



You Can Prevent Diabetes

Diabetes Awareness, Prevention and Management



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GROUP CLASS CONFIDENTIALITY AGREEMENT

Privacy is something everyone is concerned about when they come to a group class. Everyone who participates in the group wants what is said in the group to be treated with respect and complete discretion. Along with Kaiser Permanente's commitment to foster a respect for all participants, each participant individually has a responsibility to respect and protect each other's privacy.

Please share useful general information outside of the group, but what you hear and learn about individual group members should stay here.



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IMPORTANT DISCLAIMER

The information provided in this presentation is **NOT** a substitute for the advice of your personal physician or other qualified health care professional.

Always seek the advice of your physician or other qualified health care professional with any questions you may have regarding medical symptoms or a medical condition.

Never disregard professional medical advice or delay in seeking it based on information contained in this presentation.



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ABOUT YOUR FACILITATOR

- Cheryl Mirabella
- Kaiser Permanente Health Educator



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AGENDA

- 1 Introduction
- 2 Learning Objectives
- 3 Diabetes Guide
- 4 Kaiser Permanente Member Resources
- 5 Other Resources for Diabetes Information

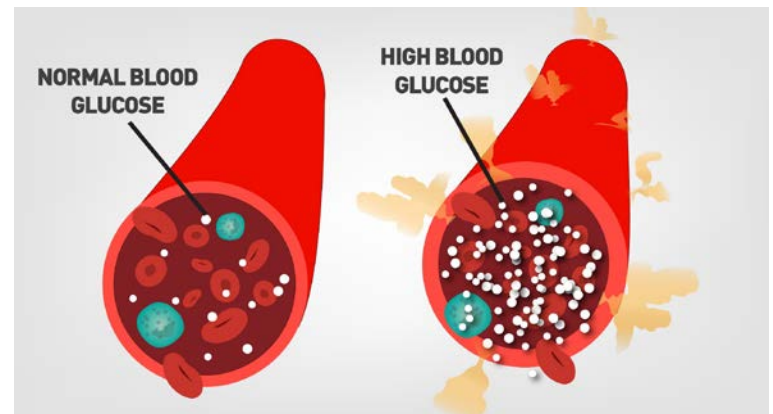


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WHAT IS DIABETES ?

- Diabetes occurs when the body does not produce or properly use insulin.
- Insulin is a hormone that is needed to change sugars, starches, and other food into energy. It helps controls your blood sugar level.
- Diabetes is characterized by high levels of blood glucose (sugar).



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WHAT ARE THE THREE TYPES OF DIABETES

- Type 1 Diabetes
- Gestational Diabetes
- Type 2 Diabetes



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HOW COMMON IS DIABETES?

- Over 30.3 million Americans have diabetes.
- 84.1 million Americans aged 18 and older have prediabetes.
- Nearly 7.2 million people do not know they have diabetes.



Retrieved from: <http://www.diabetes.org/diabetes-basics/statistics/>, last visited 5/13/18.



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DIABETES-RELATED HEALTH PROBLEMS

- Persons with diabetes are:
 - 1.7 times higher to develop heart disease
 - 1.8 times higher to have a heart attack
 - 1.5 times higher to have a stroke
- Leading cause of new cases of blindness in people aged 20-74
- Accounts for 46% of non-traumatic lower-limb amputations
 - Nerve damage leading to numb hands and feet
- Most common cause of end stage kidney failure



Retrieved from: <http://www.diabetes.org/diabetes-basics/statistics/> , last visited 5/3/18.



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TYPE 2 DIABETES

- Type 2 diabetes is the most common form of diabetes
- People can develop this form of diabetes at any age, even during childhood
- Type 2 diabetes results from the body's inability to make enough, or properly use insulin
- Some people can control their type 2 diabetes with diet, exercise and medications they take by mouth; some people need to take insulin shots

Retrieved from : <http://www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf>, last visited 5/3/18



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SIGNS AND SYMPTOMS OF TYPE 2 DIABETES

- Increased thirst
- Increased hunger
- Fatigue
- Increased urination, especially at night
- Weight loss
- and More



HOW IS TYPE 2 DIABETES TREATED?

Lifestyle Changes

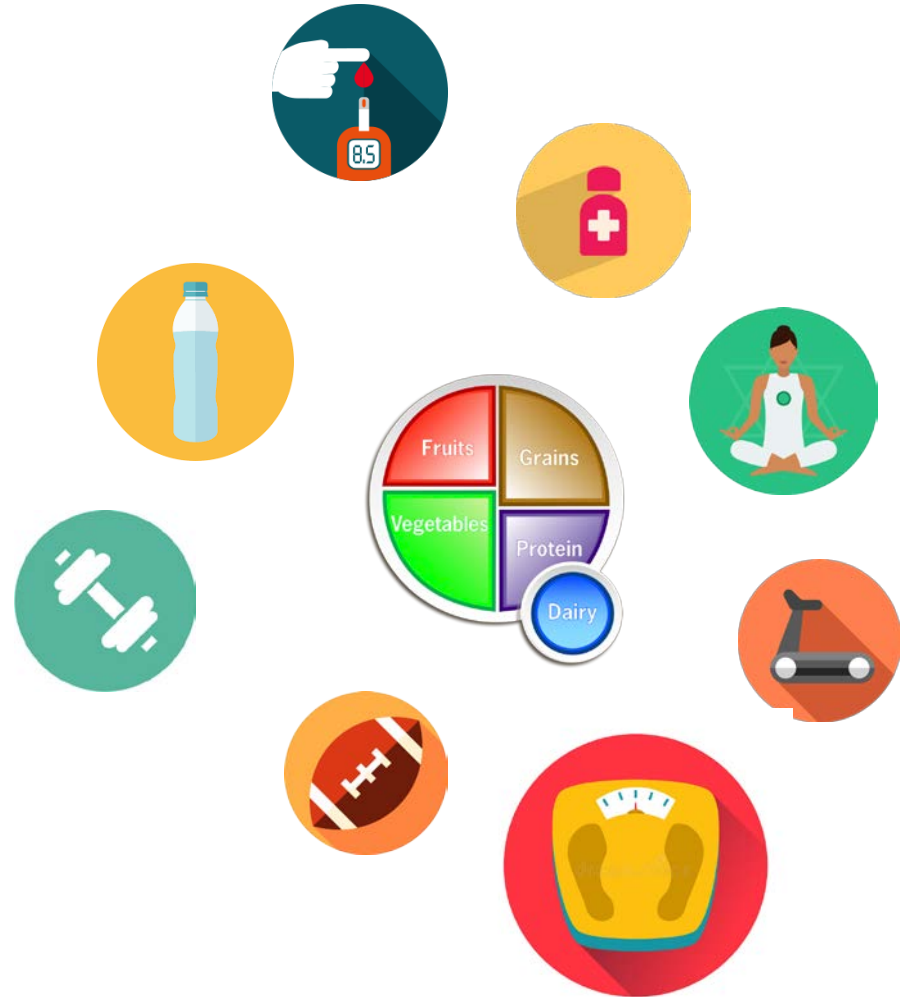
- Healthy eating
 - Reduce portion sizes
 - Increase fresh fruit and vegetable amounts
 - Reduce intake of sugary foods and beverages
 - Reduce weight (if overweight)

Regular Exercise

- 30 minutes a day, 5 days a week

Medicine

- Metformin



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SHOULD I BE TESTED FOR DIABETES?

- Anyone 45 years old or older should consider getting tested for diabetes
- If overweight , strongly encouraged to get tested
- younger than 45 years old, overweight, you should consider getting tested



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RISK FACTORS FOR TYPE 2 DIABETES

- A parent, brother, or sister with diabetes
- Family background that is African American, American Indian, Asian American, Pacific Islander, or Hispanic American/Latino
- You have had gestational diabetes, or gave birth to at least one baby weighing more than 9 pounds



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RISK FACTORS FOR TYPE 2 DIABETES

- Your blood pressure is 140/90 or higher, or you have been told that you have high blood pressure
- Your cholesterol levels are not normal.
 - HDL cholesterol (“good” cholesterol) is 35 or lower, and
 - triglyceride level is 250 or higher
- You are fairly inactive or exercise fewer than three times a week



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What Can I Do About My Risk?

- Exercise regularly
- Lose weight (reduce your BMI)
- Reduce fat and calorie intake
- Lower your blood pressure
- Lower your cholesterol levels



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Exercise

Regular physical activity has been shown to prevent diabetes in those that are at an increased risk for developing the disease. It will help you:

- Keeps cholesterol under control
- Keeps blood pressure under control
- Helps your body use insulin effectively
- Lose weight



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Small Changes Add Up

- Take the stairs rather than an elevator or escalator
- Park at the far end of the lot and walk
- Get off the bus a few stops early and walk the rest of the way
- Walk or bicycle instead of drive whenever you can



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What Is BMI?

- Body Mass Index (BMI) is a calculation based on weight and height that connects body weight with risk of disease.
- Your BMI will indicate whether you are underweight, normal weight, overweight, or obese.
 - http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm.

Body mass index table						
BMI	35	36	37	38	39	40
Height (Inches)	Weight (pounds)					
60	179	184	189	194	199	204
62	191	196	202	207	213	218
64	204	209	215	221	227	232
66	216	223	229	235	241	247
68	230	236	243	249	256	262
70	243	250	257	264	271	278
72	258	265	272	279	287	294

To calculate your body mass index:
$$703 \times \frac{\text{Your weight in pounds}}{(\text{Your height in inches})^2}$$

Underweight: Below 18.5
Normal: 18.5 - 24.9
Overweight: 25.0 - 29.9
Obesity: 30.0 and above



What Is A Diabetes Meal Plan?

A diabetes meal plan is:

- A guide that tell you how much and what kinds of foods to eat at meals and snacks.
- Fits in with your schedule and eating habits.
- Will help you improve blood glucose, blood pressure, cholesterol numbers, and keep weight on track.



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What Is A Diabetes Meal Plan?

- Diabetes meal plans are generally
 - Balanced with carbohydrates, lean proteins, and healthy fats
 - Low in salt and added sugars
- Meet with a Registered Dietitian to find out what works best for you



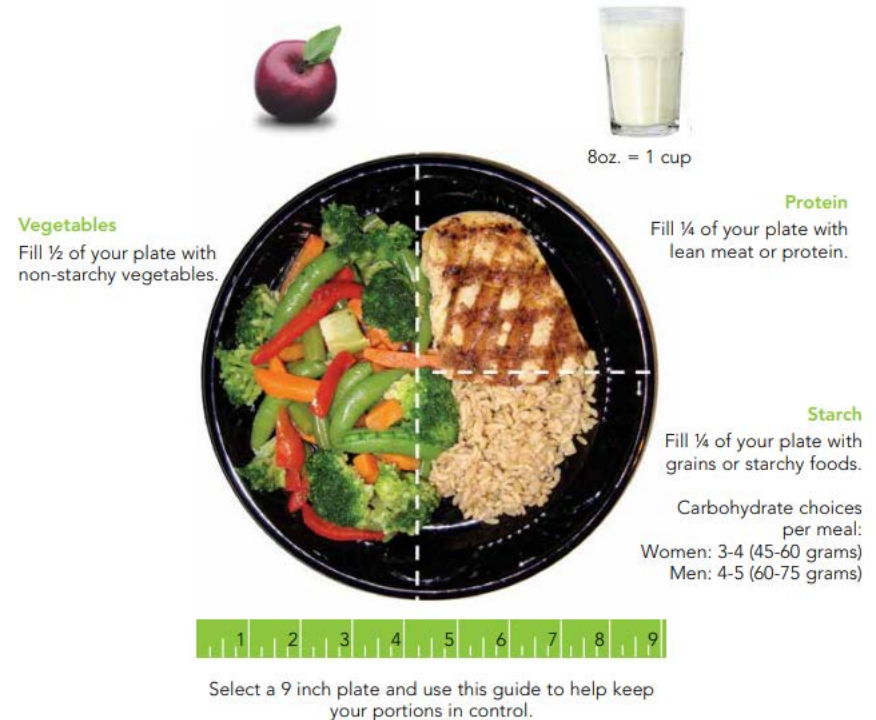
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Portion Sizes: Rate your Plate

- Great way to practice portion control
- Eat three meals spaced throughout the day.
- **DON'T** Skipping or delaying meals may result in low blood glucose
- Eat a meal every 4 to 5 hours during the day.



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Proper Portion Sizes



Handful= 1-2 oz.

- Example: 1oz. Pretzels=1 handful
or 2 oz. Pretzels=2 handfuls



Fist= 1 cup

- Example: two servings of pasta
or oatmeal



Palm= 3 oz.

- Example: a cooked serving of
meat.



Thumb=1 oz.

- Example: 1 tablespoon



1 grain= 1 slice of bread



1 meat, poultry or fish= 3 oz.

- About the size of a deck of cards



1 dairy serving= 8 oz.

- The size of a container of individual
yogurt



**1 fruit serving= ½ cup canned
or 1 medium fruit**

- About the size of a tennis ball



**1 vegetable serving=1/2 cup
cooked or canned vegetables**

- About ½ a baseball



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What is Prediabetes?

- Blood glucose levels are higher than normal, but not high enough to be diabetes
- If you have prediabetes you are more likely to develop type 2 diabetes
- Losing a modest amount of weight
 - (5-10 % of total body weight)



Retrieved from : <http://www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf>, last visited 5/12/18



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If you have Diabetes: Care Summary

- Follow your diabetes food plan
- Get 30 to 60 minutes of activity a day
- Stay at a healthy weight
- Check your blood glucose
- Take medicines
- Check your feet every day
- Work with your health care team to manage your diabetes and stay healthy



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How Can I Make Better Choices?

To begin lifestyle changes, take these steps:

- ✓ Plan to change behavior
- ✓ Prepare to change
- ✓ Consider road blocks from
- ✓ Find family and friends who will support and encourage you



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You should now be able to:

- ✓ Understand diabetes
- ✓ Know how to prevent type 2 diabetes
- ✓ Know the risk factors for developing type 2 diabetes



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Kp.Org: A hub for managing health



Tools and resources for members

- ✓ Total Health Assessment
- ✓ Health and drug encyclopedias
- ✓ Symptom checker
- ✓ Healthy lifestyle programs
- ✓ Health videos
- ✓ Total Health Radio online radio show and podcast

The collage displays four different pages from the Kaiser Permanente website:

- Top Left:** A page titled "Check Your Symptoms" with a "Choose a Symptom" dropdown menu. The menu lists various symptoms like "Allergies", "Asthma", "Cough", etc.
- Bottom Left:** A page titled "Tools and calculators" featuring "BMI calculators for adults and children" and "Furry Body Walk". It includes a BMI calculator interface and a section for "Your child's body mass index".
- Top Right:** A page titled "How to form healthy habits" with a video player showing a man speaking. The video title is "WALK MORE Changing Your Health Behaviors with Dr. B.J. Fogg, Stanford University".
- Bottom Right:** A page titled "Eat healthy Nourish your body" with a "Start a program today" button and a "My health manager" section. It includes text about "Food preferences and eating patterns" and "Check you complete the questionnaire".



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Total Health Assessment

An interactive health awareness tool with built-in digital coaching solutions

- Provided by Johnson & Johnson Health and Wellness Solutions
- Assesses Bio, Mind, Lifestyle, Body
- Assessment results generate next steps recommendations with built-in solutions
 - Skills and action steps that can help modify behaviors that may result in personal improvements
 - Include tips on healthy eating, exercise, or stress management
 - Optional healthy lifestyle interactive coaching programs



9 Healthy Lifestyles Programs

- *Breathe - Tobacco Cessation*
- *Relax - Stress Management*
- *Balance - Weight Management*
- *Nourish - Healthy Eating*
- *Care for Your Back*
- *Care for Pain*
- *Care for Depression*
- *Care for Diabetes*
- *Dream® - Sleep Management*



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Make the Call, Take the Call

The State of Maryland Wellness Program offers **free** confidential health coaching through its "Make the Call, Take the Call" coaching program.

Trained professional coaches will help you to understand your health status and provide motivating support over the phone to help you with the following topics:



Healthy weight
Managing stress
Physical activity
Eating healthy
Quitting tobacco



Connect with your Kaiser health coach at: 1.866.862.4295

Please check out our "Make the Call, Take the Call" video located on the wellness website at <http://dbm.maryland.gov/benefits/Pages/WellnessHome.aspx>

For More Information on Diabetes:

- American Diabetes Association
 - 1-800-DIABETES (1-800-342-2383)
 - www.diabetes.org
- American Dietetic Association
 - 1-800-366-1655
 - www.eatright.org
- National Diabetes Education Program
 - 1-800-483-5383
 - www.ndep.nih.gov
- National Institute of Diabetes and Digestive and Kidney Diseases
 - 1-800-860-8747
 - www.niddk.nih.gov



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For a copy of this presentation

Please visit the State of Maryland Wellness website

<http://www.dbm.maryland.gov/benefits/Pages/WellnessHome.aspx>



Or reach out to your wellness coordinator



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THANK YOU

Who has the first question?



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