Remember that part of the fun of Program ENERGY is taking the skills and knowledge that you learned in the classroom home to share with your family. How is your family doing at reading the newsletters and completing the challenges together? If you have fallen off track, get back on this week by completing challenge #7. Make sure that you return this completed challenge to your teacher so you get 10 points added to your class score!

We Challenge You To...

Take a Look at Your Risk for Diabetes!

Challenge: We challenge you to discuss the “Am I at Risk?” questions below and use these questions to help you assess each member’s risk for diabetes. After you have completed the risk assessment, answer the fact or fiction questions to test your family’s knowledge of diabetes!

Am I at Risk for Type 2 Diabetes?

- Are you overweight or obese?
- Do you get little or no exercise on a day-to-day basis?
- Do you have a parent, brother or sister with diabetes?
- Is your heritage African American, Hispanic/Latino, Native American or Pacific Islander?

If you answered yes to any of these questions, you are at risk for getting type 2 diabetes. Some things are beyond your control, but you do have control over your weight and activity level.

Diabetes Fact or Fiction? (circle the correct answer)

Eating too much sugar can cause diabetes. **FACT** or **FICTION**

Diabetes cannot be prevented. **FACT** or **FICTION**

Diabetes is a serious disease in which there is too much sugar in the blood. **FACT** or **FICTION**

Children cannot get type 2 diabetes. **FACT** or **FICTION**

Don’t forget to return this completed sheet to your teacher by the end of next week to get points for your class!