

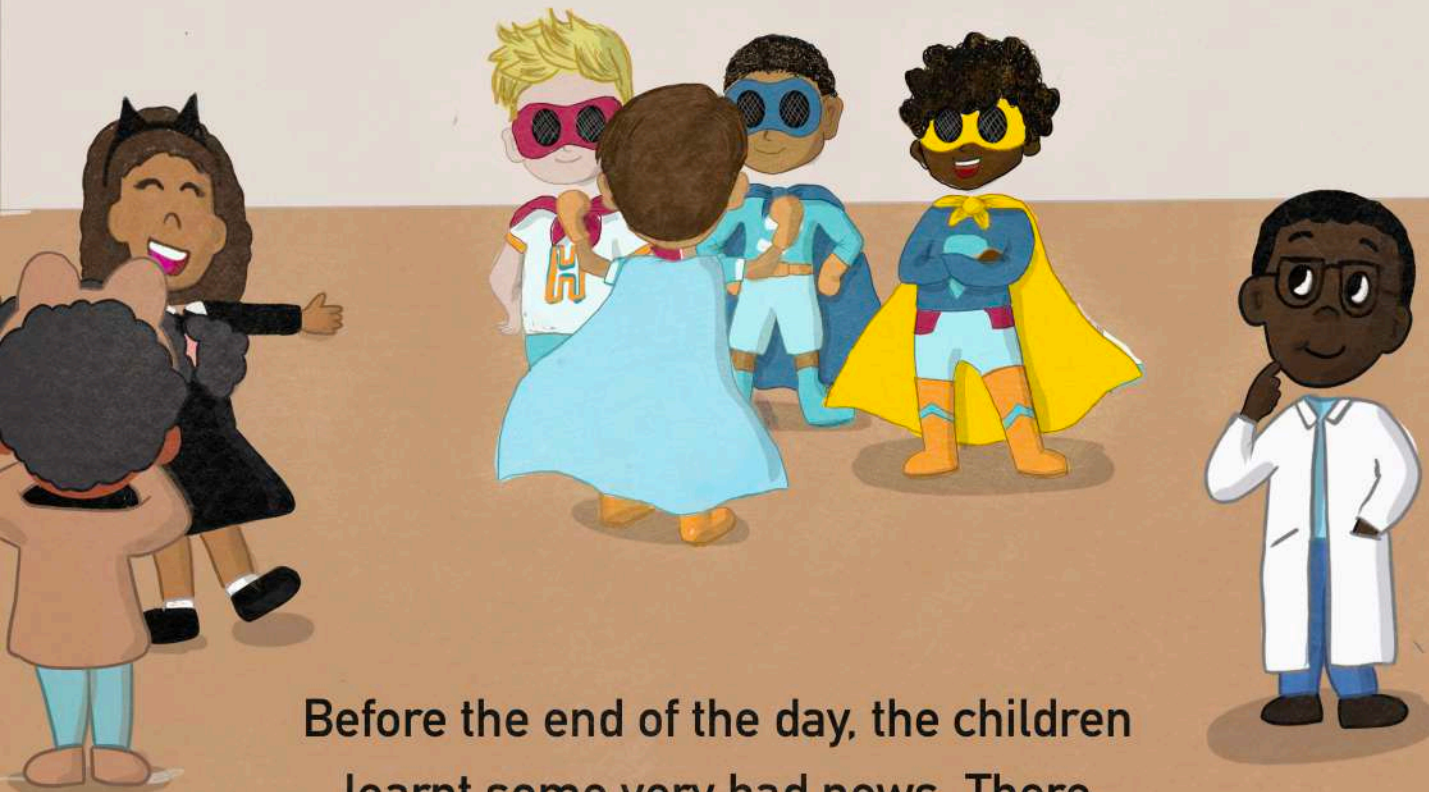
DEFEATING DIABETES



Written and Illustrated by Mahrukh Khan



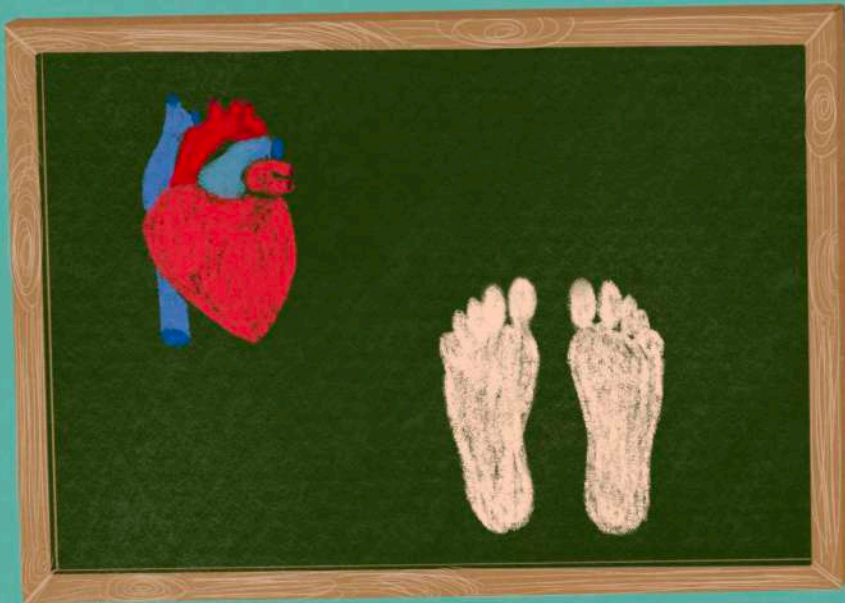
Today was costume day at Mere, Salote, Joeli, and Nailati's school. They decided to dress up as super heroes. The rest of the class was also dressed up in their favourite costume.



Before the end of the day, the children learnt some very bad news. Their teacher had told them that the people in their village were in danger of getting a terrible disease.

“It’s name is **DIABETES** . Having diabetes means that your body cannot turn the food you eat into the energy that you need to power your body” she explained.

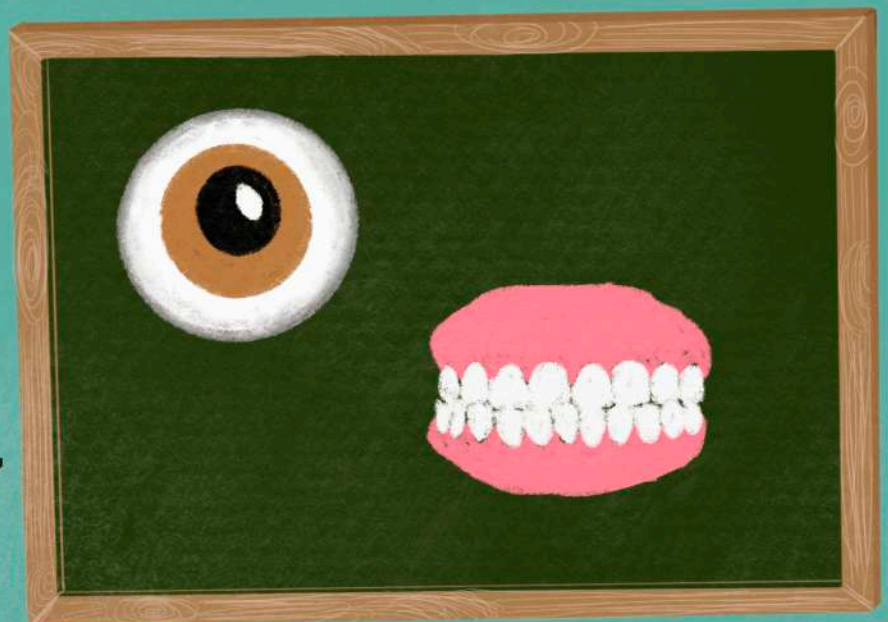
“Having diabetes can damage many parts of your body,



Like your **heart**,
your **feet**,

your **eyes**,

and your **gums!**”



On the walk home from school, the children were all upset.



“Diabetes does not sound good at all, I don’t want anyone to have it” said Mere.



“But what can we do?” Asked Salote, “we’re just kids, we don’t have any actual super powers, these are just costume. And besides, we don’t even know how to stop people from getting it”.



“Maybe not, but I know someone who might, follow me!” Exclaimed Nailati as he started to run.

Nailati lead them to Dr. Kivi's office.



“Dr. Kivi knows all about diseases, he can help us figure out what to do” he said.

After the children explained everything to Dr. kivi, he told them he was very proud of the children for wanting to help.



“Thankfully, there is a way to greatly reduce the risk of getting diabetes” he said as he handed over a list of things people can do to stay healthy.

The children now knew how to prevent people from getting sick. "What do we do now?" asked Mere.

"How about we show everyone in the village what they can do to stop the disease?" Joeli suggested.





Everyone liked the idea. They gave each person one job on the list. Together they were on a mission to defeat diabetes.

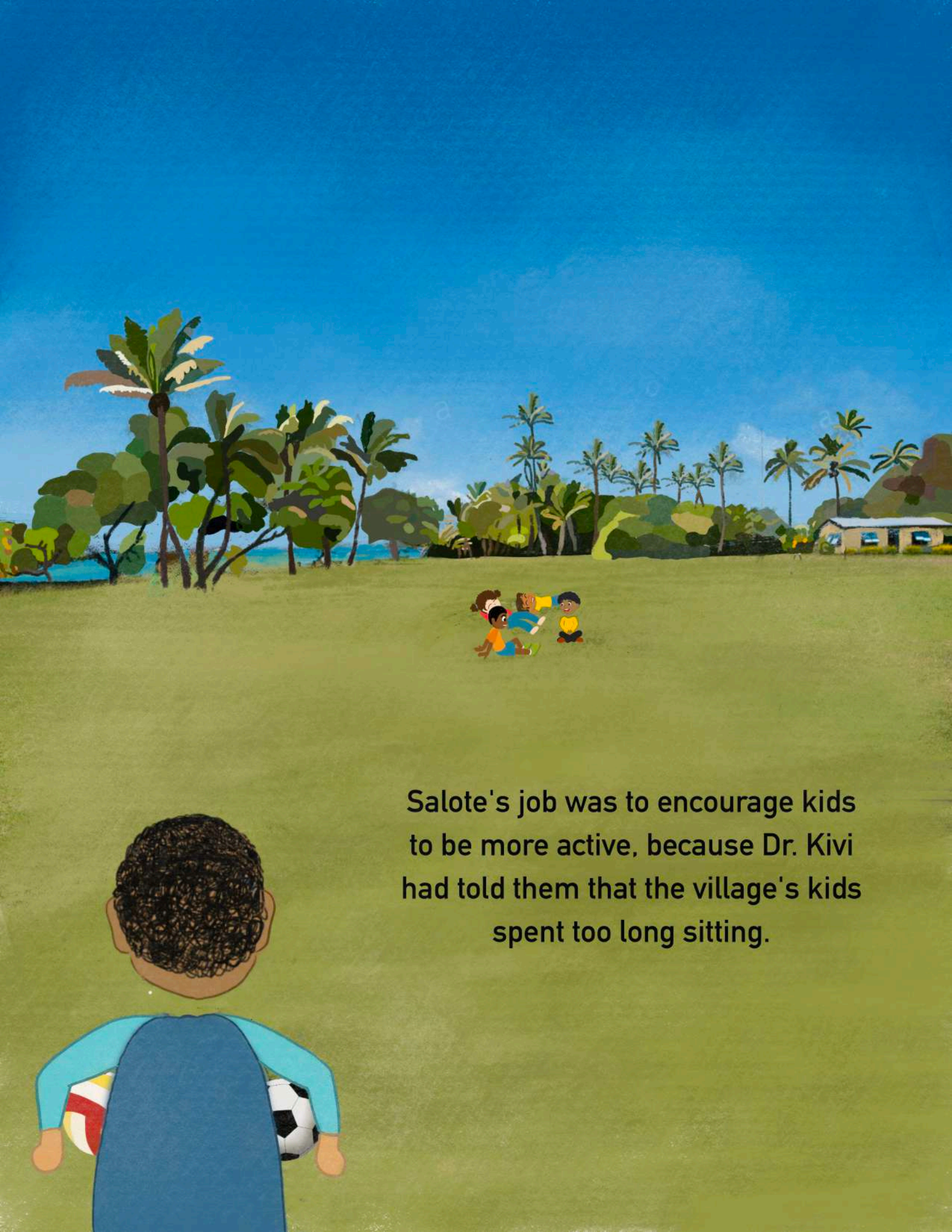




Joeli's job was to encourage others to eat healthy. He had a basket full of delicious fruits with him, and walked over to a group of kids who were eating unhealthy food.

“In order to be healthy, you have to make sure you are eating healthy food.” He explained. He encouraged them to eat fruits and vegetables .”see staying healthy can be delicious!” he said while taking a bite out of a banana.



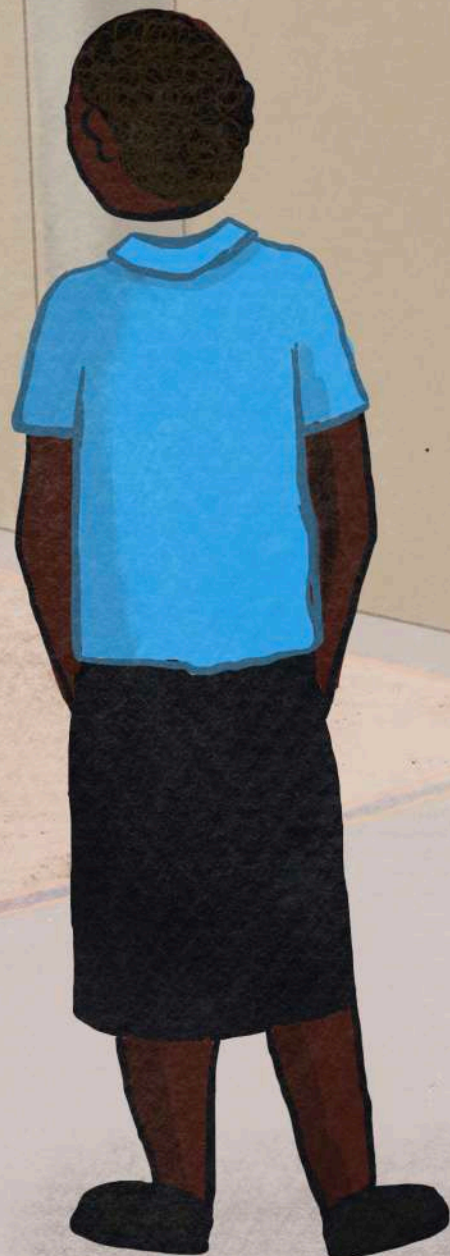


Salote's job was to encourage kids to be more active, because Dr. Kivi had told them that the village's kids spent too long sitting.

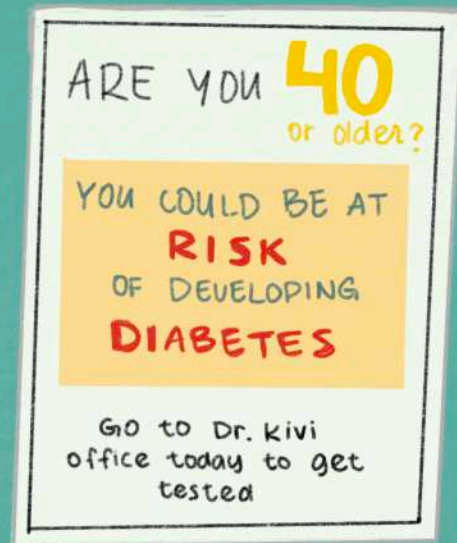
He decided to do this by organizing a soccer match with kids from the village. "See, staying active can be fun!" he exclaimed as he kicked the soccer ball.



Nailati's job was to encourage people above 40 to get tested for diabetes. He decided to ask his dad for help, and after explaining everything to his dad, they came up with a plan.



They made informational posters about diabetes tests, and when you should get them. They handed these around to the adults in the village, so that they can be informed.



Mere's job was to encourage the adults in the village to also be physically active.



He went home, and explained what was happening to his mom.

Together, they decided to create a daily-walking club where everyday, the adults in the village would go for a 30 minute walk. "see" said Mere "staying physically active can be peaceful".



A month later, the children learnt in school that the diabetes threat to the villagers had gone down significantly. Everyone was so happy to hear the good news.



In fact, the village Chief awarded Mere, Salote, Joeli, and Nailati for all of their help in the fight against diabetes.

