Healthy Eating & Lifestyles Program (HELP)

Made possible by:
Kōkua Kalihi Valley Comprehensive Family Services &
the ‘Ulu Network

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Topics covered:

- Overview of Diabetes
- Diabetes Goals
- Diabetes Self-management
- Problem Solving
- Goal Setting & Action Planning
Thoughts and Feelings about Diabetes

- What have you heard about diabetes?

- How did you feel when you were first diagnosed with diabetes?

- Were you surprised to learn you had diabetes? Why/Why not?

- What types of diabetes have you heard about?

- What concerns do you have?

- What’s the most difficult thing for you?
Risk Factors for Developing Type 2 Diabetes

- Pre-diabetes
  - A1c: 5.7-6.4
  - Fasting Blood sugar: 100-125

- Metabolic Syndrome
  - Obesity, particularly around your waist (having an "apple shape")
  - Insulin Resistance (next slide)
  - Low HDL
  - High Triglycerides
  - High blood pressure

- Polycystic Ovarian Syndrome (PCOS)
- Overweight or obese (BMI >25 or BMI >23—Asians)
Most often, acanthosis nigricans affects your armpits, groin and neck.
Risk Factors for Developing Type 2 Diabetes

- Sedentary lifestyle
- Stressful lifestyle
- Age over 45 years
- History of gestational diabetes
- Delivering over 9 lbs baby
- Ethnicity (Native Hawaiians, Pacific Islanders, Filipinos, Japanese)
- Family history of diabetes
Symptoms of Diabetes

- Sometimes NO symptoms at all
What is diabetes?
Diabetes - Defined

- Diabetes is a chronic disease marked by high levels of blood glucose (sugar) due to your body not having enough insulin or your body is not using the insulin properly or both.

- Insulin – hormone produced by the pancreas
How Insulin is related to blood sugar?
Insulin Action

1. Food enters stomach
2. Food is converted into glucose
3. Glucose enters bloodstream
4. Pancreas releases insulin
5. Receptors unlocked by Insulin
6. Glucose enters cell
What happens if you have diabetes?
Insulin Action in Diabetes

1. Food enters stomach
2. Food is converted into glucose
3. Glucose enters bloodstream
4. Pancreas releases insulin
5. Receptors unlocked by insulin
6. Glucose cannot enter cell
Let’s get it straight..........

Skipping meals can make your blood sugar go up!

Blood glucose *is the same as* blood sugar!
Diabetes is a lifelong condition!

- **Total:** 25.8 million children and adults in the United States—8.3% of the population—have diabetes.
  - **Diagnosed:** 18.8 million people
  - **Undiagnosed:** 7.0 million people
  - **Prediabetes:** 79 million people*

2010 data
More facts on diabetes

- Over 100 thousand people in Hawai‘i have diabetes today.
- Asian Americans & Pacific Islanders have some of the highest risks for developing diabetes.
What type of diabetes do you have?
Types of Diabetes

1. Type 1 Diabetes
2. Type 2 Diabetes
   - Pre-diabetes
3. Gestational Diabetes
Type 1 Diabetes

- Usually diagnosed in children and young adults
- Autoimmune Disease
  - Genetic
  - Environment
- The body does NOT produce insulin
- Requires insulin injections

Type 2 Diabetes

- Most common form of diabetes
- Accounts for 90% - 95% of all diagnosed cases of diabetes
- The body does not produce enough insulin OR the cells ignore the insulin

Pre-Diabetes

- Aka “borderline” diabetes, IFG or IGT
- Insulin resistance
- $100 \text{ mg/dl} \geq \text{ blood sugar} > 125 \text{ mg/dl}$
- Lifestyle changes
- Type 2 diabetes is still preventable
- **TAKE ACTION BEFORE DAMAGE IS DONE!!!**


* Numbers for fasting glucose test*
Gestational Diabetes

- Develops during pregnancy
  - Develops in 7% of all pregnancies
- Diagnosed between 24 – 28 weeks
- Increased risk for type 2 diabetes
  - 5% to 10% diagnosed within 1st year after pregnancy
Why is having control of your diabetes so important?

- To **prevent** symptoms of high & low blood sugar, which lead to chronic & acute complications.
- To **prevent** infections & illness
- To **decrease the risks** of complications to blood & nerves
Hyperglycemia (high blood sugar)
Symptoms

- Extreme thirst
- Dry, itchy skin
- Hunger
- Blurred vision
- Drowsiness
- Frequent urination & decreased wound healing
Hypoglycemia (low blood sugar)

Symptoms

- Shaking
- Sweating
- Anxious
- Dizziness
- Hunger
- Impaired vision
- Weakness
- Headache
- Irritable
- Fast heartbeat
Complications of Uncontrolled Diabetes

- Death
- Amputations
- Kidney disease
- Infections
- Nerve damage
- Eye disease

Blindness & Stroke & Mental health
Teeth & Gum Disease
Heart Disease
Kidney Disease
Gastroparesis
Sexual Dysfunction
Blood Vessel Problems
Nerve Problems
Feet & Skin Problems
Complications of Uncontrolled Diabetes

Signs and symptoms:

- Vomiting
- Nausea
- A feeling of fullness after eating just a few bites
- Abdominal bloating
- Heartburn or gastroesophageal reflux
- Changes in blood sugar levels
- Lack of appetite
- Weight loss and malnutrition
Common **wrong** ideas about diabetes:

- Diabetes is curable.

- Diabetes is ONLY a problem if you feel bad or sick.

- There is nothing you can do about having diabetes.
Diabetes Goals
Taking care of your diabetes

Blood Sugar Goals

- Before Meals: 70 to 130
- 2 hours after starting a meal: Less than 180
- Hemoglobin A1c: <7
Taking care of your diabetes

Goals

- Blood Pressure: less than 130/80
- HDL Cholesterol (good cholesterol)
  - Over 60
- LDL Cholesterol: less than 70
Goals of diabetes control

- Keep a Healthy/Positive Attitude
- If you smoke or drink alcohol: **QUIT!!!**
- Healthy Eating.
  - Well-balanced meals
  - No skipping meals
  - Portion control
Goals of diabetes control

- Exercise regularly.
  - helps Insulin to do its job
  - helps with weight loss/weight control
Goals of diabetes control

- Take Medications as prescribed
- DO NOT miss appointments with your doctor, nutritionist, and other health care providers.
- Make sure you come to class
Goals of diabetes control

• Take care of your:
  • Feet & Skin
    • Wear covered shoes
    • Check for cuts daily
    • Keep your skin soft & smooth
Goals of diabetes control

- Take care of your:
  - Teeth/gums
    - Dental check ups every 6 months.
    - Tell your dentist that you have diabetes
Goals of diabetes control

- Take care of your:
  - Eyes
  - Maintain normal to acceptable blood glucose control & normal blood pressure
  - See your Ophthalmologist once a year for dilated eye exam.
Goals of diabetes control

- Take your flu shots every year
- Take your Pneumonia vaccine
- Check microalbumin yearly to check for small amount of protein in your urine.
Topics covered:

- Overview of Diabetes
- Diabetes Goals
- Diabetes Self-management
- Problem Solving
- Goal Setting & Action Planning
Diabetes Self-management, Goal Setting and Problem Solving

- Patient
- Physicians
- Medical Assistants
- Nurse Practitioners
- Pharmacists
- Behavioral Health Specialists
- Physician’s Assistants
- Community Health Worker
- Case managers
- Nurse Practitioners
- Pharmacists
- Nurses
- Exercise Physiologists
- Family/Work/Friends/Church
- Dietitians
Managing Diabetes is not easy....but it’s worth it!

AADE 7
Self-Care Behaviors

Healthy eating
Being active
Monitoring
Taking medication
Problem-solving
Healthy coping
Reducing risks
Self-Management Tasks

Take care of your health problem

Do your normal activities

Manage your emotional changes
Problem Solving & Goal Setting

- Healthy eating
- Being active
- Monitoring
- Taking medication
- Problem-solving
- Healthy coping
- Reducing risks
This self-care behavior focuses on the “what ifs”—
- Hypoglycemia (low blood sugar)
- Hyperglycemia (high blood sugar)
- Sick day management
- Travel management

Do you know what to do if you have low blood sugar? How about high blood sugar?

How do you know if you have low or high blood sugar? What are the signs and symptoms?
Problem-Solving Steps

1. Identify the problem
2. List ideas to solve the problem
3. Select one method to try
4. Assess the results
5. Substitute another idea
6. Use other resources/Make another list
7. Accept that the problem may not be solvable now.
Problem-Solving Activity

1. Identify the problem
   ➢ “I forget to take my medications”

2. List ideas to solve the problem
   1. Idea A
   2. Idea B
   3. Idea C

3. Select one method to try

4. Assess the results

5. Substitute another idea

6. Use other resources/Make another list

7. Accept that the problem may not be solvable now.
Goal Setting

- One of the most important self-management SKILLS.

- Generally too big to work on all at once; they can be overwhelming.

- To achieve a goal, it needs to be broken down into small, more doable steps.
SMART Goal Setting

- **Specific** –
- **Measurable** –
- **Attainable** –
- **Realistic** –
- **Timeline** –
SMART Goal Setting Activity

Problem: Skipping breakfast everyday

Goal:
Starting Monday, I will eat breakfast at least 3 times a week

- How is this goal specific?
- How is it measurable?
- How do you know if it’s attainable & realistic?
- Is there a timeline?
Choose your Goal

Suggested goal might be:
1. Reduce portion size
2. Exercise more often
3. Follow monitoring schedule
4. Miss fewer medications
5. Plan problem situation treatment
6. Get support from family/friends
7. Stop smoking

Healthy eating
Being active
Monitoring
Taking medication
Problem-solving
Healthy coping
Reducing risks
Make an Action Plan

One of the most important self-management tools!

Turn your options into short-term plans (weekly)
Parts of an Action Plan

1. Something YOU want to do
2. Achievable
3. Action-specific
4. Make a specific plan
   1. What?
   2. How much
   3. When?
   4. How often
5. On a scale of 0-10 (0 = not at all; 10 = very) Confidence level of 7 or more
   1. How convinced are you that it’s important to make this change?
   2. How confident are you that you can make this change?
Let’s practice
Action Plan Activity

1. Something YOU want to do
2. Achievable
3. Action-specific
4. Make a specific plan
   1. What?
   2. How much
   3. When?
   4. How often
5. Confidence level of 7 or more. On a scale of 0-10 (0 = not at all; 10 = very)
   1. How convinced are you that it’s important to make this change?
   2. How confident are you that you can make this change?
One last note....

- Not all goals are achievable
- Don’t dwell too much on what you cannot do
- Focus on the things you CAN do!
- See yourself successful!
Mahalo!
See you next week/month
Set up for Nutrition Moment