HEALTH GAP

LIFESTYLE INTERVENTION FOCUSED ON THE PREVENTION OF DIABETES

DAPHENE BAINES –

HEALTH COACH

4 Week Virtual Sessions
October 6th, 13th, 20th, and 27th

6:00-7:00pm

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LESSON 1

Repeat after me: 'I am in charge of my choices'

- Do Right! Win Against Diabetes Overview – review schedule
- *Ice Breaker Activity – The Hand*
- Diabetes Overview
- Living with & preventing diabetes

Repeat after me: 'I am responsible for my actions'

- Know your diabetes ABCs
- Know your numbers
- Get routine care to stay healthy

Instant Recess

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SCHEDULE

Lesson 1: Diabetes Overview: Ways to prevent and live with diabetes

Lesson 2: Healthy Eating and Physical Activity: all about food and exercise

Lesson 3: Healthy Living and Exercise and Stress: healthy meals, grocery shopping, using technology to live better, and managing stress

Lesson 4: Review, Survey, and Testimonies

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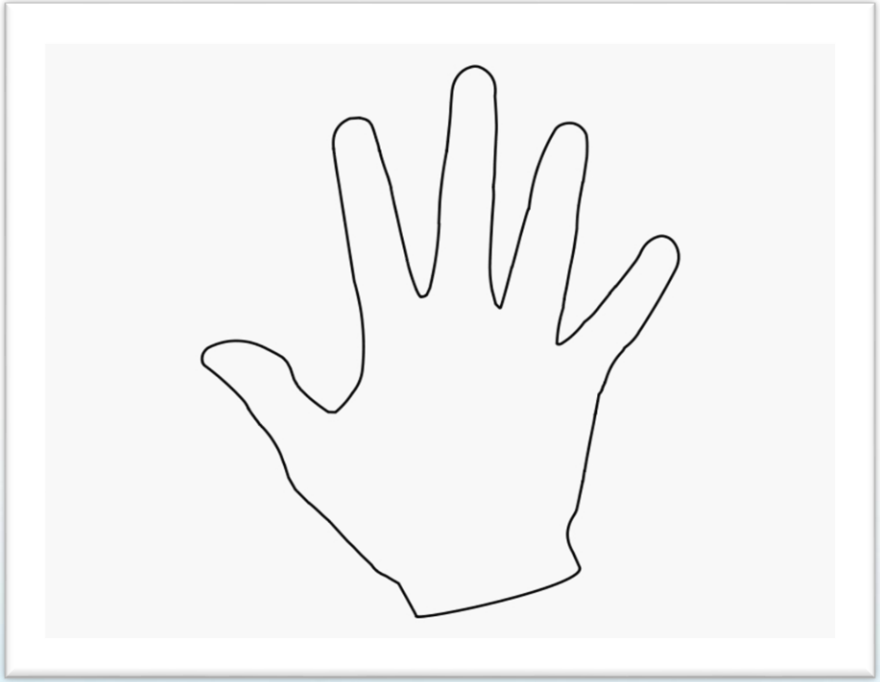
THE HAND - Icebreaker

Thumb – What are you good at?
Index – What direction are you headed?
Middle – What gets on your nerves?
Ring – What are you committed to?
Pinkie – A little known fact about you



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THE STRONGER YOUR WHY THE STRONGER YOUR COMMITMENT WILL BE

HEALTH GAP

RD

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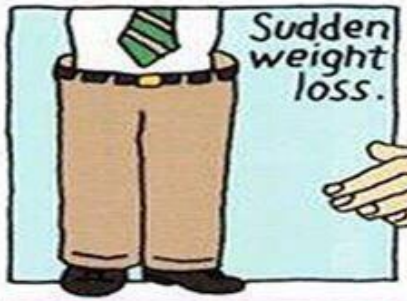
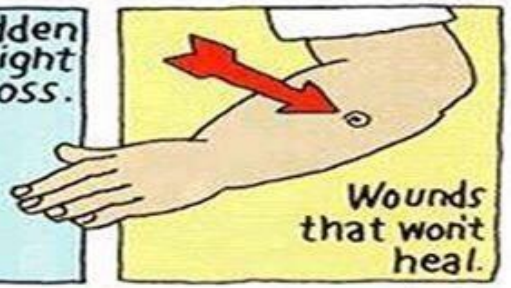
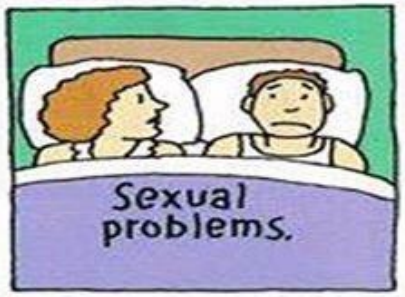
IT IS IMPORTANT TO TAKE HEALTHY STEPS TO PREVENT GETTING DISEASES SUCH AS DIABETES

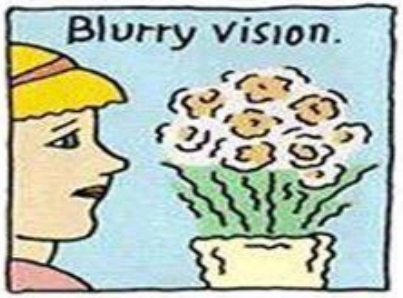
- WHAT IS DIABETES

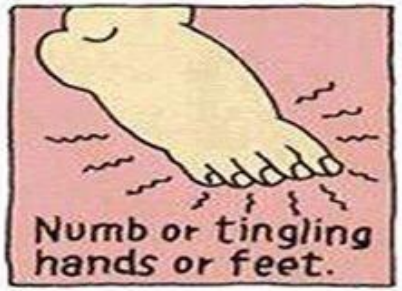
DIABETES
KNOW THE SYMPTOMS

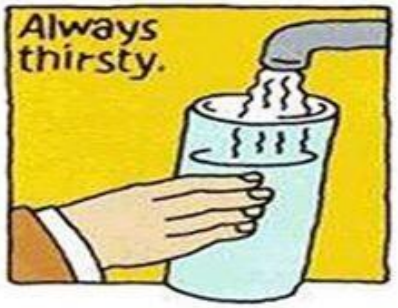












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Type 1 Diabetes:

Is when the body loses the ability to make insulin or can only make a very small amount of insulin. It is usually caused by an autoimmune process, and your body's immune system mistakenly destroys the insulin-producing cells. About 10% of individuals with diabetes have type 1 diabetes.

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Type 2 Diabetes:

Is caused by a dual defect of resistance to the action of insulin combined with an inability to make enough insulin to overcome the resistance. Type 2 diabetes is the most common form of diabetes and represents 80% to 90% of diabetes worldwide.

- **Gestational Diabetes**: diabetes diagnosed during pregnancy.
- **Pre-Diabetes**: a condition characterized by slightly elevated blood glucose levels, regarded as indicative that a person is at risk of progressing to Type 2 diabetes.

Now that you have a general idea of this dreadful disease, let’s look at why you should be concern.

Having diabetes is not a death sentence but having uncontrollable diabetes can lead to deadly complications.

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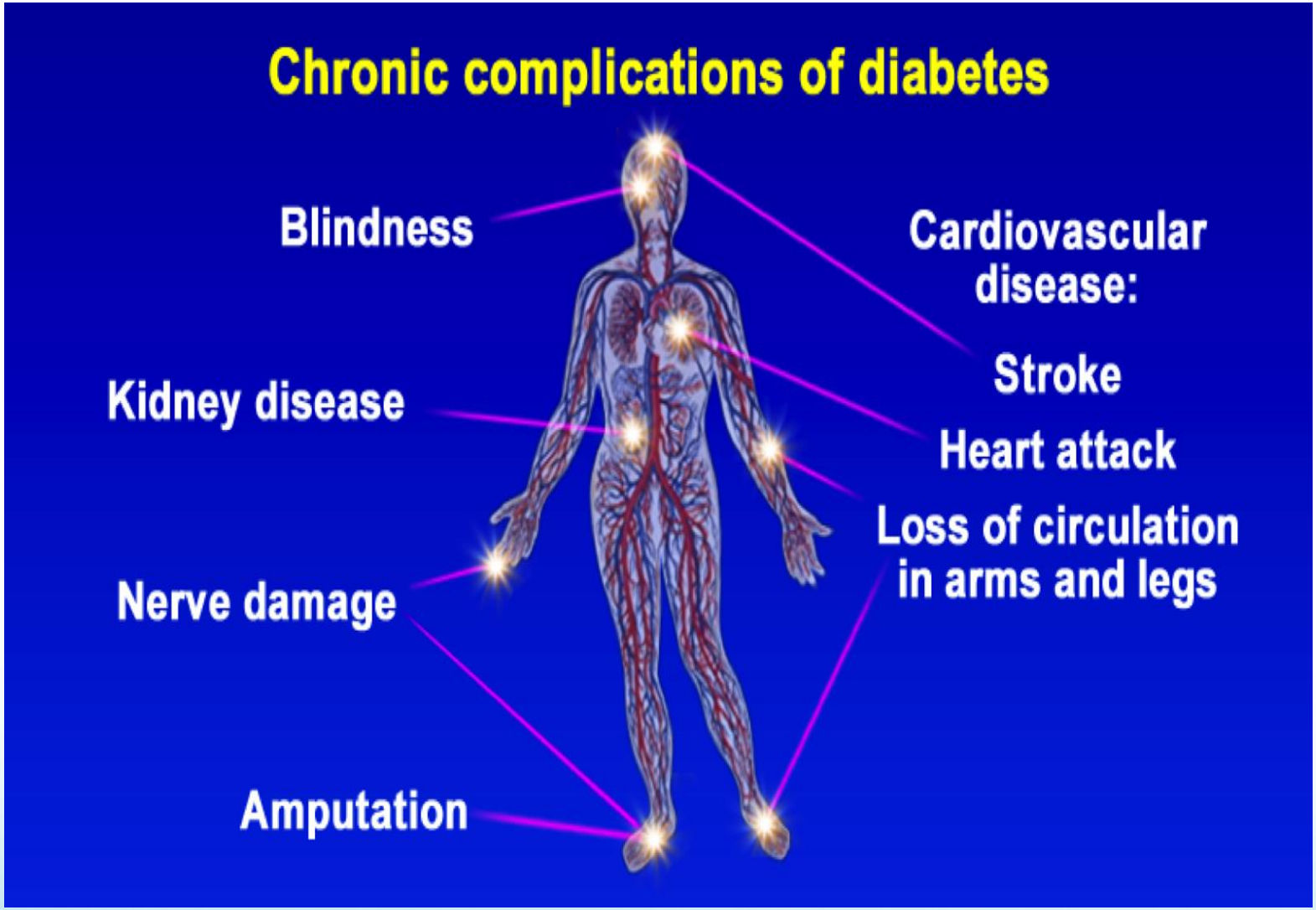
Some people are not motivated to take care of issues that come up in their lives. Motivation plays a pivotal role in having a positive mental attitude. Motivation simply means something that causes a person to act.

Motivation may be called by other words such as inspiration, incentive, drive, and enthusiasm. This is an issue that must be dealt with.

- Let’s talk about some reasons why we should take control of our health.
-

QUESTION

WHAT ARE SOME REASONS DIABETES SHOULD BE CONTROLLED?


Chronic complications of diabetes
Blindness
Kidney disease
Nerve damage
Amputation
Cardiovascular disease:
Stroke
Heart attack
Loss of circulation in arms and legs

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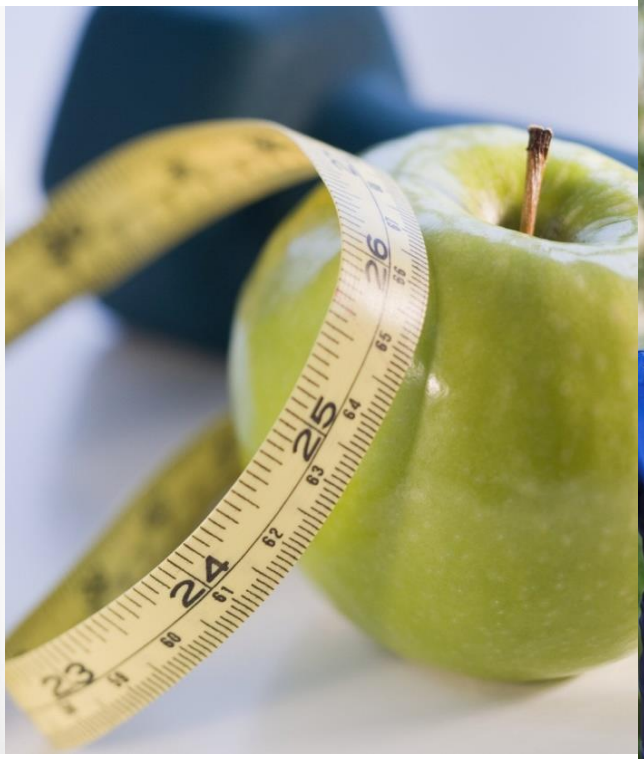
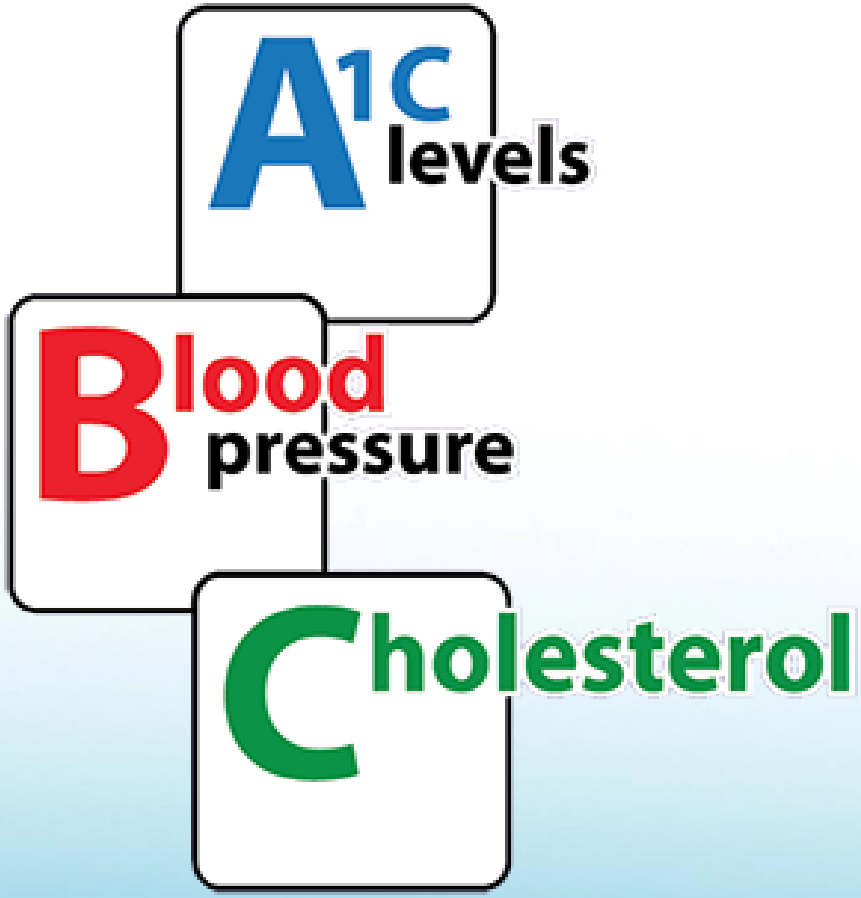


DO RIGHT! HEALTHY STEPS



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The ABCs of Diabetes Management

A

A1C, also known as hemoglobin A1C, is a measure of your average blood sugar over 2-3 months. This test is conducted by your doctor and tells you how much sugar is attached to the outside of your red blood cells. The higher this number, the greater the risk of diabetes-related complications. These complications include heart, kidney, and eye diseases. Reducing A1C by just one percent (from 8% to 7%) reduces the risk of eye, kidney, and nerve damage by 35 percent ([1,3]).

A1C	Average Plasma Blood Glucose	
5%	**100**	in control
6%	135	
7%	170	
8%	205	out of control
9%	240	
10%	275	
11%	310	
12%	345	

B

Blood pressure is the force of blood against artery walls. Blood pressure is recorded in two numbers: the top number (systolic pressure) is the force of blood as the heart beats. The bottom number (diastolic pressure) is the force of blood between the heart beats. When these numbers are high, the heart is working harder than it should. Check your blood pressure at every doctor's visit.

Blood Pressure Classifications:

	Systolic	Diastolic
Normal	> 120	> 80
Prehypertensive	120-139	80-89
Hypertensive	140 +	90 +

C

Cholesterol levels are indictors of heart health. High levels of LDL (aka "bad") cholesterol can clog and block arteries, and low levels of HDL ("good") cholesterol can inhibit the removal of LDL cholesterol. Check your cholesterol at least once per year.

Keep your ABCs in check:

Target A1C level:	Less than 6.5%[2]
Target blood pressure:	Below 120/80[4]
Target LDL level:	Below 100[5]

- Lose 5 -10% of your body weight. Be sure to consult with your doctor and approach the weight loss gradually.
- Eat more whole grains, fruits, & veggies.
- Limit or avoid foods that are high in fat, sugar, and white flour.
- Gradually increase the amount of physical activity that you do each day until you reach 30-60 minutes of continuous activity. Exercise can help decrease insulin resistance.
- Manage stress by identifying home, work, or social stressors and talking with someone about them.
- Test your blood glucose regularly and log daily highs and lows.
- According to the Dietary Guidelines for Americans, you should eat no more than 1,500 mg of sodium per day. Most sodium comes from packaged foods and restaurant meals.

References:

1. Diabetes Care. 1987:10:1-19.
2. American Association of Clinical Endocrinologists.
3. Lancet 1998;352:837-53.
4. www.nhlbi.nih.gov/health/public/heart/hbp/dash/
5. www.nhlbi.nih.gov/guidelines/cholesterol/atp3xsum.pdf

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A1c Level

So, what do the numbers mean?

When it comes to the numbers, there's no one-size-fits-all target. A1C target levels can vary by each person's age and other factors, and your target may be different from someone else's. The goal for most adults with diabetes is an A1C that is less than 7%.

A1C test results are reported as a percentage. The higher the percentage, the higher your blood sugar levels over the past two to three months. The A1C test can also be used for diagnosis, based on the following guidelines:

- If your A1C level is between 5.7 and less than 6.5%, your levels have been in the prediabetes range.
- If you have an A1C level of 6.5% or higher, your levels were in the diabetes range.

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Blood Pressure Categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

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CHOLESTEROL AND TRIGLYCERIDE LEVELS *in adults*

	TOTAL	HDL	LDL	TRIGLYCERIDES
HIGH	240 or higher	n/a	160 or higher	200 or higher
BORDERLINE	200-239	n/a	130-159	150-199
GOOD	less than 200	40 or higher	less than 100	less than 150
LOW	n/a	less than 40	n/a	n/a

SOURCES:
U.S. Department of Health and Human Services, Mayo Clinic, and Cleveland Clinic

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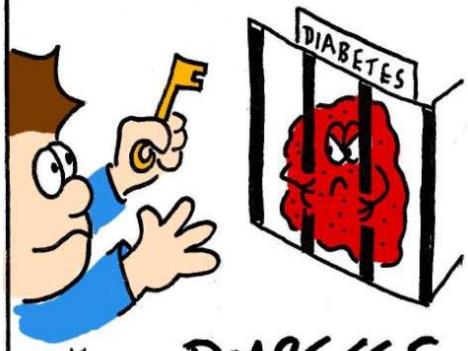
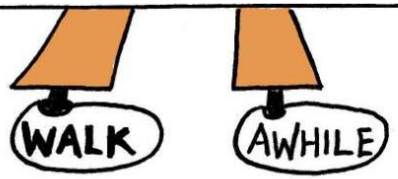
thediabetescouncil.com

10 THINGS PWD do to MANAGE ...



... their DIABETES



- In the Morning
- During Lunch
- After Work
- With a friend

Look for.. Portion size .. #CARBS
Check for.. SODIUM .. FAT Content

GIVE themselves a SHOT

- Morning
- Before meals
- Bedtime

Morning night in-between
Instead of SODA + TEA

CHECK their BLOOD SUGAR

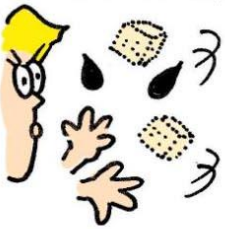
- When they wake
- Before meals
- 2 hrs after meals
- At Bedtime
- Middle of the night

When they are high ↑ Low ↓ Sick :(

TAKE their MEDS..

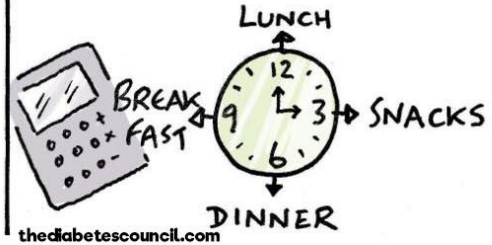
- Morning
- Before Meals
- Bedtime

JUGGLE BLOOD SUGARS



- CHASE a LOW at night
- CHASE a HIGH down in the a.m
- OVER/UNDER treat
- treat JUST right

COUNT their CARBS at..



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CHECK their PORTION SIZE

With...

- × eyeball
- × Measuring cup
- × Portion plate
- × Portion tool

GET SOME Z's

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diabetes daily

Diabetes Doctor Visit Checklist

Key Numbers for Every Visit

For each visit, you should know the following:

Test	Date of Visit and Result			
A1c (quarterly) a blood test that measures your average blood sugars over the prior three months. • Ask your doctor for your goal (often 6.5% or 7%) • Non-diabetic range is under 5.7%. • Reaching goal reduces most risk of complications				
Blood Pressure (every visit) • Goal is below 130/90 • Protects your heart and blood vessels				
LDL-Cholesterol Test (annually) • Goal is below 100 mg/dL • Protects your heart				

Key Tests & Vaccines

Complications are usually treatable **if** caught early. Early detection is extremely important.

Test	Date of Visit and Result			
Dilated Eye Exam (annually) • Protect your vision.				
Urine Test to Detect Kidney Disease (annually) • Protect your kidneys.				
Foot Exam (annually) • Detect early signs of nerve damage.				
Flu Shot and **Pneumonia Vaccine** (ask doctor)				

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QUESTIONS?????

Images in this presentation from National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health.

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