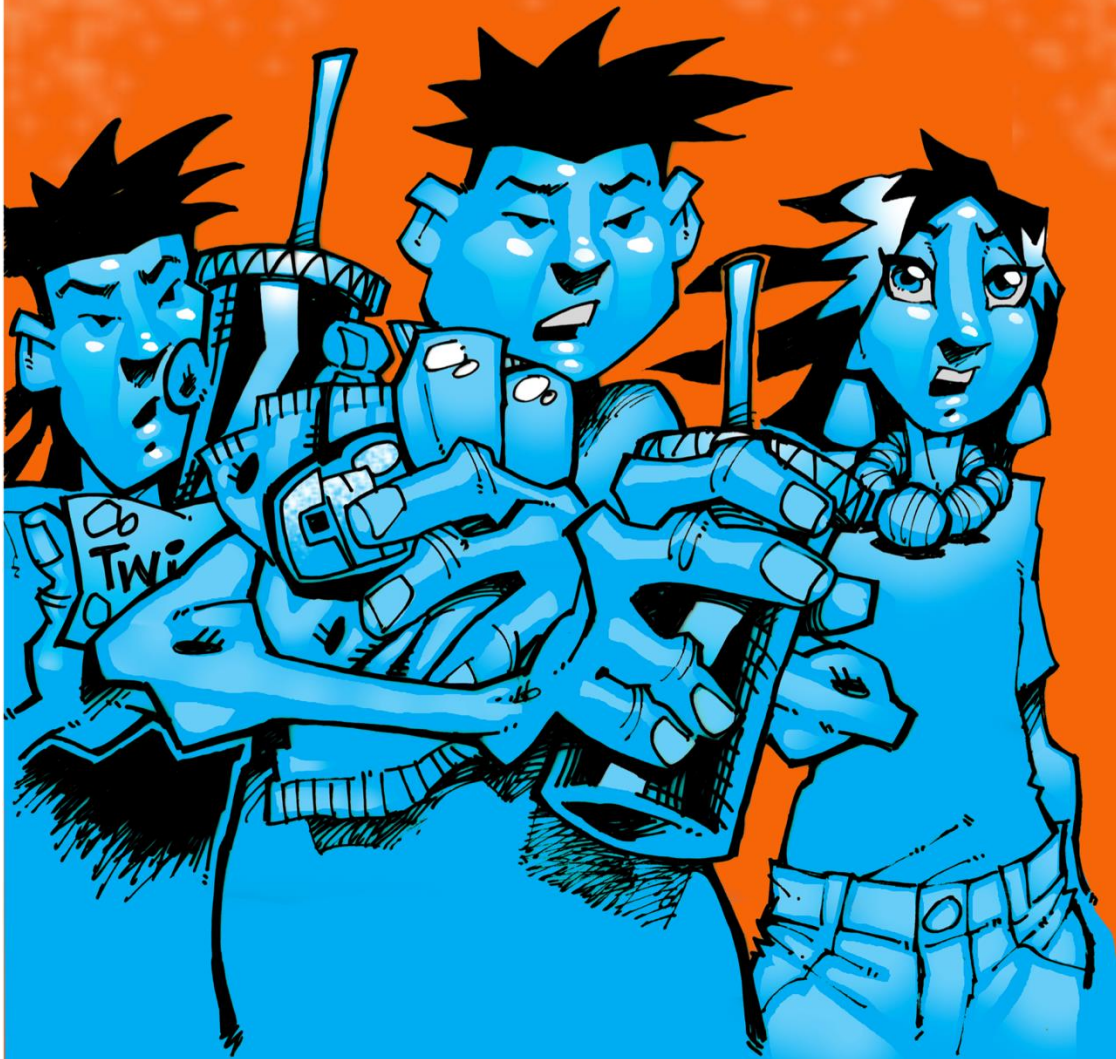




OCT
2011 FREE

IT'S UP 2 YOU!



IT'S UP 2 YOU!

RYAN HUNA SMITH
ARTIST/CO-WRITER

LISA FALK, ARIZONA STATE MUSEUM
PROJECT DIRECTOR/CO-WRITER



Share IT'S UP 2 YOU! for free!

Mobile app at iTunes

Online version at healthypima.org

Put it on your own website! Download at healthypima.org



"It's Up 2 You!" Copyright Arizona Board of Regents, 2011. With the exception of placing of "It's Up 2 You!" on another website, all other rights are reserved. All similarities to persons living or dead are purely coincidental.

TUCSON, ARIZONA

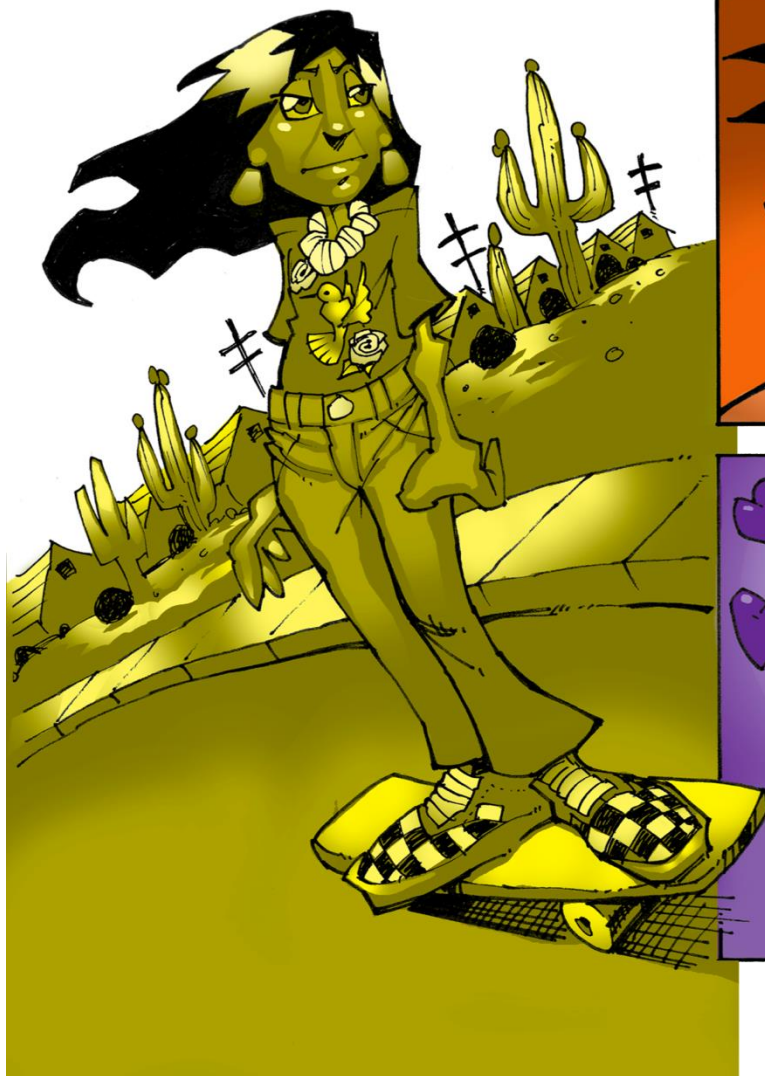


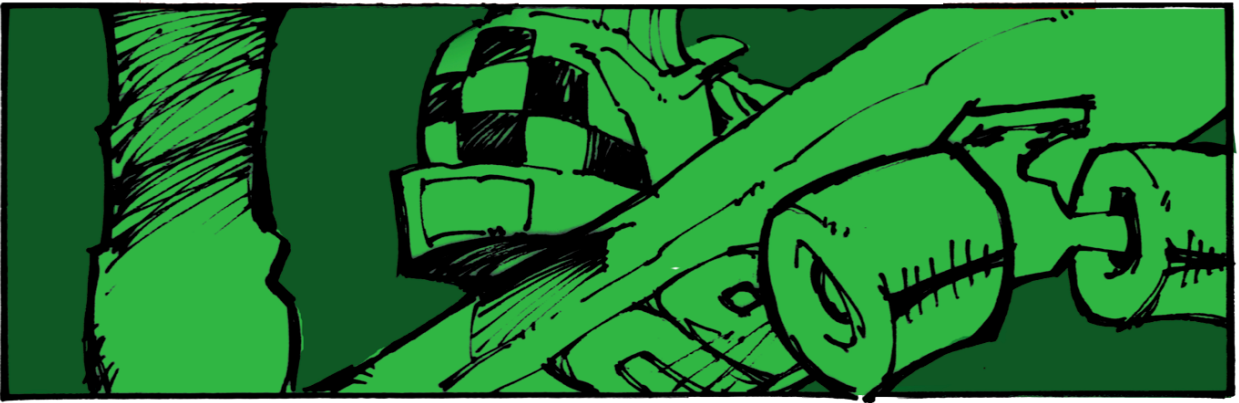




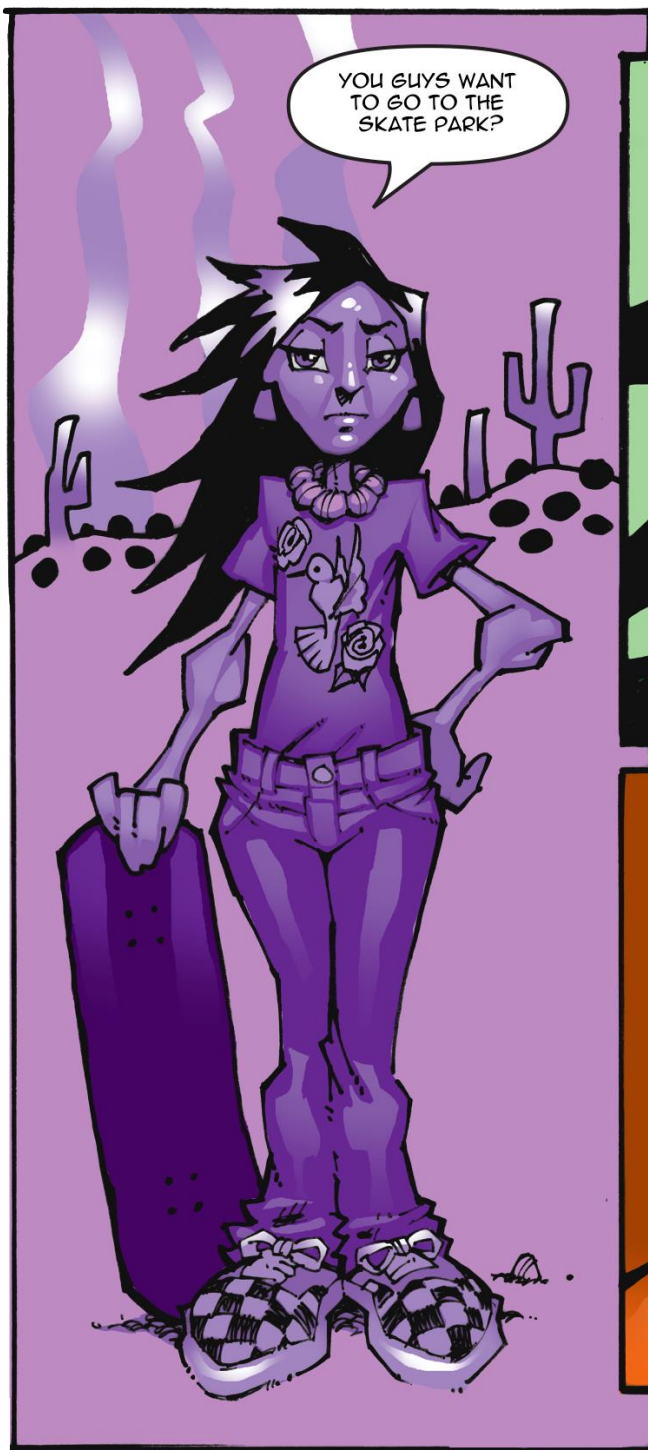


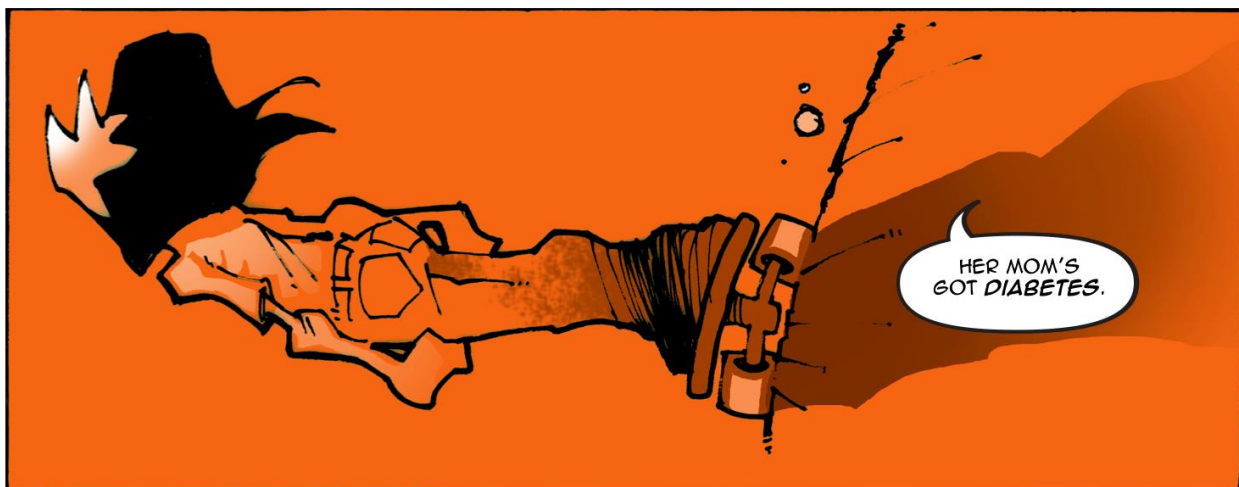




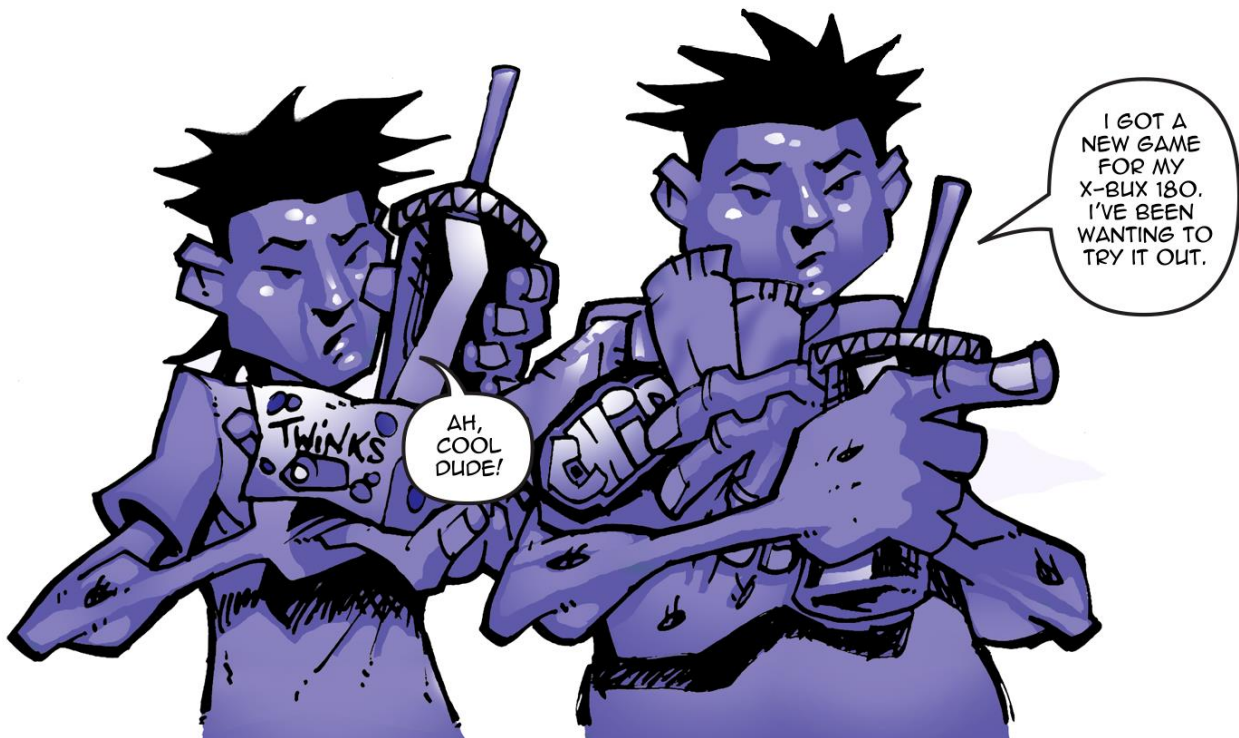




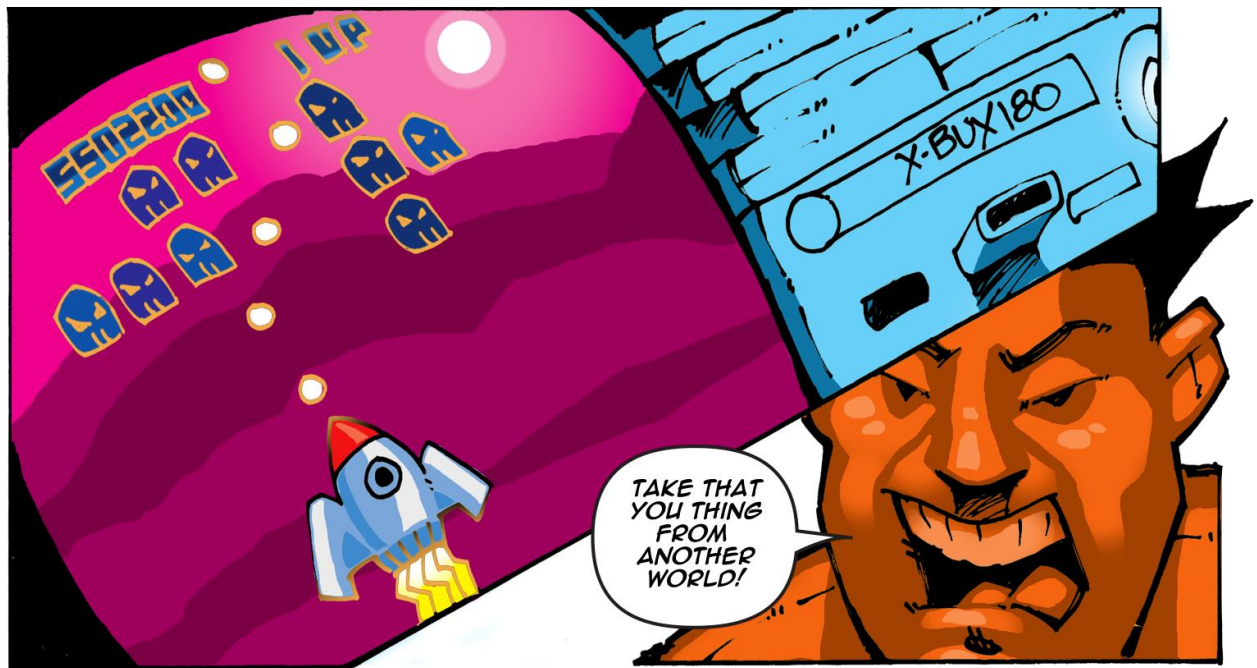












TAKE THAT
YOU THING
FROM
ANOTHER
WORLD!



NOTHING LIKE
A SODA TO QUENCH
YOUR THIRST.

YEAH!



WHAT ARE
YOU DOING
TOMORROW?



MY MOM
MADE ME AN
APPOINTMENT
AT THE CLINIC.











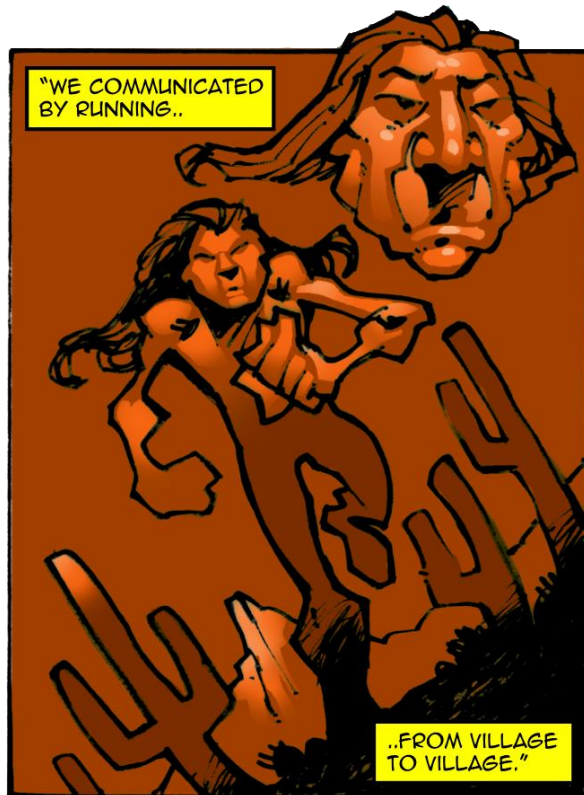
HUH?



IT WASN'T
ALWAYS
THIS WAY...



"OUR ANCESTORS PLANTED CORN, TEPARY BEANS,
SQUASH, MELONS. THEY HUNTED AND ATE FOOD
PROVIDED BY MOTHER EARTH."



WE CELEBRATED WITH HEALTHY FRESH FOOD,
SONGS AND DANCE.



TODAY WE SIT IN FRONT OF TV'S
AND COMPUTERS AND PLAY WITH
OUR CELL PHONES.

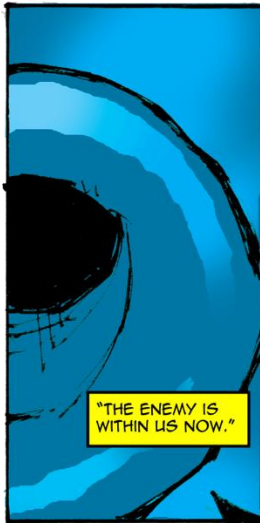
WE EAT UNHEALTHY
FOODS LIKE CHIPS..

..FRENCH FRIES, SODAS..

..BIG BURGERS, PIZZA
AND FRYBREAD.







"THE ENEMY IS
WITHIN US NOW."



"OUR CELLS ARE
RESISTING THE
INSULIN..."

"...THAT CONVERTS
OUR FOOD TO
ENERGY."



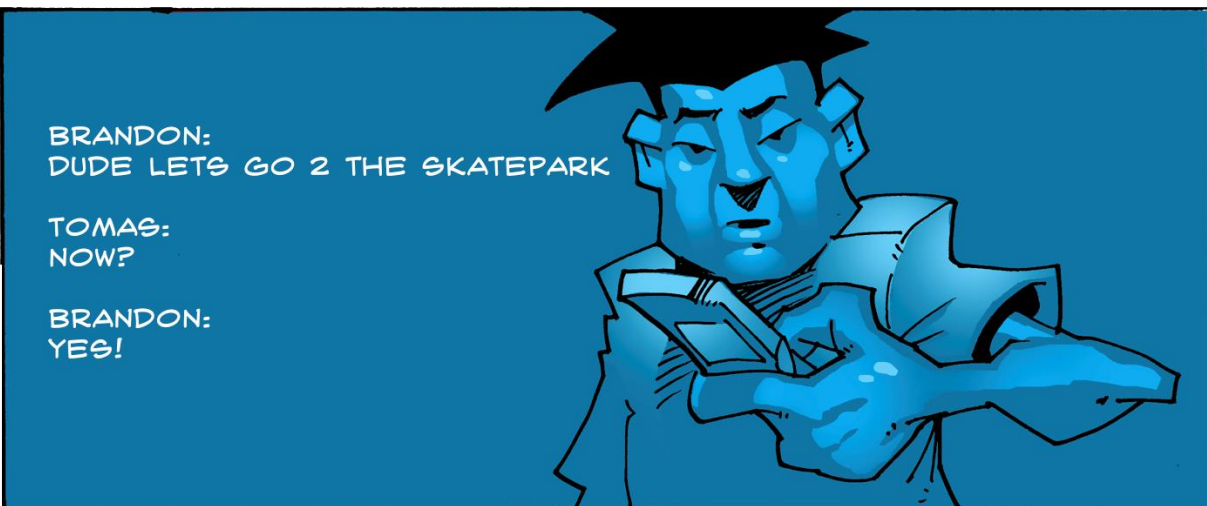
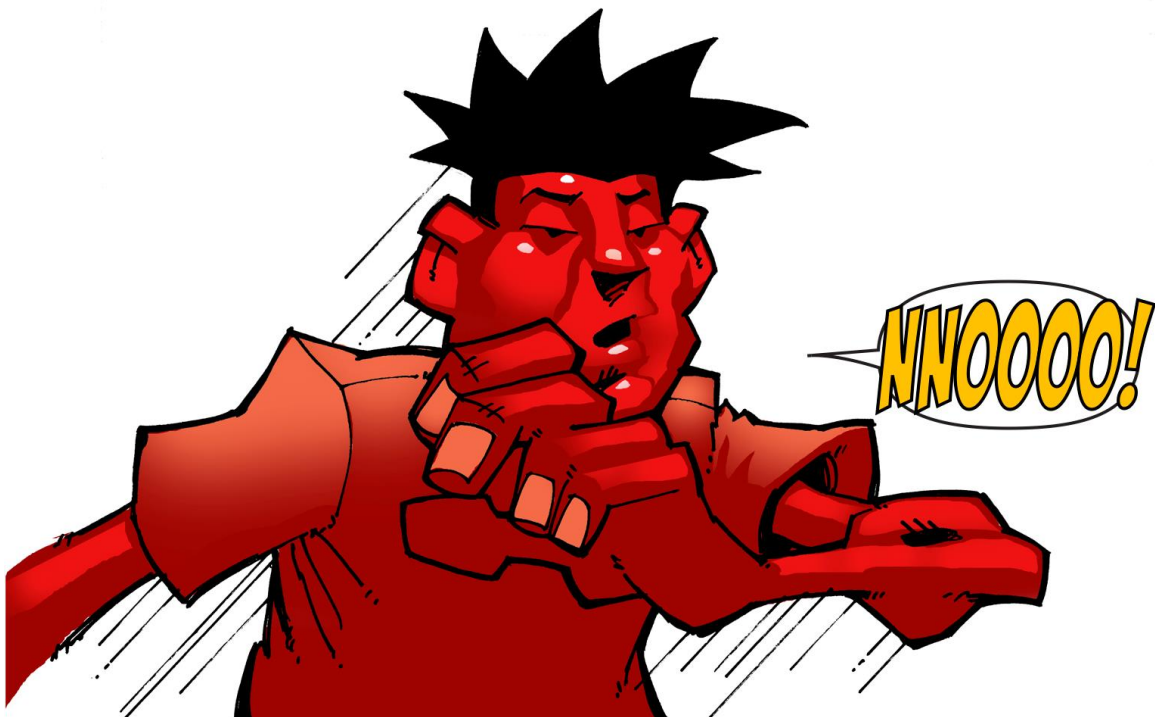
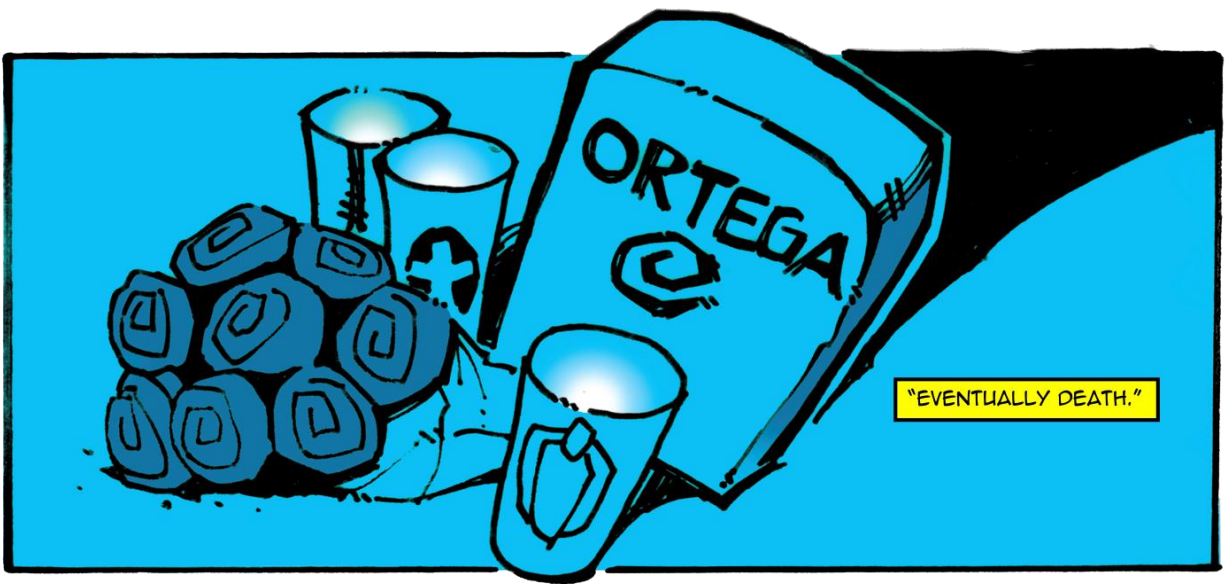
"THE SUGAR IS
BUILDING UP..."



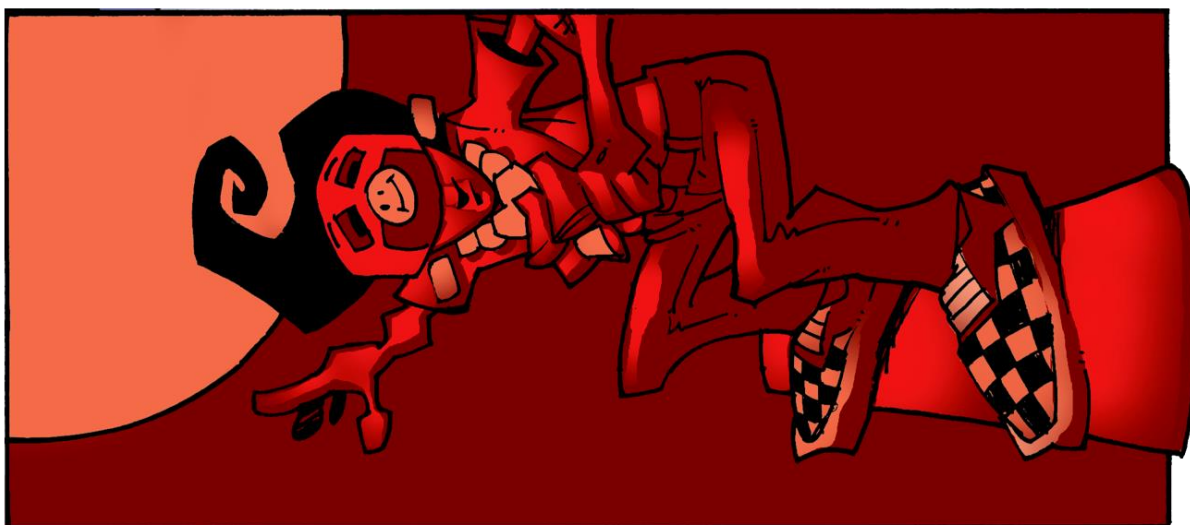
"IN OUR BLOOD
AND KILLING US."

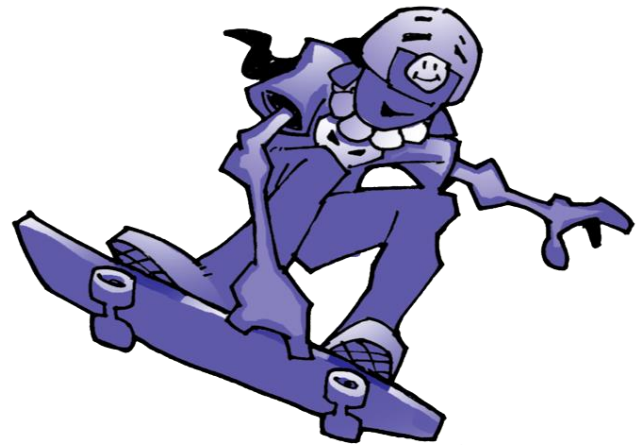
"OTHER COMPLICATIONS..."















FACTS ON DIABETES

WHAT IS DIABETES?

DIABETES MEANS THAT YOUR BLOOD GLUCOSE (SUGAR) IS TOO HIGH AND YOUR BODY HAS DIFFICULTY CONVERTING THE GLUCOSE TO ENERGY. THERE ARE THREE TYPES OF DIABETES:

TYPE 2 DIABETES IS THE MOST COMMON FORM OF DIABETES. IT'S MOST OFTEN DIAGNOSED IN ADULTS, BUT TODAY A GROWING NUMBER OF CHILDREN ARE DEVELOPING TYPE 2 DIABETES. IN TYPE 2 DIABETES, EITHER THE BODY DOES NOT PRODUCE ENOUGH INSULIN OR THE CELLS IGNORE THE INSULIN (INSULIN RESISTANCE). SOME PEOPLE WITH TYPE 2 DIABETES NEED TO TAKE INSULIN, OTHERS CAN CONTROL THEIR INSULIN LEVELS WITH OTHER MEDICATIONS AND DIET AND EXERCISE.

TYPE 1 DIABETES IS USUALLY DIAGNOSED IN CHILDREN AND YOUNG ADULTS. IN TYPE 1 DIABETES, THE BODY ATTACKS THE CELLS THAT MAKE INSULIN. THERE ISN'T ENOUGH INSULIN TO HELP THE BLOOD SUGAR TURN INTO ENERGY. TOO MUCH SUGAR STAYS IN THE BLOOD SO YOU MUST TAKE INSULIN SHOTS.

GESTATIONAL DIABETES MAY BE DEVELOPED DURING A PREGNANCY. IT RESULTS FROM INSULIN RESISTANCE (LIKE TYPE 2 DIABETES) CAUSED BY INCREASED SENSITIVITY WHILE PREGNANT. IT OFTEN GOES AWAY AFTER PREGNANCY, BUT THE MOTHER AND HER CHILD ARE MORE SUSCEPTIBLE TO DEVELOPING TYPE 2 DIABETES LATER IN THEIR LIVES.

WHAT IS INSULIN?

YOUR PANCREAS MAKES INSULIN. INSULIN IS WHAT CONVERTS SUGAR, CARBOHYDRATES AND OTHER FOODS SO YOUR BODY CAN USE IT FOR ENERGY. ALL FOODS BREAK DOWN INTO SUGARS (GLUCOSE). IF YOUR BODY RESISTS THE INSULIN, THE SUGAR BUILDS UP IN YOUR BLOOD. THAT IS THE BEGINNING OF DIABETES.

CAN YOU PREVENT DIABETES?

TYPE 1 DIABETES CANNOT BE PREVENTED. BUT TYPE 2 CAN BE PREVENTED AND IF YOU ARE DIAGNOSED WITH IT THERE ARE WAYS TO MANAGE IT. IF YOU HAVE A FAMILY HISTORY OF DIABETES OR HAVE BEEN TOLD YOU ARE PRE-DIABETES, EXERCISE AND A HEALTHY WHOLE FOODS-BASED DIET CAN HELP IT FROM GETTING WORSE.

WHAT ARE SYMPTOMS OF DIABETES?

SOME PEOPLE FEEL LIKE THEY HAVE THE FLU OR FEEL REALLY TIRED. YOU MAY HAVE TO PEE A LOT OR MAY BE REALLY THIRSTY OR REALLY HUNGRY. SOMETIMES YOUR THOUGHTS GET FOGGY OR YOUR VISION BLURS. YOU MAY FEEL NUMBNESS, TINGLING OR PAIN IN YOUR LEGS OR FEET, OR GET SORES OR INFECTIONS ON YOUR FEET.

COMPLICATIONS OF DIABETES

DIABETES CAN AFFECT MANY PARTS OF YOUR BODY. IT CAN LEAD TO SERIOUS COMPLICATIONS SUCH AS BLINDNESS, KIDNEY DAMAGE AND LOWER-LIMB AMPUTATIONS. WITH DIABETES, YOUR RISK OF HAVING HIGH BLOOD PRESSURE, HIGH CHOLESTEROL AND STROKES, INCLUDING HEART ATTACKS ARE INCREASED. DIABETES CAN DAMAGE NERVES, WHICH MEANS YOU MAY NOT FEEL AN INJURY UNTIL A LARGE SORE OR INFECTION DEVELOPS. IT CAN EVEN AFFECT YOUR TEETH. PERIODONTAL, OR GUM DISEASE IS MORE COMMON IN PEOPLE WITH DIABETES.



MYTHS ABOUT DIABETES

MYTH:
DIABETES IS A NATURAL PART OF THE CYCLE OF LIFE: YOU GROW OLD, GET DIABETES AND DIE.

FACT:
TYPE 2 AND GESTATIONAL DIABETES ARE PREVENTABLE. WITH PROPER MANAGEMENT, MANY PEOPLE WITH DIABETES HAVE LONG AND HEALTHY LIVES.

MYTH:
DIABETES IS NOT THAT SERIOUS OF A DISEASE.

FACT:
DIABETES CAUSES MORE DEATHS A YEAR THAN BREAST CANCER AND AIDS COMBINED. TWO OUT OF THREE PEOPLE WITH DIABETES DIE FROM HEART DISEASE OR STROKE.

MYTH:
IF YOU HAVE DIABETES YOU SHOULDN'T EXERCISE.

FACT:
EXERCISE IS CRUCIAL. WHILE EXERCISE MAY BE DIFFICULT TO BEGIN FOR SOMEONE WHO IS OBESE OR DOES NOT FEEL WELL, IT ACTUALLY WILL HELP KEEP YOUR DIABETES FROM WORSENING. YOU MAY NEED TO MONITOR YOUR SUGAR LEVELS WHILE EXERCISING. PLEASE CHECK WITH YOUR DOCTOR.

MYTH:
YOU GET DIABETES FROM EATING TOO MUCH SUGAR.

FACT:
EATING TOO MUCH SUGAR DOES NOT AUTOMATICALLY GIVE YOU DIABETES. BUT IF YOU EAT A LOT OF SUGAR COMBINED WITH HIGH AMOUNTS OF FAT AND CARBOHYDRATES YOU COULD DEVELOP RESISTANCE TO INSULIN, WHICH RESULTS IN DIABETES.

MYTH:
PEOPLE WITH DIABETES SHOULD EAT SPECIAL DIABETIC FOOD.

FACT:
A HEALTHY MEAL PLAN FOR PEOPLE WITH DIABETES IS GENERALLY THE SAME AS A HEALTHY DIET FOR ANYONE - LOW IN FAT, LOW IN SALT AND LOW IN SUGAR, WITH MEALS BASED ON WHOLE GRAIN FOODS, VEGETABLES, FRUITS AND LIMITED LEAN MEATS. SOME STARCHY FOODS CAN BE INCLUDED, BUT REMEMBER THAT TOO MANY CARBOHYDRATES MEAN TOO MUCH SUGAR. WHAT IS IMPORTANT IS PORTION SIZE.

GO ONLINE FOR MORE OF
IT'S UP 2 YOU!

DIGITAL VERSION @ HEALTHYPIMA.ORG

DOWNLOAD IT AND PUT ON YOUR WEBSITE FOR FREE!

FREE MOBILE APP @ ITUNES

TAKE THE HEALTHY CHALLENGE WITH DIGITAL VERSIONS



SHARE
IT'S UP 2 YOU!
FOR FREE!



IT'S UP 2 YOU! WAS DEVELOPED IN CONJUNCTION WITH AN EXHIBIT AND PROGRAMS
DEALING WITH HISTORY, CULTURE AND HEALTH BY
ARIZONA STATE MUSEUM, UNIVERSITY OF ARIZONA.

SPECIAL THANKS

*TUCSON PIMA ARTS COUNCIL
PIMA COUNTY HEALTH DEPARTMENT
HA:SAN PREPARATORY AND LEADERSHIP SCHOOL
PIMA COUNTY PUBLIC LIBRARY QUINCIE DOUGLAS BRANCH TEEN GROUP
AMPHITHEATER HIGH SCHOOL NATIVE AMERICAN CULTURE CLUB
AGNES ATTAKAI, UNIVERSITY OF ARIZONA COLLEGE OF PUBLIC HEALTH*



**JOHN & SOPHIE
OTTENS
FOUNDATION**

Proud to be a



www.letsmove.gov



An Independent Licensee of the Blue Cross and Blue Shield Association



Mobile app at iTunes
Online Version at healthypima.org