

I. Introduction

A. Did you know that 20 million Americans have diabetes? That is 7% of the US population according to Karen Drummond and Lisa Brefere, writers of the book Nutrition for Food Service & Culinary Professionals that was published in 2004.

This class has 32 students, 2-3 have type diabetes.

B. Volunteer at diabetic camp & diabetic family members

C. Most of you know someone, learning about it will be beneficial

D. Today I will talk about what diabetes is and its three types which are type 1, type 2, and gestational diabetes.

Let's talk about what diabetes is before we discuss the different types.

II. What is diabetes?

A. Body does not use insulin properly and causes blood sugar levels to be high.

1. According to the 2005 edition of The Complete Idiot's Guide to Total Nutrition, blood sugar level, or blood glucose concentration is the amount of glucose or sugar found in the blood. The author, registered dietitian Joy Bauer, explains that diabetes is a condition where the blood sugar is higher than normal, called hyperglycemia.

2. High blood sugar because insulin is not working properly in the body.

3. Insulin is a hormone necessary for normal blood sugar range and is produced in the pancreas.

B. Very common but serious disease

Comment [S1]: Good introduction. You have all of the elements of a good introduction, and they are done well.

Comment [S2]: Alright – this means that you have four main points (which is fine):

1. Explanation of diabetes
2. Type 1 diabetes
3. Type 2 diabetes
4. Gestational diabetes

This means that you should preview all four main points in your preview (right now you are skipping your first main point, explanation of diabetes/what is diabetes).

Comment [S3]: Ha

Comment [S4]: Glad you established the source credibility here, considering that the name of the publication lessens its credibility somewhat.

1. In the article “Diabetes Statistics” on the American Diabetes Association website updated in 2010 it states that “Diabetes causes more deaths a year than breast cancer and AIDS combined.”

Now that we know what diabetes is, let’s look at the different types. The first type we will examine is type 1.

III. Type 1 most commonly diagnosed in children and teenagers and requires insulin.

Comment [S5]: Good main point – it is clear, has plenty of detail and supporting information, and you use a source to support your ideas.

A. A person with type 1 diabetes requires injections of the insulin on a regular basis because their body does not produce it.

1. Joy Bauer explains that Type 1 diabetes is a result of an autoimmune attack that destroys the ability of the pancreas to make insulin.

2. Insulin pump or syringes

B. Many problems if not controlled

1. Problems associated with diabetes are vision loss, kidney disease, stroke and heart disease, as Bauer explains.

Now that we have discussed type 1 diabetes, let’s talk about the type you are probably more familiar with which is type 2.

IV. Type 2 diabetes is the most common form and is not dependent on insulin.

A. Type 2 body makes insulin but are insulin resistant.

1. Excess weight, older age, hereditary

2. Drummond and Brefer explain that some people with type 2 diabetes may need insulin, but most people control their blood sugar with diet, weight reduction, exercise, or oral medications.

2. Grandparents control through diet and oral medication

B. Type 2 most common. Becoming more prevalent.

1. **90 to 95 percent of all diabetes cases are Type 2 as stated by Cheryl Forberg, registered dietitian and author of The Biggest Loser: 6 Weeks to a Healthier You. In her book published this year, she also says that type 2 diabetes has doubled in the last 30 years.**

2. With these alarming facts, it is evident that this is a disease that affects or will affect many of us and our families.

Although type 1 and type 2 diabetes are more heard of, there is another type that is quite common called Gestational diabetes.

IV. Gestational diabetes is a type of insulin resistance that affects pregnant women.

A. High blood sugar levels during pregnancy

1. Careful of BGL during pregnancy but most return to normal afterwards

2. **The way this type of diabetes is controlled is through eating well, exercising and taking medicine if it's needed according to Mayo Clinic's staff who wrote the article "Gestational Diabetes" on their website in March 2009.**

B. Not as well known, many pregnant women have it

2. Can be a problem for baby if not controlled by mother

Finally, we have now covered what diabetes is and the three most common types.

A. In conclusion,

B. We have talked about what diabetes is and what it means to have type 1, type 2, and gestational diabetes.

C. Through this, I have given you a glimpse of the disease that 20 million Americans deal with everyday and hopefully some day there will be a cure for diabetes.

References

American Diabetes Association. (n.d.). Diabetes Statistics. Retrieved [date you retrieved](#)

[this](#), from

<http://www.diabetes.org/diabetes-basics/gestational/what-is-gestational-diabetes.html>

Bauer, J. (2005). *The Complete Idiot's Guide to Total Nutrition*. New York, New York: Penguin Group.

Drummond, K. E., & Breferre, L. M. (2004). *Nutrition for Foodservice & Culinary Professionals*. Hoboken, New Jersey: John Wiley & Sons, Inc.

Forberg, C., Roberson, M., & Wheeler, L. (2010). *The Biggest Loser: 6 Weeks to a Healthier You*. New York, New York: Rodale.

Mayo Clinic Staff. (2009). *Gestational Diabetes*. Retrieved [date you retrieved this](#), from <http://www.mayoclinic.com/health/gestational-diabetes/ds00316>

Comment [S6]: Ashley,

This is an excellent outline! You have included everything required, and have done so thoroughly and clearly.

Clear and easy to follow organizational pattern, good use of supporting sources, excellent formatting, complete introductions and conclusions, full sentences, transitions, and almost-perfect APA format.

Very well done!

Points Earned: 10/10