

CDC Your Diabetes Compass Mini Documentary Stories

Kineka's Story – Monitoring Diabetes

Described Audio Transcript (min:sec)

00:00 Music begins to play and continues through the end of the video. A woman walks through the door of an office.

[Kineka] >> My name is Kineka Hull. Good morning (*to people in room*). I have a degree in public health.

00:07 Kineka on screen interview. She has on a teal green shirt.

>> I'm trying to take better strides and making sure I'm monitoring my blood sugar, working on the weight, working on the diet, because that's my whole job, telling people how to be healthy, how to be well, and so I need to practice what I preach.

00:21 Kineka types at her work desk.

>> I think like most diabetics, I hate the stinger fix,

00:26 Kineka on screen interview.

>> and so I have upgraded to a continuous glucose monitor, which I know can be cost-prohibitive for some.

00:32 Kineka sits at her desk. She checks her glucose levels using an app on her phone.

>> I like the fact that with the continuous glucose monitor, I scan it with my phone. It's not intrusive. If I'm in a meeting or on a Zoom, I just wave the phone over my arm, it beeps, tells me what my numbers are,

00:46 Kineka on screen interview.

>> so I do that as soon as I roll out the bed (laughs), before I have coffee or breakfast, just so I can correct any dosage or do anything.

00:52 Kineka continues to check glucose levels.

>> Then I just check it throughout the day. Sometimes I do lose track of time, being a professional,

01:00 Kineka on screen interview.

>> and so I've learned to do protein shakes or snacks or something during the day to make sure that I'm constantly eating and constantly checking my blood sugar so that I can try to keep it stable.

01:07 Kineka sits across from a coworker in an office space.

>> Using the scanner worked for myself and others. I still get to do some of that. At work, I talk about moderation and dosing and things like that.

01:16 Medium shot of Kineka's coworker.

>> I tell a lot of my coworkers, you know, I have a dedicated time for lunch but I think everybody's very receptive.

01:23 Close-up of Kineka talking to her coworker.

>> You know, I have a little pouch where I carry all my medication

01:25 Kineka on screen interview.

>> and so anytime I go on a girls trip or anything with friends, I say, this is what this is, this is what this one does, this is how you use it.

01:33 Shot moves from the coworker's hands typing to a medium shot of Kineka as they converse.

>> And so I have that conversation with a lot of trusted individuals just in case,

01:38 Close-up shot of Kineka's coworker.

>> you know, my blood sugar is high and I'm unable to do a dosing, this is how you do it.

01:42 Kineka on screen interview.

>> In case my blood sugar is low, like this is the glucose tab or juice and this is how you do it. And so everybody takes it very seriously.

01:50 Close-up shot of Kineka's coworker.

01:52 Close -up shot of Kineka smiling.

>> Being a professional, I think a lot of times as adults,

01:55 Kineka on screen interview.

>> we forget that some of the accommodations that we may have gotten when we were in school apply to us in the workplace.

>> And so if you haven't, check with your employer to see what accommodations they're able to offer you.

>> If you need to have a break, if you need to go to the doctor make sure you're using all of your resources to make sure you're taking care of yourself.

02:15 Music fades, CDC logo fades up with text, “To learn more about managing your diabetes, visit yourdiabetescompass.cdc.gov.”