

# Sugar, Heart and Life<sup>SM</sup>

## ABOUT THE PROGRAM

**Sugar, Heart and Life: A Guide to Living with Diabetes<sup>SM</sup>** is an interactive and fun program with information on how individuals with Type 2 Diabetes can manage their diabetes. The SHL program includes practical tips and games on:

- ☼ Diet
- ☼ Exercise
- ☼ Medication

Follow a year in the life of the Gonzalez family, as they learn more about managing their diabetes, and help them make decisions that will keep their family healthy.



### Meet the Gonzalez Family

Victoria Gonzalez is a working mother, devoted to her family and to her husband Luis. Luis and his mother both have diabetes, yet stubbornly cling to habits and traditions that sometimes undermine their efforts to stay healthy. They have a daughter, Lucia in her early twenties and a son, Lucho, just starting high-school.

“Sugar, Heart and Life” takes place in the year following Victoria’s diabetes diagnosis, covering topics such as eating at home, getting active, managing medications, eating out and staying active over a long period of time. Viewers can choose to see five interactive episodes from Victoria’s point of view, or Luis’. In each character’s individual scene, they acquire new information about managing their diabetes and face a dilemma: do they change their habits to better manage their diabetes, or not? Users are able to explore two possible outcomes for each dilemma, representing the influence that Luis and Victoria’s choices can have on their health and that of their family.



After the opening scene at the clinic, there are five interactive episodes:

1. New Friends, New Recipes
2. At the Park with the Ortiz
3. Managing Our Medication
4. Dinner at La Hacienda
5. Field Day at the Bazaar

## Special Features for Health Professionals

Special features in the section for Health Professionals allow for easy navigation through the story by Episode Topic, and provide for five different Play Modes or viewing options.

### “Five Years Later...”

Once users have made choices for Luis or Victoria in all five episodes, a final scene will show how the family could be doing five years into the future based on those choices. There are three possibilities depending on whether the user makes mostly healthy choices, some healthy choices, or mostly unhealthy choices. The program then allows users to revisit the choices they made, in order to change what happens to the family in the future.

## THE INFO-MARKET



### The Info-Market

In the virtual community of Sugar, Heart and Life<sup>SM</sup>, the Info-Market supports your learning with games, printouts, and informational activities on critical issues related to diabetes management. Users can access the Info-Market while viewing the story by using the “I” icon available at the bottom, left-hand corner of the screen, then return to their place by clicking on the family portrait.

Here is a brief description of what you will find at the Info-Market:



**Diabetes Care Toolbox** Our interactive toolbox is full of tips and guidelines that, if followed, can help you manage your diabetes and keep your blood glucose under control.



**Claudia's Recipe Box** Discover 21 diabetes-friendly recipes for everything from Main Dishes to Desserts - even recipes for the grill. Plus, Claudia's cooking tips can make most recipes more diabetes friendly by reducing fat and sugar while keeping the flavor.



**Go for Your Goal!** In this colorful activity, you can click on a variety of choices to create a physical activity plan you can follow. Always talk to your doctor before starting a new physical activity program.



**Check Out Your Choices: the Supermarket Game** Practice shopping for food and get feedback about the choices you make. When you check out, you'll find out if you chose the healthiest foods, and get suggestions on how to do better.



**Create-a-Plate** Learn how to use your plate as a guide to proper food portions. Colorful animations let you click on a variety of foods to place them on your plate, or take them off, until you get three properly portioned plates.



**What's In It?** In this animated quiz show, the host gives you instructions on what to look for in a food label. Then you can test your memory by answering 6 questions about the labels on some popular foods. Remember, before you buy a packaged food for your family, you should know What's In It?



**What Is Diabetes?** This easy to understand animated video shows what happens in your body if you have Diabetes. After the video plays, you can find out more about the organs involved in Diabetes, like the pancreas and the stomach.

## CREDITS

### RESEARCH TEAM

Baylor College of Medicine  
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## RESOURCES

All diabetes management recommendations contained in this program, are consistent with clinical practice recommendations of the American Diabetes Association and the National Institute of Diabetes and Digestive and Kidney Diseases. Recipes in Claudia's Recipe Box were adapted from heart healthy recipes from the National Heart, Lung, and Blood Institute (NHLBI). For more information please visit the following websites:

**American Diabetes Association**  
[www.diabetes.org](http://www.diabetes.org)

**National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)**  
[www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov)

**American Dietetic Association**  
[www.eatright.org](http://www.eatright.org)

**National Heart, Lung, and Blood Institute**  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

The information provided in this program is not meant to replace medical advice. Please talk to your doctor before you take any action related to the management of your diabetes.



URL: <http://www.bcm.edu/shl>  
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