

FAQ | HOME MAKER

1. *How valuable is a home maker in diabetes prevention?*

Home maker is the person who nurtures and shapes the future generations. She is also in charge of the grocery shopping and cooking and therefore in charge of the nutritional content of the food that the family eats. She takes care of the children, the elders in the house and her spouse. She can influence many individuals if she is empowered and educated about diabetes prevention.

2. *What are the ways a home maker participates in the health of her family?*

Home maker is the main switch in most families. She shops, plans the menu, helps her spouse, elders and children with medications and nutritional supplements. She often accompanies children to their extra curricular activities and coordinates doctor's appointments among many other things to keep her family healthy.

3. *How can a home maker learn about nutrition?*

Nutrition related facts can be learnt from a nutritionist or from her doctor or she can come to the diwaaas website www.diwaaas.org. She can learn nutrition dos and don'ts, healthy recipes and also how to read nutrition labels. She can also enjoy learning all this with her children.

4. *Should parents practice what they preach?*

Children grow up watching their parents. If parents eat healthy and are physically active that becomes the culture of the family. Late bedtime, unhealthy eating, smoking, alcohol, drugs are all habits that children many times learn from their parents.

5. *What physical activity can the family do together?*

Everything from cooking, cleaning, gardening, walking the dog, playing, dancing, cycling and swimming. They can also do household chores like making the bed, putting away clothes and dishes all of which translates to physical activity.

6. *What steps can a home maker take to ensure that her family gets the right checkups?*

Mothers and grandmothers typically manage the activities of the household including the health checks of the children. While more and more fathers are involved in household chores and in raising children, women continue to be the primary caregivers for children and elders. Women should plan ahead, have dedicated time for dental, eye and general health checkups for the whole family.

7. *How can the woman become a health care coach?*

Mothers, daughters, grandmothers, grand daughters, aunts, nieces, sisters, sister in laws, mother in laws and daughter in laws can become a support system for each other. They can look out for one another, remind about medications and steer each other away from tempting but unhealthy foods, do exercise together etc. They can also learn about the health problems of one another and be a care giver. They can share what they have learnt and try to go to support groups together.

8. *How can a home maker help schools stay healthy?*

Homemakers usually attend parent teacher meetings, are active in the parent teacher association (PTA), take children to school, pack school lunch, make after school snacks, take the children to many after school activities. Women should use these opportunities to make school a healthier place. The PTA can get involved in school lunch menu planning, physical education in school and using time with other parents to brainstorm for making the school a healthier place. Health education should be made part of the curriculum.

9. *What can women do together to help the women and men with diabetes in their family?*

The strength of women is their natural communication skills. They always share and nurture. Women can motivate them to follow their diet plan by being creative in making the food healthy, nutritious and enjoyable. They can help them to be physically active by accompanying them to the park, on walks or in playing games. Most importantly by becoming a caregiver, they can be a diabetes coach. To become a good care giver, the home maker needs to learn a lot about diabetes, medications, home glucose monitoring, symptoms of high and low blood sugars and how to treat them.

10. *What are the ways home makers can organize community level activities?*

1. A get together involving the street or neighborhood homes
2. A meeting in the homes for health related talks or demonstration
3. An apartment / building get together
4. Class parents / school parents get together
5. A local park get together on health awareness
6. Work with Rotary or Lions or women's self help groups
7. Local physician or hospital can be invited to give a health talk or organize a camp
8. A walkathon for diabetes prevention
9. Can form mother daughter groups to educate young girls.
10. Can organize cooking, slogan, recipe and painting competitions on healthy living especially for young girls.