**Weekly Reflection Template**

Describe what you thought about the week's content and/or how it made you feel.

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| This week I was part of an audience listening to different proposal one of which included diabetes prevention. It was interesting the prevalence of diabetes in indigenous communities. |

Develop a question(s) from the week's content that makes you interested in further inquiry.

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| How can we help as the public with diabetes prevention? |

Answer the following question: How can you bring forward what you have learned in your personal and/or professional life?

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| The proposal went over what diabetes and ways to stop it. I learned that percentages regarding the prevalence of the disease in indigenous communities and why that is the case. As I will be working in the healthcare field it is important for me to know about this topic as it could help me form relationships with others and could prepare to know what to do when coming across an indigenous person that may be experiencing diabetes. |