

Health Talk on Diabetes and Its Prevention

by **Rodiah Hashim**

Following a talk given by DSS to some 100 teachers at Rivervale Primary School on 12 October 2011, DSS was approached to give another talk, this time to the students of Rivervale Primary School.

As part of the school's efforts to educate pupils on the importance of healthy lifestyle, the school launched a diabetes awareness month from 12 January 2012, the day DSS was invited to speak. The children were advised to listen attentively as there would be activities and quizzes created based on the talk that was conducted.

However, as Diabetes Nurse Educator Ms Praveen Kaur Gosal, the speaker from DSS observed, speaking to a massive group of 1,276 students aged 6 to 12 was a different ball

game altogether, despite fun slides created and customised for them. We managed to hold their attention when it came to topics dear to their heart - like ice cream and soft drinks - and we hope that the students will heed our advice and start taking baby steps towards a healthy lifestyle.



Towards Healthy Eating A Cooking Demonstration cum Talk

Diabetic Nurse Educator Chionh Lay Keng delivered her talk on Saturday, 10 March 2012 at the Bedok Diabetes Education and Care Centre. The bubbly Ms Chionh led participants through the 40 minute session with two objectives in mind: to educate her listeners on the importance of self blood glucose monitoring and to encourage them to eat a well-balanced diet. She covered topics such as 'Why monitor your blood glucose?', ABC's diabetes success, long-term complications and diet therapy.

Ms Stephanie Liu, Clinical Specialist from BD Holdings, took over the second part and cooked up two mouth-watering healthy dishes - Power Chicken Salad and Chinese Dumplings - with the kind assistance of Ms Ou Yang Fang and Ms Sarah Huda, volunteer students from NTU and NUS.

Participant Mr Quek Boon Joo was pretty thrilled with the recipes and enthused, "Can we also learn how to make something with noodles or spaghetti, please?" Asian or Western recipes next? Do share with us your thoughts. Please email us at dss@diabetes.org.sg. We value your feedback!

