

Diabetes Ribbon

Girl Scouts for All Appreciation Series Patch Program Ribbon 6

Purpose: To increase knowledge and understanding of people who live with diabetes.

- Girl Scout Daisies, Brownies, and Juniors must complete one activity.
 - Girl Scout Cadettes, Seniors, and Ambassadors must complete two activities.
- 1.** Talk to an endocrinologist or other expert about the different types of diabetes and their causes. Learn about possibilities for preventing and treating the different kinds of diabetes.
 - 2.** Explore assistive technologies such as insulin pumps and continuous glucose monitors as well as other treatment and maintenance options and devices for those with diabetes.
 - 3.** Develop a healthy meal plan for a day that a person with diabetes could follow. What are correct portion sizes? Why is it important to not just cut sugar out of a diet? How many snacks did you build into the day aside from main meals and why?
 - 4.** Discuss different adaptations your troop could make to include a girl with diabetes. How would you develop an inclusive snack/meal plan? How would you travel together? How would you support her? What would you do if people made fun of her?
 - 5.** Invite a person who has diabetes to speak at a troop meeting about her lifestyle and any assistive technology she uses.
 - 6.** Read and discuss as a group a book about diabetes in order to learn about their lifestyle. Examples can be found here for different age groups: <http://www.childrensdiabetesfoundation.org/books/>
 - 7.** Explore healthy foot care for people with diabetes. Why is it important for people with diabetes to take good care of their feet? Do a spa pedicure and pamper your feet!

For more resources see:

<http://www.diabetes.org/living-with-diabetes/complications/foot-complications>

<https://www.niddk.nih.gov/health-information/diabetes/preventing-diabetes-problems/keep-feet-healthy/take-care-your-feet-lifetime>