Written and Produced by:

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The Cast:
Angie ..........................................................Rosa I. Lopez
Bertha..........................................................Angie Sánchez Corral
Mr. Sanchez .............................................Rafael R. Lopez
Mrs. Sanchez .............................................Lizabeth Castro
Amber ......................................................Amber Guerrero
Daniel ..........................................................Andrew Guerrero
Henry ..........................................................Thomas Ruiz
Sebastián ..................................................Joe M. García
Nurse............................................................Yvonne Sanchez
Doctor ...........................................................Melissa Lujan-Pincomb
Receptionist ..............................Liana Nilda Castro Gutierrez

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Border Office of Border Health

HEALTH

HEALTH
Mom, walk me to take my books back to the library?

No mija, I’m too tired. Ask your Tia if she’ll go with you—she likes to walk.

Tia Angie, would you walk with me to take my books to the library? PLEASE?

Okay. Bertha, would you like to join us on our walk? It should only take ten minutes…

No thanks. This novela is almost over and I want to see if Perla’s gonna take her scumbag boyfriend back after he cheated on her.

Girl, you are way too into novelas! Even the name tells you not to watch them—NO VELAS!

Okay, you got all your books ready in your back pack? You know, Bertha, we could all use a little exercise.

Yeah, yeah. Get out of here so I can have peace and quiet. If you like walking then you do it! Just leave me alone to watch my stories.
Hey Papa, how’re you feeling?

I’m fine, mija, just a little slower today than yesterday.

Hmmm, where’s the newspaper? I heard they are closing down one of the dairies in Mesquite and I wanted to read about it.

I don’t know where the paper is. I don’t read it anymore. My eyesight seems to be getting worse.

Papa! Why didn’t you tell me? I can make an appointment for you, or mom can call your doctor for you!

Don’t worry about me, I’ll be fine. Where’s your mama anyway? I’m hungry!

The next day at the Sanchez house...
Hi Papa. What are you guys doing?

Papa's hungry and he's looking for mama. Bertha, did you know that Papa was having problems with his vision?

I guess you're getting old, huh?

No, that's not it, Bertha! He might be having problems with his eyesight because he doesn't take care of his diabetes. That's one of the things diabetes does—it ruins your eyesight, you start losing your toes, then your legs…

Here we go again! Another lecture from Miss Healthy! If you people would only eat right and exercise more you would be healthy—like me!

I wasn't lecturing. I was only telling you about Papa's problems with his eyesight.

Does anybody know where your Mama is? Does anybody even care that I'm hungry?
I WISH I HAD KNOWN

What are you yelling about?

I'm hungry!

You're grouchy, too! Okay okay, let me warm up something for you. How about some papas con chorizo?

Mama, I can't believe you're still making fried food like papas con chorizo for Papa! I thought the dietitian explained that he needed to eat healthier food because of his diabetes.

Mija, give me a hand with the tortillas.

Would you please help me with your Papa's lunch and then we can talk about this later?

Yeah Angie, leave mama and Papa alone. Yummmm! I love papas con chorizo!

Mmmmm—I love your cooking!

I love it too, and we can all eat what we want, as long as we cut down on the portion size. I'll have a little, Mom. Thanks.
Thanks for lending me your blow dryer, Bertha. How do I look? Sebastian’s going to be here any minute now…

You look good. Man, I wish I had your shape! Ahh to be young again…

You’re not that much older than me.

I know, but you look younger ‘cause you’re skinnier…

Thanks! But it’s not just about being thin, it’s about being healthy.

Yeah, I was young and cute, too…before I had kids. Just wait till you and Sebastian get married and have kids, then you’ll blow up like me.
I WISH I HAD KNOWN

She did? Hmmm she never tells me anything. That’s because they all have maids and nannies to take care of their kids while they go to the gym. I’d rather watch my own kids and do things with them, you know, be a good parent.

Believe me, sister, it’s true! All my friends gained weight after they had kids—just look at Priscilla and Maria Ester.

Not everyone gains weight. Look at the movie stars, they all stay slim.

That’s because they all have maids and nannies to take care of their kids while they go to the gym. I’d rather watch my own kids and do things with them, you know, be a good parent.

Well, I don’t know about that.

You’re a wonderful mom and your kids are great! You know, it was really fun walking to the library with Amber the other day. She told me all about school and her friends on the way there.

She did? Hmmm she never tells me anything.

Well, do you ever ask her how things are going? I don’t like to say anything, Bertha, but you do seem to spend a lot of time on the couch, watching your novelas...

It relaxes me. It’s my way to cope with everything. Stop nagging me!
Saved by the bell!

Hey beautiful!

"Doorbell Rings"

*Doorbell Rings*

Hey beautiful!

Isn’t my sister so cute?

Movies??!
I love the movies! All the popcorn, soda, candy... Mmmmmmmmm.

Let’s go, Sebastian, we’re going to be late for the movie.

Bertha, we’re going to watch the movie, not just to eat goodies.

Thanks Sebastian, now there are two of you telling me what to do. I guess you eat carrots and celery at the movies?

NO, we eat goodies, too. But we make sure we’ve eaten something healthy before we go, so we don’t pig out on junk food.
Hey dude, what’s up? You still playing hoops at the Boys and Girls Club?

Hi, Sebastian. Yeah, I’m getting really good, too.

If you ask me they should outlaw sports! Do you know how many people get hurt playing sports?

Next time I come over we’ll shoot some hoops at the playground, okay? But right now Angie and I are going to the show.

Ahhh I want to go, too.

No, not tonight mi hijo, you have homework. Tell your Tia Angie and Sebastian about your report card.
I got all A’s and a B.

Wow! That’s great! We’ll take you to the movies next time, as a reward for your good grades, okay? Well we got to go now…love you.

Mom, can I play my video game for a few minutes before I do my homework. Please please please???

NO. Your few minutes always turn into a few hours. Do your homework first and then we’ll see.

I know what “we’ll see” means, it means NO. How come you get to watch TV all day and I can’t even stay on the computer for two minutes?

Remember my motto—do as I say not as I do!

Okay then, can I watch TV?

No again. My novela is coming on right now. Hey mi hijo—get me another soda from the fridge, okay?
I WISH I HAD KNOWN

You know what? Angie has been dropping hints that I should eat less and go walking with her. Maybe she thinks I’m gordita, too.

“Do I really look fat?”

“More to love baby!”

“You look fine. I like a woman with a little meat on her bones.”

“My gordita. But you know, it’s con cariño that I say that. I love the way you look.”

“Hey, how’s my gordita?”

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“Hey, how’s my gordita?”

“Later that evening...”
I WISH I HAD KNOWN

Well, since you had the kids and gained weight you don’t like to go out dancing or visit our old friends anymore. You just don’t seem to have the energy you used to.

Well, now that you mention it…

Well, I’m tired and I get out of breath, my feet swell… and you know I feel bad because Angie takes walks with the kids and she knows more about their school stuff and friends than I do…

Well, just talk to Angie. She loves you and wants the best for you. Hey—maybe she can help you get your groove back.

...yeah, maybe...
Good morning, Mr. Sanchez, how are you?
Fine, considering.
I hate coming here! Bags, tubes, the whole thing!
Please sign-in. We’ll be with you shortly.
I know Papa, it must be boring to sit there for hours while they filter everything.

Yeah, I hate being here when I could be doing something else. Plus—these treatments give me ASCO - you know, I feel sick and dizzy afterwards.

I know mija. You’re the only one I can talk to about my sugar diabetes. I think your mom gets scared when I tell her how I feel. She’s worried that I’ll get worse, and end up going blind like my brother, Lorenzo...

Well we do care about you so I guess you need to come here...

Mr. Sanchez, you can go back to the treatment room now.
Okay, Thank you mija. See you in a while.

Bye!
I still haven’t gotten used to checking my blood sugar.

Hello Mr. Sanchez, how are you today? Let’s look at your glucose log.

I try. But I don’t like to!

No one does, Mr. Sanchez!

I forgot it.

But you do check it a few times a day, right?
Okay, let’s check your chart. Hmmm, what have we here? Your blood sugar is above what it was last time…

Um, doctor, my dad’s been complaining that he can’t see very well, and he has a sore on his foot that’s pretty nasty. You told us to check his feet and I noticed he was having trouble with his foot.

Hmmm... You’ve also gained a little weight. Have you been eating the same foods and in the same portions, Mr. Sanchez?

Yes, nothing’s changed…

It bothers me that you’re having trouble with your eyesight. Weren’t you scheduled to see an ophthalmologist last month?

He had an appointment, but he didn’t go…
I WISH I HAD KNOWN

Well—I didn’t go because it's expensive! I can't afford to go to all the doctors I’m supposed to. And it costs too much for all the strips, the medicines…

Okay, we'll set up another appointment for you--- but you must go. Mr. Sanchez, your diabetes can cause problems with the retina. You can even go blind. I’m worried about you, Mr. Sanchez. Have you been following the diet that the dietitian gave you, and walking thirty minutes a day?

No. I can’t lie. But we live in a bad neighborhood… there are a lot of dogs running around. And I try to eat good sometimes, but it's hard. My wife is such a good cook.

Well, if she’s a good cook, she can surely make your food with more vegetables. Now let me see your foot.
Mr. Sanchez, your foot is severely infected and we will need to do X-rays to find out if the infection has spread into the bones. At the very least, you need to be admitted immediately to the hospital for antibiotics and to have the infected area surgically cleaned and the dead tissue removed. If the bone is involved and the infection does not respond to the antibiotics, we may have to amputate a portion of your foot.

What do you mean? Are you saying you’re going to take off his foot?

What can I do to make it better? I’ll start eating better, I promise! I’ll walk with my daughter, Angie. Please don’t take off my foot. How will I work, what will I do to get around?

The sooner we take care of this problem the better…

Come on, Papa.
Well, Papa? What did the doctor say?

It's not good, mija! I should have listened to the doctor and you, Angie! I am losing my eyesight and I may lose part of my foot, too!

It may be too late if the infection has gotten into my bones. I should have learned from my brother, Lorenzo. He never paid attention to the doctor and look what happened to him!

What?

Papa…I haven't been taking care of myself either. A few weeks ago Henry called me his gordita! I blamed it on the kids, you know, baby fat, but the kids are too old for that excuse.

Yeah???

I hate to admit it, but Angie is right about everything. I need to be a good example.
20 I WISH I HAD KNOWN

Oh Papa, I’m so sorry it had to come to this… But look at mom’s friend, Sally. She walks and eats the right foods, and she’s doing all right.

Yeah… you’re right, mija. Just like the doctor told me, lots of people with diabetes do okay if they get checkups and go to their treatments.

Well that settles it! We’re changing our diets, we are going to exercise and stay healthy!

And you will check your blood sugar 2 times a day?

I promise! No more sodas, Bertha?

No more! I promise!

And we can all help each other and do it as a family!

Yes! As a family! Good idea! We’ll help each other and have a good time doing it!
And how about all of us taking walks with each other and the kids!

Yes and no more wasting time in front of the TV!

I will remind you, you said that!

Please do! Time to get this gordita back to a lean mean dancing machine!

It might be hard at first, but if we make it fun and work together, we can do it!

That's the Papa I know and love! Now let's just pray Papa's bone tests come back negative!
The Sanchez Family Makes Lifestyle Changes

And you can too!!
• According to the Centers for Disease Control and Prevention the rate of new cases of type 2 diabetes has nearly doubled in the United States in the last decade.

• These new cases are directly linked to an increase in obesity rates, and obesity is a leading cause of this blood sugar disease.

• Type 2 diabetes is a lifelong disease caused by the body’s inability to properly use the hormone insulin to transport sugar from the blood to cells for use as energy.

• Complications from the disease can include limb amputations, blindness, heart disease and kidney failure.

• Obesity among children aged 6 to 11 more than doubled in the past 20 years, going from 6.5% in 1980 to 17.0% in 2006.

• Obesity among adolescents aged 12 to 19 has more than tripled, increasing from 5% to 17.6%.

• Obesity is the result of too few calories burned through physical activity compared to many calories consumed.

• Due to genetics, Native Americans, Hispanics, African-Americans, Asian Americans and Pacific Islanders are at higher risk of becoming obese.

• Obese youth are more likely to have risk factors for cardiovascular disease, such as high cholesterol or high blood pressure. In addition, children who are obese are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.

• Obese young people are more likely to become overweight or obese adults, and therefore more at risk for associated adult health problems, including heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis.

• Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases.