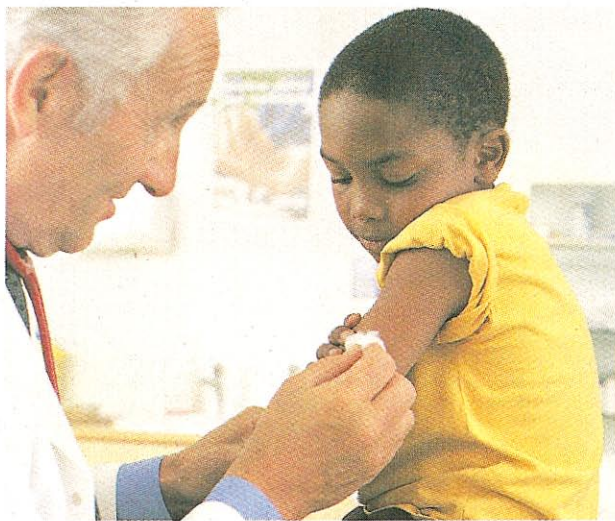


## Diabetes tragedy

### African-American children most at risk

**M**edical professionals are attempting to get the word out to African-American families whose children are most at risk of dying from diabetes. However, there is no easy answer, as one of the key causes seems to be lack of health-care access, which is a national challenge. The trend for children ages 1-19 is growing, according to the U.S. Centers for Disease Control and Prevention's "Morbidity and Mortality Weekly Report." U.S. News & World Report recently published the story.



In a 2-year period, 2003-04, 89 American children and teens died from diabetes; African-Americans in this age group died at twice the rate as white children. According to CDC epidemiologist Dr. Laura L. Polakowski, factors may include lack of access to health care, disease education and care once the diagnosis is made.

According to the magazine, "Polakowski's group did not distinguish between juvenile diabetes, commonly called type 1 diabetes, and

adult onset diabetes, often called type 2 diabetes. However, most diabetes deaths among children are caused by short-term complications from type 1 diabetes, Polakowski said. Many of these deaths are due to acute complications, such as diabetic ketoacidosis, in which insulin levels are too low. Those are deaths that are preventable, she says.

For information from the Juvenile Diabetes Research Foundation, Orange County Chapter, go to [jdrf.org/orangecounty](http://jdrf.org/orangecounty). ○

## Ripple Kid of the Month

**This monthly nomination** is about the act of giving back. An Orange County nonprofit, Ripple Kids, Inc., features youths who are changing their community via a "ripple effect."

We ask parents and schools to nominate these contributors, ages 13 and under. Please contact founder Bridget Belden, who blogs about kids making a difference, at: [ripplekids.ocfamily.com](http://ripplekids.ocfamily.com). This month's selection: **Audrey, 7, of Tustin. Curious what she's done? Read all about her online.** ○



## familytech

### Girl power

#### Empowering new website

"**Girl Power!**" is more than a catchy slogan from the mid-1990s. It also encompasses a new wave of female empowerment. And web visionaries Girls Choice Inc. and The Family Groove are working toward renewed "Girl Power!"

Girls Choice Inc. is a female-owned company that provides age-appropriate web material for young girls, ages 7-12. Soon, the website will be accompanied by a monthly magazine, Girls Choice Magazine. Topics include art, culture, fashion, sports, wellness and school. It offers a healthy outlet for young girls to explore their identity and develop life goals, and it encourages girls to be girls.

The Family Groove's goal is to help parents raise successful children in today's culture. The website is geared toward "the modern woman," with topics ranging from lifestyle and home to the "bump" watch.

These 2 femme-focused organizations are collaborating to protect young women. Advertisers, movies, TV shows and magazines pressure girls to grow up faster than they should. Girls Inc. and The Family Groove are working to reclaim the female image. Character development, self-awareness and education are the primary components in putting the "girl back into power!"

For more information, check out both these websites at [girlschoiceinc.com](http://girlschoiceinc.com) and [thefamilygroove.com](http://thefamilygroove.com). ○

By Kathleen Crain