

You Can Prevent Diabetes

DIABETES PREVENTION





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

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.

About Your Instructor

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Agenda

Introduction

Learning Objectives

Diabetes Guide

Kaiser Permanente Member Resources

Other Resources for Diabetes Information

Learning Objectives

- At the end of this presentation, you will be able to:
 - Understand diabetes
 - Know how to prevent type 2 diabetes
 - Know the risk factors for developing type 2 diabetes

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 controls your blood sugar level.
- Diabetes is characterized by high levels of blood glucose (sugar).



What are the Three Types of Diabetes

- Type 1 diabetes
- Gestational diabetes
- Type 2 diabetes



How Common is Diabetes?

- Over 29.1 million Americans have diabetes.
 - Only 21.0 million people are diagnosed with diabetes.
 - Nearly 8.1 million people do not know they have diabetes.
- 86 million Americans aged 20 years and older have prediabetes.



Source <http://www.diabetes.org/diabetes-basics/statistics/>, last visited 8/13/15.

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 60% of non-traumatic lower-limb amputations
 - Nerve damage leading to numb hands and feet
- Most common cause of end stage kidney failure
- Gum disease and loss of teeth

Source: <http://www.diabetes.org/diabetes-basics/statistics/> , last visited 8/13/15.

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



Source: <http://www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf>, last visited 2/9/15

Signs and Symptoms of Type 2 Diabetes

- Increased thirst
- Increased hunger
- Fatigue
- Increased urination, especially at night
- Weight loss
- Blurred vision
- Sores that do not heal
- Unexplained irritability or agitation



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



Should I Be Tested for Diabetes?

- Anyone 45 years old or older should consider getting tested for diabetes
- If you are 45 years or older and overweight, it is **strongly** recommended that you get tested
- If you are younger than 45 years old, overweight, and have one or more of the following risk factors, you should consider getting tested



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



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. Your HDL cholesterol ("good" cholesterol) is 35 or lower, and your triglyceride level is 250 or higher
- You are fairly inactive or exercise fewer than three times a week



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



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



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



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.
- To reduce your risk of developing type 2 diabetes, you must reduce your BMI.
 - You can find out your BMI at 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.



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
- There are many ways to follow a meal plan
 - Food Guide Pyramid
 - Rating your Plate
 - Exchange Lists
 - Carbohydrate Counting
- Meet with a Registered Dietitian to find out what works best for you

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.

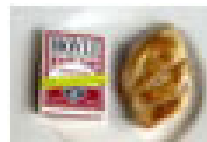


Thumb=1 oz.

- 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

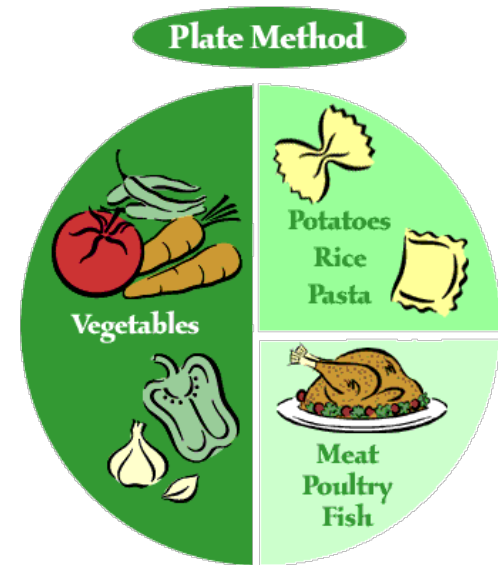


1 vegetable serving= 1/2 cup cooked or canned vegetables

- About ½ a baseball

Portion Sizes: Rate your Plate

- Helps you eat a variety of healthful foods at each meal
- Great way to practice portion control



Foods in the News

■ Nuts

- Provide vitamins, minerals, antioxidants, fiber, and healthy fat
- May help reduce risk for heart disease, type 2 diabetes, and may help manage weight
- 1 oz. portions: range from 160-200 calories/oz.
- Try 1 ounce of unsalted whole almonds as a snack or part of a meal
- Avoid salted, candied, and honey-roasted nuts



Foods in the News

- Whole grains
 - Aim for at least 3 servings a day.
 - Whole grains contain the entire grain kernel. Examples include whole wheat flour, bulgur (cracked wheat), oatmeal, whole corn meal, and brown rice.
 - Check labels for 100% whole grains as the first ingredient.



Foods in the News

- Fish

- At least 2 servings a week may decrease risk for heart disease
- Preferably oily fish such as salmon, mackerel, sardines, herring, and trout; these are richest in omega-3 fats
- Avoid shark, swordfish, king mackerel, and tilefish
- Do not take fish oil supplements without checking with your doctor



Foods in the News

- Colorful vegetables and fruit
- Dried beans and peas
- Healthy fats: olive oil, canola oil, avocado, nuts, and seeds
- Tea



What is Prediabetes?

- Blood glucose levels are higher than normal, but not high enough to be diabetes
- About 86 million U.S. adults aged 20 years and older currently have prediabetes
- If you have prediabetes you are more likely to develop type 2 diabetes
- Losing a modest amount of weight (5-10 percent of total body weight) is the recommended treatment
 - Portion control and exercise are the recommended ways of reducing body weight

Source: <http://www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf>, last visited 2/9/15

If you have Diabetes: Care Summary

- Follow your diabetes food plan
- Eat the right portions of healthy foods
- Eat foods that have less salt and fat
- Get 30 to 60 minutes of activity a day
- Stay at a healthy weight
- Stop smoking
- Take medicines
- Check your feet every day
- Brush your teeth and floss every day
- Check your blood glucose
- Work with your health care team to manage your diabetes and stay healthy

How Can I Make Better Choices?

- To begin lifestyle changes, take these steps:
 - Make a plan to change behavior
 - Decide exactly what you will do and when you will do it
 - Plan what you need to get ready
 - Think about what might prevent you from reaching your goals
 - Find family and friends who will support and encourage you
 - Decide how you will reward yourself when you do what you have planned

Kaiser Permanente Member Resources

- Kaiser Permanente
 - www.kp.org/healthliving
 - www.kp.org/diabetes
 - www.kp.org/nutrition
 - www.kp.org/weight
 - www.kp.org/fitness
 - InSTEP with diabetes class
 - Self-management, training, and educational program for adults with diabetes and their families. Learn skills for healthy living including: diabetes facts, nutrition and food choices, physical activity, testing your blood sugar, diabetes medicines, and recommended care.

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



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 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



Who has the First Question?

