

<Show Opener>

<montage>

**Announcer:** dLife TV, the only show for your diabetes life, packed with information, insights, cooking, and real stories about real people. dLife brings it all together to help you live a healthy diabetes life.

**Mother Love:** Today on dLife, obesity and its link to the startling increase of children and young adults with type 2 diabetes. We'll also take a trip out west to investigate the diabetes epidemic in Native American communities. Plus, enjoying exercise, how some people are keeping in shape, doing the things they love.

<In studio>

**Mother Love:** Please welcome your hosts, people living diabetes, just like you, Nicole Johnson Baker, Jim Turner, J. Anthony Brown and me Mother Love. Welcome to dLife everyone.

<card: Mother Love Author and TV Personality>

**Mother Love:** Well we're overweight and under exercised and today we're telling the truth about the startling increase of type 2 diabetes and the obesity epidemic in America.

<card: Nicole Johnson Baker Author, Miss America 1999>

**Nicole Johnson Baker:** It's incredible. You know, statistics were just released by the CDC, the Centers for Disease Control that in the last two years diabetes has jumped 14%. So there are 21 million Americans with diabetes right now and on top of that there's this new number 41 million Americans with pre diabetes, so some thing's gotta be done and it's gotta be done now.

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If ignored, prediabetes can lead to type 2 within 10 years.

<End Card>

<card: J. Anthony Brown Comedian & Co Host, The Tom Joyner Morning Show>

**J. Anthony Brown:** I'm involved with a camp, summer camp for diabetes, the first child that I sent--- I sent one girl, she weighed close to 300lbs, type 2 diabetic and it just breaks your heart to see somebody like. But the problem that we have in the black community and, you know this Mother Love, like the girls who are overweight, they use a phrase "I'm thick."

<Card>

African Americans have the highest rates of overweight and obesity in the US.

<End Card>

**Mother Love:** I'm thick.

**J. Anthony Brown:** I'm thick, I'm not fat, I'm not overweight, I'm just thick and thick is nice don't get me wrong but sometimes, you know, these kids need to change their attitude toward being overweight.

**Mother Love:** That's great that you're doing that for kids, that's wonderful. We have our story of the day from Nicole. Nicole, who's it from?

<Nicole in front of bulletin board>

**Nicole Johnson Baker:** It's from Ludie Menia in Queens, New York and she writes as a first generation Dominican-American I have witnessed the declining health of many around and the problem really hit close to home when my father was diagnosed with type 2 diabetes. I'm a very concerned daughter who is aware of the serious toll this illness can have on a body. The thought of my dad not taking care of himself and being consumed by this condition frightens me. To help control his diabetes, I present an alternative path that will both empower my dad and others. With a simple change in their relationship with food they can reclaim their health and vitality. For the past 4 years I have worked for Be Healthy, building healthy eating and lifestyles to help youth. We teach young people how to cook healthy meals for their families and themselves. Be

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Healthy was created to address the health crisis that plagues our society. Particularly the growing rate of diabetes. There are options. You can't be complacent and allow this disease to dictate your life. Staying healthy is a full-time job and I continue to work at it every day.

<Montage of Photos>

<card: Jim Turner Actor, Bewitched, HBO's Arli\$\$>

**Jim Turner:** You hear stories like this about these families that jump in and help out and I love hearing that stuff and we talk about type 3's on this show a lot and I think that's great. I sort of have a slightly different approach.

**Mother Love:** Don't you always?

**J. Anthony Brown:** Which I would like to have you take a look at.

<Kitchen segment with Jim and family>

**Jim Turner:** There's a lot of talk about type 3's, a wife, a husband, a parent, a friend, someone who is always there for you as you take those sometimes clumsy, stumbling diabetic steps. I don't have a type 3. I have a wife and I have a kid and I have diabetes and they don't. My wife knows the basics of diabetes and that's it and that's the way I like it. Early on in my diabetes life – my dLife – my doctor told my mother to back off that it was my diabetes and not hers and she found it very difficult not to become my type 3 but I'm happy that she didn't because I understand things about my diabetes, about my care, about me that I never would have if she'd become the mother that she wanted to be and I made many mistakes, sometimes little mistakes, sometimes huge mistakes, but mistakes enough to go around and I'm not saying that I don't need people to throw out the occasional helping hand, I do. So it's a fine line but my approach has always been an independent one to leave other people out of the picture as much as possible.

<In studio>

**Mother Love:** So you really take it serious, this is your dLife?

J. Anthony Brown / Nicole Johnson Baker / Mother Love / Jim Turner / Episode 24

**Jim Turner:** I do, and my wife really doesn't know much about it and she can help me deal with low blood sugar but beyond that she doesn't. I know that there are other people out there who sort of feel the same way, like you know, "Please, leave me alone about this."

**Nicole Johnson Baker:** And I relish in getting the help and empowerment from other people so it's just.

**J. Anthony Brown:** One of the main things we say here about managing your diabetes is knowing your numbers and what we say here is test, don't guess.

<Card>

TEST! DON'T GUESS.

<End Card>

**J. Anthony Brown:** So we're gonna do that right now.

**Nicole Johnson Baker:** Coming up, a visit to the Pima Indian Reservation in Arizona to find out how they are dealing with a large percentage of young people developing type 2.

<Applause>

<Commercial Break>

<Card: Nicole Johnson Baker Author, Miss America 1999>

**Nicole Johnson Baker:** Welcome back to dLife where we are going out west to Arizona to see the dramatic effects the diabetes epidemic has on Native American Communities. Take a look.

<Card: Ardell Ruiz Pima Tribe & Community Manager>

<Montage of Pima Indian Segment>

**Ardell Ruiz:** My name is Ardell Ruiz and I'm the Community Manager for the Gila River Indian Community. The community's comprised of two tribes, the Pima and the Maricopa tribes.

**Ardell Ruiz:** The history of this tribe dates back a long way even before the birth of Christ and we've been farmers for – and working off the land – for all that time and today we've kind of lost that because of the diversions and the drying up of the river. I think it's important that we need to look back at our history and realize that diabetes was not happening then. Since the river dried up in the early part of last century, it almost created a disillusion for what the future will bring because we don't have water. We've have to resort to a new kinda food, commodity foods, USDA CAD foods and today you got hot dogs, pizza, Kentucky Fried Chicken everywhere you look and I know that for myself that they tell you to stay away from the sugars, stay away from the grease...it's hard.

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95% of Pimas with diabetes are overweight

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**Ardell Ruiz:** Our goal is to try to convert some of this land back to the way it was. I was diagnosed as a diabetic a little over 20 years ago. At that time diabetes was already well on it's way with the population, it's much like some of the other diseases that we've come across that we've never had and when we get it we get it bad. Diabetes among the community today is starting early, early teenage and into the teenage groups, their exposure to new things and new foods and new lifestyles seem to enhance the diabetes sooner than most people. If you don't understand what diabetes is, you're not willing to change. The need for analysis treatment became evident when we were starting to see more and more patients with renal failure.

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Pimas have 20 times the rate of kidney failure as the general US population.

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**Ardell Ruiz:** I started dialysis three years ago and I go three times a week. Things are better than what it was before but still in the back of your mind there's a lot of problems that have occurred in the past that if it wasn't for whatever, this wouldn't be a situation with me today.

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Tight control of blood sugar levels can help avoid kidney disease.

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**Ardell Ruiz:** And I think once we get away from that thinking things get better. Well it has for me, not the "poor me," "why me," no. I got things to do and I got a short time to do it and that's where my mind is at.

<In studio>

**Nicole Johnson Baker:** What a moving story, America is certainly suffering from an obesity problem that can lead to the development of diabetes and it is frightening. Well joining us today is the Director of the Alaska Area Diabetes Program of the Alaska Native Medical Center in Anchorage, Dr. Julien Naylor. Welcome Dr. Naylor.

<Card: Julien Naylor, MD, MPH Director, Alaska Diabetes Program>

**Dr. Julien Naylor:** Thanks Nicole, it's a pleasure being here.

**Nicole Johnson Baker:** The Native Americans seem to be suffering from this epidemic at unprecedented rates. What is going on?

**Dr. Julien Naylor:** Well Nicole it's with the change in lifestyle and just changing dynamics in the last half of this century with increasing rates of obesity we've seen the rates of diabetes in American Indian and Alaskan Native people increase just exponentially.

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15% of Native American adults have type 2 diabetes.

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**Dr. Julien Naylor:** We just heard from Pima Indian Community and within that community over the age of 35, 65% of the adults have type 2 diabetes so we're seeing that across indigenous people really of the world with this increasing rate of type 2 diabetes.

**Nicole Johnson Baker:** What type of rates are we seeing with the youth?

**Dr. Julien Naylor:** If we look at the age 15 to 19 from 1990 to 2001 there's been a 100% increase in the number of kids diagnosed with type 2 diabetes. Now compared to adults, the prevalence is still low but it's this increase that is really concerning.

**Nicole Johnson Baker:** Now what is it about this population, the Pima Indians, that makes them so vulnerable to diabetes?

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Native Americans have the highest rate of diabetes in the world.

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**Dr. Julien Naylor:** Well we can focus on the Pima Indians but it's really looking at American Indian and Alaskan Native people as a cultural--- as a whole and obviously there's a genetic component here.

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Native Americans in southern Arizona have a 28% incidence of diabetes.

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**Dr. Julien Naylor:** Years and years and years ago American Indian people went through periods of feast and famine. Well during the periods of feast the body became very adaptive at holding onto nutrition stores, fat stores, energy stores. So that when famine came along the body was prepared to get through food shortages successfully. Well now here we are in the 20<sup>th</sup> century, 21<sup>st</sup> century, we don't have famine anymore so you have this genetic adaptability really to hold onto fat, thus leading to obesity.

**Nicole Johnson Baker:** Is there something in particular environmentally that is triggering?

**Dr. Julien Naylor:** There's been a great change from the traditional American ways to the more western culture now. Commodity foods coming into reservations, white flour, white sugar, white lard.

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Traditionally, Native American diets are high in protein/fiber, low in fats/carbs.

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**Dr. Julien Naylor:** The availability of the western diet, the change in activity – now we've got the cars, we've got mechanized society so we have this environment that becomes toxic to allow these genes to blossom.

**Nicole Johnson Baker:** So what's being done in these communities to help them combat this problem?

**Dr. Julien Naylor:** Back in 1997 there was a surplus of monies and the balance budget at congress allocated to American Indian Communities funds to specifically deal with the prevention and treatment of diabetes it's a ten-year grant period and as a result we've had throughout Indian country programs blossoming, growing that are focused on the treatment and prevention of diabetes.

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Before 1997, 15-20% of Native American communities had diabetes programs.

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**Dr. Julien Naylor:** Now we find 65 to 75% of communities are now having school based or community based programs to talk about prevention, healthy food choices, increasing activity in youth and children. Same thing with adults too this great growth in programming from the community to the community that is culturally and traditionally, you know, relevant.

**Nicole Johnson Baker:** Particularly when we think about the 1 in 2 children born from the year 2000 on will have diabetes in these vulnerable communities.

**Dr. Julien Naylor:** Right if things continue the way they are, 1 in 3 Americans born in the year 2000 will develop diabetes but within the American native community and the American Hispanic community, it's 1 in 2 unless we do something to change this environment that we're living in.

**Nicole Johnson Baker:** Thank you for your insights ,Dr. Naylor, on the increase in obesity and type 2 diabetes that is threatening the health of our nation.

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Learn more about how diabetes affects communities at [dLife.com](http://dLife.com).

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**Nicole Johnson Baker:** You know, somewhere in the middle of all of this difficulty lies opportunity and it's up to us to make the effort to change. When we come back, Dr. Robert Rapaport shares his knowledge on how to keep kids healthy.

<Applause>

<Commercial Break>

<card: Mother Love Author & TV Personality>

**Mother Love:** Today we're discussing obesity and the diabetes epidemic. The facts are obese children and young adults are more likely to develop diabetes. To help us understand how we can be better prepared, I'm joined by the Director of the Division of Pediatric Endocrinology and Diabetes at Mount Sinai School of Medicine in New York City, Dr. Robert Rapaport. Doctor, thank you for joining us for this very, very important discussion. Now is type 2 diabetes an epidemic among kids?

<Card: Robert Rapaport, MD Director, Pediatric Endocrinology Mount Sinai School of Medicine>

**Dr. Rapaport:** Well type 2 diabetes is seen a lot more in children now than we used to see it in the past. It may not really be an epidemic but what is an epidemic is obesity and we're seeing a lot more obese children and young adults and being obese is in fact a risk factor for the development of type 2 diabetes.

**Mother Love:** Why is that? I mean because I see these kids I mean they're 13, 14 years old weighing 2 and 300lbs.

**Dr. Rapaport:** They probably were overweight when they were 4 and 3 and 2 and when you're 4 and 2 and 3 you're not really in charge of the cooking, you're really not in charge of the shopping so it really depends on your parents. So we really want to make sure we educate the parents into healthy eating styles, healthy lifestyles, healthy exercise habits.

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Healthy lifestyle changes should involve the whole family.

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**Mother Love:** And what does body mass index, the BMI?

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BMI (Body Mass Index) is a measure of body fat based on height & weight.

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**Dr. Rapaport:** BMI is simply a measure of weight divided by height squared but the important thing is that there are now national norms and they give you what the average is and what is slightly above average and what is a lot above average and when your child goes to the pediatrician, your pediatrician should calculate that and plot it on a growth curve and just like we do height percentages and weight percentiles and you go 50<sup>th</sup> percentile is average, 75<sup>th</sup> is a little bit above average grade and 95<sup>th</sup> is at risk of having obesity.

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Overweight is defined by a BMI of 25 or more.

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**Mother Love:** So why do you think that is though that our kids are so large?

**Dr. Rapaport:** One of the big factors is obviously what the children eat but overall studies have shown nationally and internationally that foods are getting better, there are more healthy foods available that are easier to obtain.

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80% of people with type 2 are overweight or obese.

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**Dr. Rapaport:** One of the major aspects that contributes to this is the lack of activity. In fact there are many studies that relate how much television you're watching and how obese the children are. It's the children who watch more than 3, 4, 5 hours of TV a day are the ones who are at risk of being obese.

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Fat cells release free fatty acids, which interfere with the glucose metabolism.

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**Mother Love:** With these kids that we're starting to see who are developing type 2 at such a young age, what ages are you seeing them develop?

**Dr. Rapaport:** Well one of the youngest children that we had who developed type 2 diabetes is 8 years of age.

**Mother Love:** What?!

**Dr. Rapaport:** 8 years of age, one of the things that for example can be a clue to that, we think a thing called insulin resistance is associated with it. Frequently a sign of that is a darkening in the skin folds, which is easier seen around the neck for example and under the arms. It's called acanthosis, if that happens it's really not dirt, it's a sign of insulin resistance and that's something people should be aware of and when that happens take them to a health care provider.

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The best treatment for acanthosis is weight loss. Some creams may help.

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**Mother Love:** For many years in my life I was overweight and you know, because everybody else in my family was big people and I was the smallest one, nobody even considered us being overweight but we were.

**Dr. Rapaport:** I talked just the other day with a young teenage child who came in and she was quite overweight. So one of the first questions I ask is why are you here because you wanted to come or your parents made you come? She said "Well I really didn't wanna be here." And then I asked her tell me something, do you like being overweight, she says "Yeah I do, I think I'm ok with this because in school I'm kind of more powerful like this." And that has to change, so it's a huge undertaking.

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Weight loss starts with recognizing the problem.

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**Dr. Rapaport:** I think perceptions have to change. People need to say that they're not big boned but they're heavy and if they are heavy they need to face up to that.

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Parents & children need to accept weight problems & work together.

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**Dr. Rapaport:** There are lots of different cultural systems and different cultures view overweight differently. It's very important that the entire nation learn about obesity and the dangers of being overweight, especially if there's a family history of being overweight. Especially if there is a family history of diabetes, but it will take many years. You need to teach the families and by families I mean not just the parents but the extended families to learn about healthy lifestyles.

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KEEP KIDS HEALTHY FOR LIFE:

Teach healthy eating habits.

Monitor growth and BMI.

Treat diabetes as a family.

Lead by example.

<End Card>

**Dr. Rapaport:** We need to teach the media to not promote unhealthy foods. We need to teach the media not to promote unhealthy activities. We need as a nation to start to exercise more and I think those things will help. Now you have to be careful because

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with children we wanna make sure they eat enough that they grow normally, so it's a balance between how much you need to have, how much you need to exercise.

**Mother Love:** Thank you so much Dr. Rapaport for your insight and for your help in the pediatric endocrinology and thank you for joining us here today on dLife. Up next we'll see how folks across America are finding ways to do what they love to stay fit. We'll be right back.

<Applause>

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Dick Clark has entertained generations since "American Bandstand" and now he educates about life with diabetes.

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<Commercial Break>

<card: J. Anthony Brown Comedian & Co-Host, The Tom Joyner Morning show>

**J. Anthony Brown:** There are different ways you can get your daily dose of exercise while enjoying yourself, remember obstacles only arise when you take your eyes off your goal. Here's a look at what works for some other people.

<Card: Bobbi Ecker Surfer>

**Bobbi Ecker:** Hey, my name is Bobbi Ecker. I was recently diagnosed with diabetes about 11 months ago, if you have diabetes and you don't exercise, your blood sugar can go high. I've been surfing for about 5 years, gotten really into surfing in the last two years. When you're on land and you're not in the water, you can feel yourself shaking but when you're in the water you don't know when you're shaking 'cause you're always moving and when you catch a wave you can tell yourself that you'll fall easier, you're kind of a little bit woozier.

<Card>

Swimming may lower blood sugar quickly, test before going into the water.

**Bobbi Ecker:** In the future I see my diabetes as just being more responsibility in life, more things to take care of, a way to take charge of my life.

<Card: Gina Covington Recreational Dog Walker>

**Gina Covington:** My name is Gina Covington and I'm a diabetic and I love to walk my dogs for exercise. The great thing about owning a dog is you've got a perfect excuse every day to go out and get a little bit of exercise and before I knew it I started feeling really good about myself and wanting to run, to actually to start to sprint, which was news to me. Before I start my walk I always check my blood sugars and it was interesting to learn the process of how my personal physiology reacts to this type of exercise and what I really realized is that my blood sugars stabilized for a longer period of time.

<Card>

30 – 60 minutes of exercise can impact blood glucose levels for 24 – 72 hours.

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**Gina Covington:** When I take the dogs out, especially the big dog, I put a knapsack on him and he carries my water, juice boxes, glucose tablets and cell phone, just in case anything should happen, if my blood sugar should drop.

<Card>

Together aerobic exercise & strength training can improve diabetes control.

<End Card>

**Gina Covington:** I get a great workout, I get to be outside in the fresh air and I think it's best for the whole family.

<Card: Christian Alvarado Swimmer>

**Christian Alvarado:** My name is Christian Alvarado and I'm a type 1 diabetic. My friends when I tell them that I have diabetes and that I have a visual problem they're so surprised that even though I have all this medical problems I'm still active in sports. Before I went into a swimming pool, my blood sugar was 350 and after swimming a few laps, my sugar came down to 90. Swimming is a real good sport because it works out your whole entire body.

<Card: Kirby Davis Gardner>

**Kirby Davis:** My name's Kirby Davis and they call me Herbie Kirby because I grow herbs. I've had diabetes since 1989. I probably had it before. Gardening is my main exercise. For instance when I mix the potting mix, I have to dig and I have to lift and I have to move the wheelbarrow and uses most of your muscles. Then once you get that lovely plant all fixed up in the pot the way you like it then you have to lift the darn thing and carry it over and if it's too heavy, then back in the wheelbarrow and take it to where you want it. Sometimes with diabetes you do get very upset and kinda crabby, my daughter says "Why don't you go out and work in the garden mom?"

<Card>

Check blood sugar regularly during exercise.

<End Card>

**Kirby Davis:** So when I do that it's very relaxing, very soothing. I like it.

<Applause>

**J. Anthony Brown:** Keep up the good work and keep searching for creative ways to stay healthy. Up next, tips from ultra marathon runner Missy Foy.

<Applause>

<Commercial Break>

<Card: Missy Foy Professional Marathon Runner type 1 diabetes>

**Missy Foy:** If you're a young athlete and you're concerned with competing against non diabetic athletes, the best advice I can give you is you're gonna have to learn through trial and error and that will sometimes include some errors and you're just gonna have to be brave and realize that you're gonna have errors and you're just gonna have to pick yourself up and learn from your errors and move on from there.

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Hear more from our hosts and today's guests on dLife Backstage Podcasts at dLife.com.

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**Mother Love:** We'd like to thank you for tuning in and thanks to our guests – Dr. Julien Naylor, Dr. Robert Rapaport and the Pima Indians in Arizona and remember, it's your dLife. You are responsible for your diabetes life, we'll see ya next week.

<Applause>

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<Credits>

**Nicole Johnson Baker:** Remember we're not role models, we're people living with diabetes just like you. What we do and how we manage may work for us, but everyone is different and you have to work with your diabetes caretaker to find out what's best for you. Remember it's your dLife, there's no substitute for getting control of it.

#### End of Episode 24 ####