Diabetes: You Are In Control
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Diabetes: You Are In Control

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Lesson Objectives:

• Discuss facts about diabetes.

• Identify risk factors/symptoms of type 2 diabetes.

• Identify lifestyle choices and behaviors that may prevent or delay diabetes.
Understanding Diabetes

- Food consumed is converted to glucose (sugar) by the body.

- ↑ in blood glucose signals the pancreas to produce and release insulin.

- Insulin is a hormone that helps glucose be used as energy by the body.
What is Diabetes?

https://youtu.be/OkASh4wN_3E

Click on black screen in full view. Internet required to view.
Are you at risk?

- Overweight
- Age 45 or older
- Parent or sibling with type 2 diabetes
- Inactive lifestyle
- Had diabetes while pregnant
- Gave birth to baby > 9#
Groups of people at higher risk are:
- African Americans
- Hispanic/Latino Americans
- American Indians
- Alaska Natives
- Pacific Islanders
- Asian Americans
Diabetes Self-Management

• Eat appropriate amounts of nutritious foods.
• Get the recommended amount of physical activity.
• Take medications as directed.
• Check your blood glucose regularly.
• Maintain blood glucose levels in the normal range.
Seven health behaviors to consider are:

- Healthy Eating
- Being Active
- Monitoring
- Taking Medication
- Problem Solving
- Reducing Risks
- Healthy Coping
Includes eating a variety of foods by following the plate planning method:

- Vegetables
- Fruits
- Low-fat dairy
- Lean protein
- Whole grains
Physical activity helps:

- Weight management
- Glucose control
- Lower blood pressure
- Control cholesterol
- Reduce stress
- Improve mood
- Energy level
Regular monitoring is important for keeping blood glucose within your target range.
Taking Medication

• Medication and insulin may be necessary.

• Follow your health care providers recommendations.
Problem Solving

Be aware of situations that impacts your blood glucose levels such as:

- Illness (Flu)
- Stress
- Vacations/traveling
Reducing Risk

Self-managing behaviors can help reduce the risk of “Diabetes Complications” such as:

• Heart Disease
• Stroke
• Kidney damage
• Nerve damage
• Foot problems
• Loss of Vision
Healthy Coping

- Health Care Team
- Friends
- Family
- Caregivers/Support systems
Resources and Support

Useful Phone Apps:

• My Fitness Pal, (Basic app, free)
• Blood Sugar Monitor by Dario Diabetes Management
• Diabetes Connect, (Basic app, free)
• Glucose Buddy Diabetes Tracker, (Basic app, free)
• MySugr, (logging/tracking functions are free)
• Sugar Sense Diabetes App (free)
• Calorie King (free)
Resources and Support

Informational Resources:

• American Diabetes Association. www.diabetes.org
• Academy of Nutrition and Dietetics Association. www.eatright.org
• American Heart Association. www.heart.org
• Diabetes Food Hub (Recipes). www.diabetesfoodhub.org
• National Diabetes Education Program. www.cdc.gov/diabetes/ndep/index.html
• Healthy Dining Finder. www.healthydiningfinder.com
• Calorie King Food Database. www.calorieking.com
• University of Georgia – Diabetes Resources. www.fcs.uga.edu/extension/food-diabetes
• USDA Dietary Guidelines. www.choosemyplate.gov/
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Questions?
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Evaluation

Link to me: https://bit.ly/2ymMYb4
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