


This product was developed by the RWJ Diabetes Self Management Program at Community Health Center, Inc. in Middleton, CT. Support for this product was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.



RWJ Advancing Self Management Diabetes Program

Daren Anderson, MD

Joan Christison-Lagay, MAT, MPH

Hilda Cardona, RN, CDE

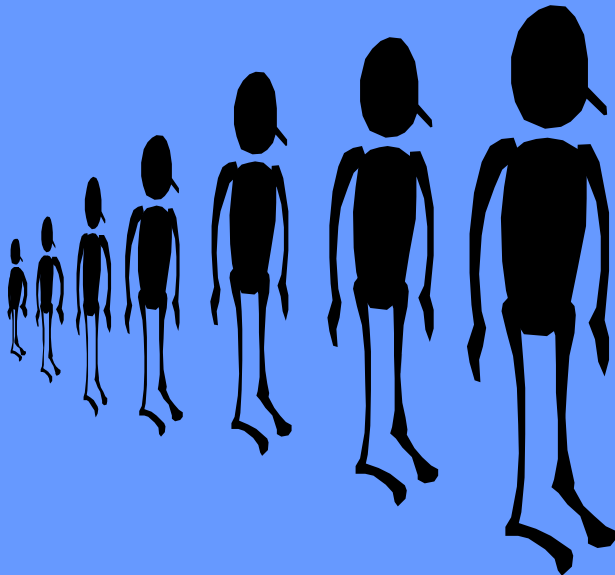
Paula Kellogg Leibovitz, RD, MS, CDE



Diabetes An Epidemic Feared



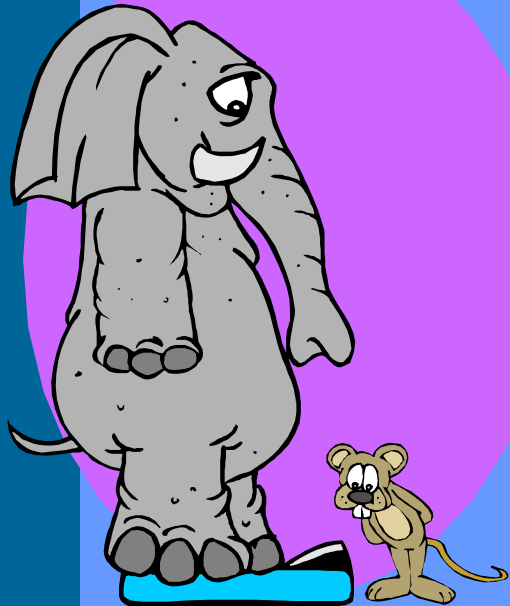
CDC estimates that there are currently 17 million diabetics in the US



The number of diabetics **tripled** from the mid 1960's to the mid 1990's

American adults and kids

Not to be impolite or hurt feelings but many Americans, young and old, are



Overweight

Inactive



And it's killing us!

Diabetes and More

Americans are putting themselves at risk for

- ❖ Diabetes
- ❖ Heart Disease
- ❖ Stroke
- ❖ Cancer



We are putting our children at risk



**1 in 3 of all children &
1 in 2 of Black and Hispanic
children born in 2003 are predicted
to develop diabetes**

**If you have 2 or 3 small children or
grandchildren, one of them is predicted
to develop diabetes**





What Can You Do?

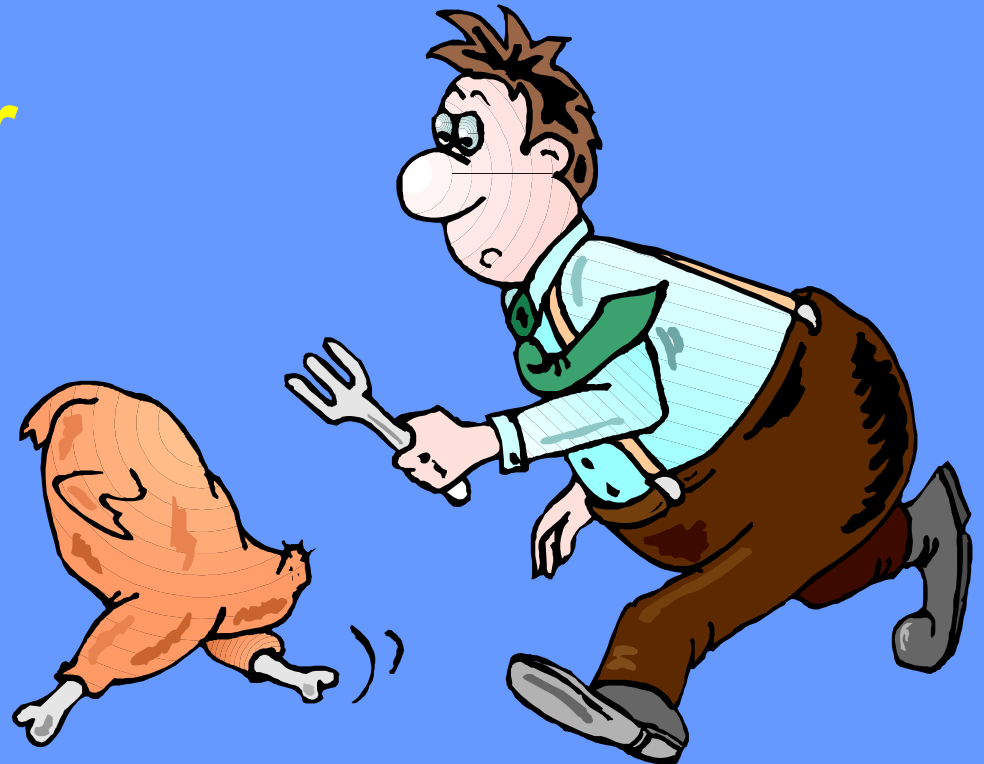
**Get Moving
and get your
children moving**

**even a little
exercise helps**

What Else Can You Do?

**Eat Smart and
make sure your
children eat
smart**

losing just 10
pounds can make
a big difference



If Someone Already Has Diabetes

These are essential

- ❖ Exercising
- ❖ Eating smart
- ❖ Taking medication

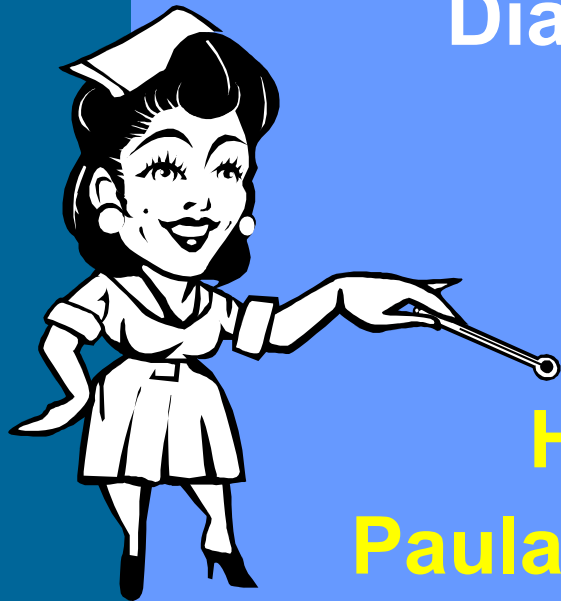


For Diabetics at CHC

- ❖ CHC has a new program for diabetics
- ❖ It's a **Robert Wood Johnson (RWJ) Advancing Self Management Project**
- ❖ New Britain, Meriden and Middletown are part of the project and **we need your help!**

The RWJ Diabetes Self Management Program

Diabetics should be referred
to one of our certified
diabetes educators



Hilda Cardona, RN, CDE
Paula Kellogg Leibovitz, RD, CDE

Any one at CHC can make a referral using
our referral cards

Diabetes Self Management

People have to help themselves!

Hilda or Paula work with people to help them **set their own goals**. Examples:

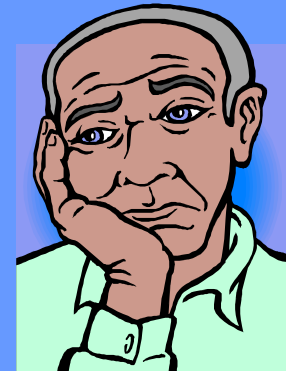
- ❖ Taking medication everyday
- ❖ Eating 2 doughnuts instead of 6
- ❖ Walking in the mall regularly
- ❖ Talking to a friend or a group about feelings





Individual or Group Session

- ❖ Participants can see Hilda or Paula 1 on 1 or in groups sessions
- ❖ Many diabetics are depressed. Paula or Hilda will refer them to counseling or back to their PCP
- ❖ In the spring, we will offer walking groups

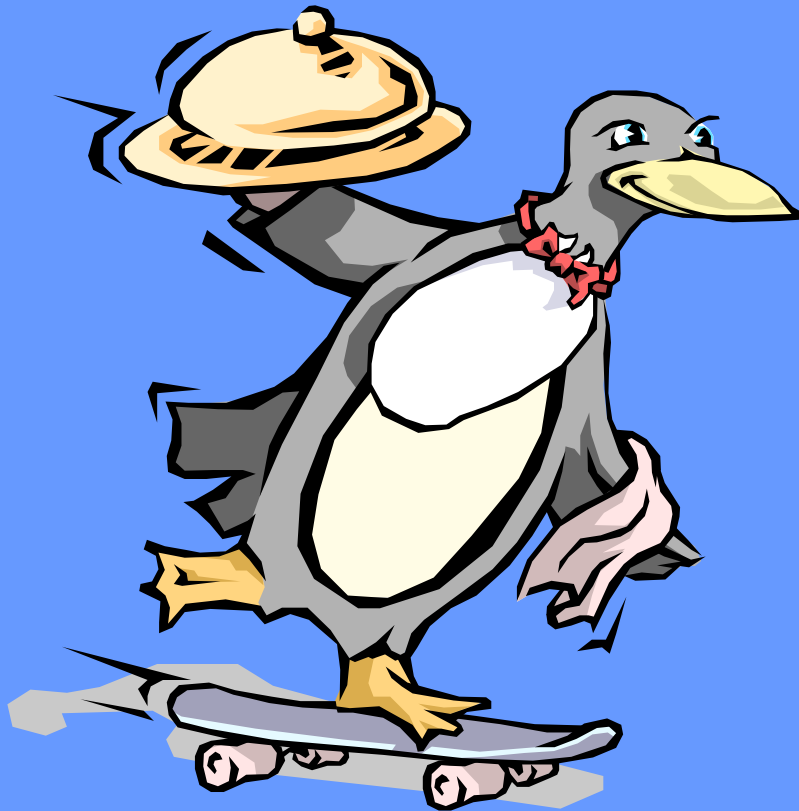


Sessions

- ❖ Try to be fun
- ❖ Are easy to understand
- ❖ Let participants know that **they can help themselves**
- ❖ Give participants lots of choices



Group Sessions



Food served

Samples such as
glucose tablets or
sugar-free jello
are distributed

Annual Cook-a-Thons

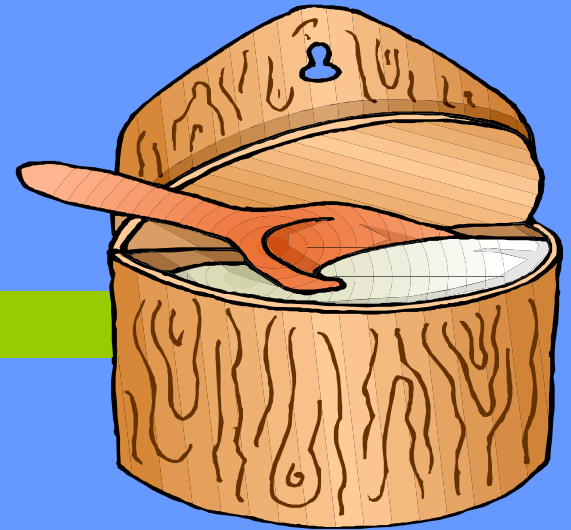
The Diabetes team creates delicious, diabetic-friendly meals for diabetic patients. After the tasting, patients vote for the best cook and receive a bilingual cookbook of the food creations.



Examples of Teaching Overheads



Why Me?



Did I eat too much sugar?

You did not eat too much sugar and give yourself diabetes!

What do the numbers mean?

❖ Normal glucose level before meals is 80-120



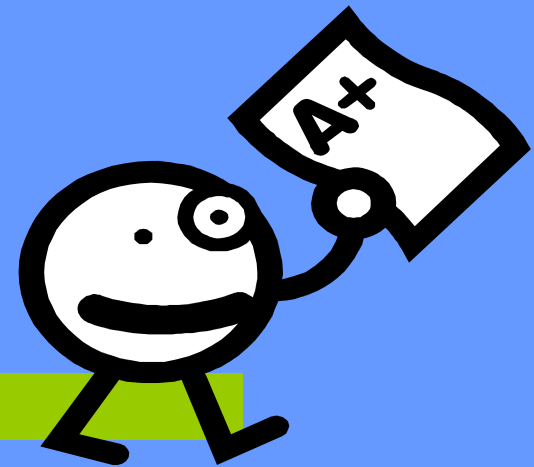
180+ too high

❖ After meals, up to 180 is ok



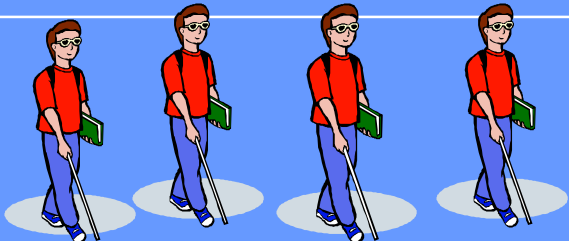



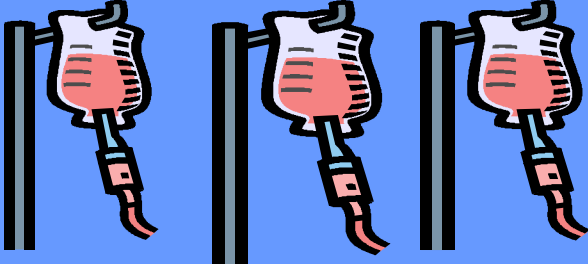

below 70, too low

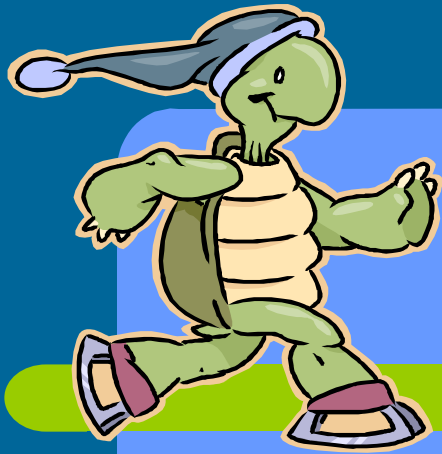
What does A1C Mean?



- ❖ Your A1C is like a report card
- ❖ It tells how much sugar has been sticking to your blood cells for the past 3 months
- ❖ This number is very important.
7.0 or lower is great.

Lifetime Risks of 20 people with different A1C levels

| Problem | A1C of 10.0 | A1C of 7.2 |
|----------------|--|---|
| Blindness |  |  |
| Amputation |  |  |
| Kidney Failure |  |  |



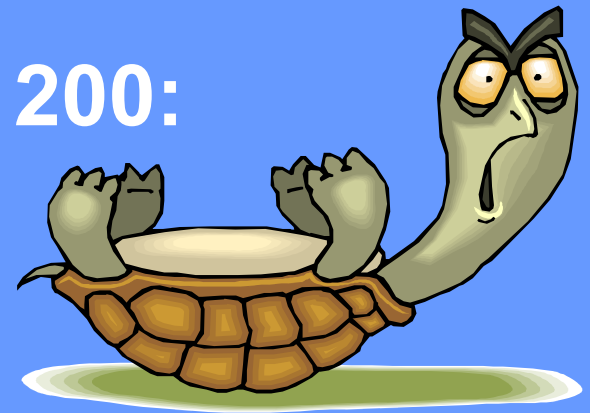
Keep in control with the ABC's of Diabetes

A: A1C of 7.0 or lower

B: Blood pressure 130/80 or lower

C: Cholesterol level below 200:

this little guy lost control



Self Management *Help Yourself!*



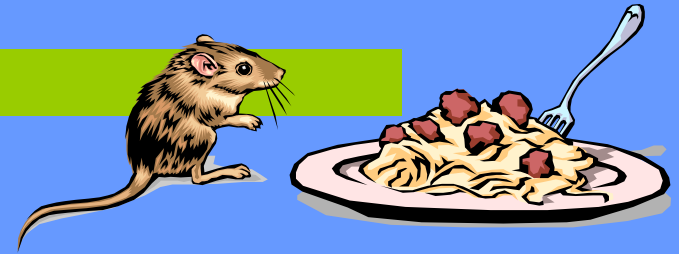
- ❖ Make a goal related to something we talked about today
- ❖ Bring the sheet to the next session
- ❖ If you forget one day, don't worry. Just don't give up!



I'll Never Enjoy Eating Again!
Oh yes, you will!



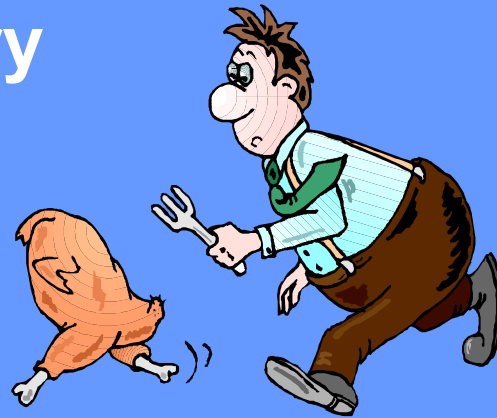
Cooking & Eating Tips



Smaller portions

Grill or bake, **don't** fry

White meats more
than red

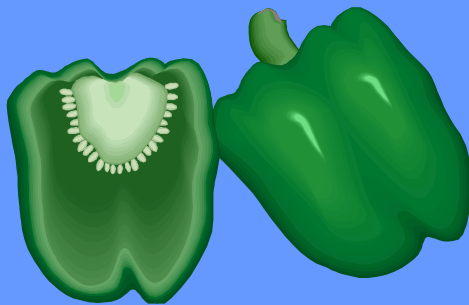
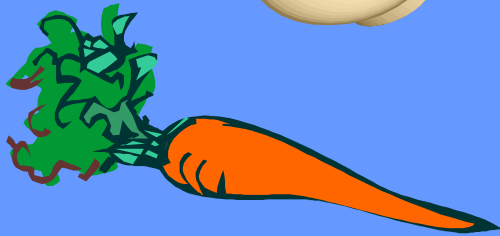
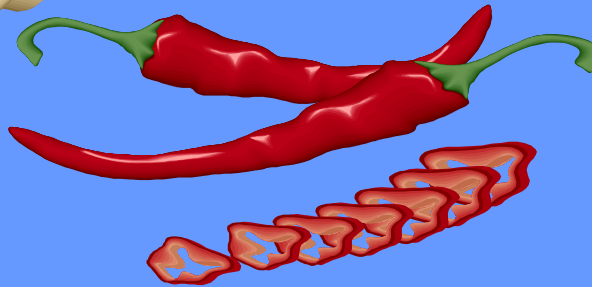
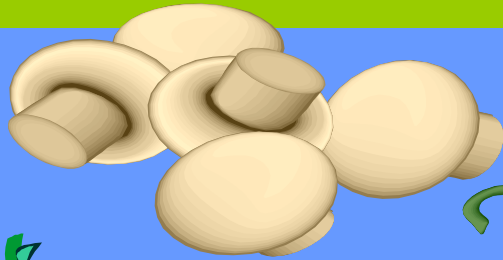


Olive or canola oil

Not butter, lard or Crisco



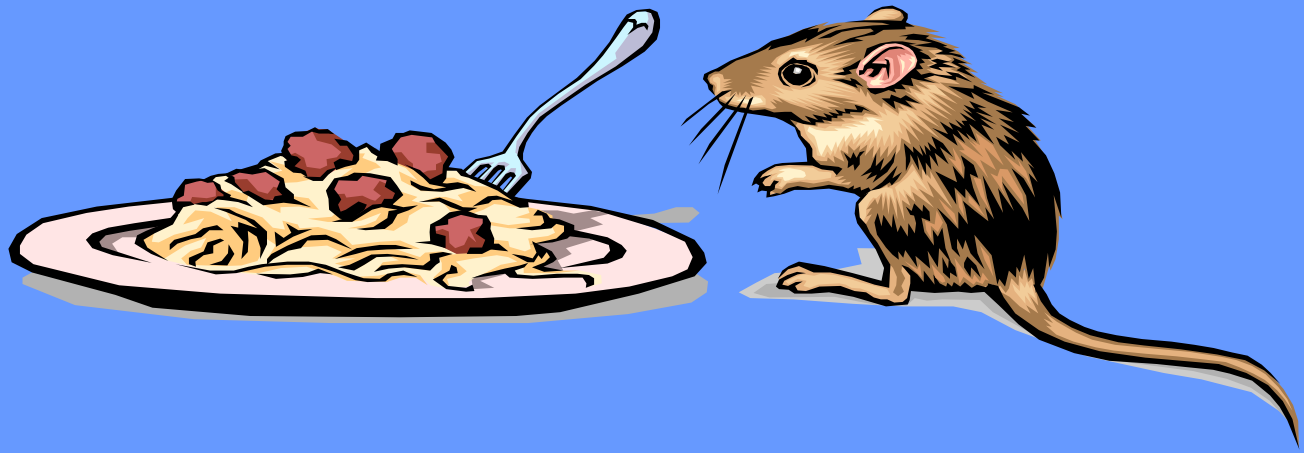
Your mother was right! Eat Your Vegetables



*Would you like
some homemade
vegetable soup?*

Portion Control

Healthy blood glucose is helped by moderate portion sizes. **You may think the portions seem small.**



Make a Dinner



Carbohydrates

Women pick 3

Men pick 4

from the list below

- 1/2 cup mashed potato
- 1/2 cup corn, peas
- 1 cup winter squash
- 1/3 cup cooked stuffing, pasta or rice
- 1 small baked potato
- 1/3 cup baked beans
- 1 slice whole wheat bread
- 1 small apple, orange, pear, or peach
- 1 1/4 cup whole strawberries
- 1 small banana
- 17 grapes
- 1/2 cup canned fruit in own juice
- 4 oz. fruit juice
- 8 oz. skim milk
- 6 oz. sugar free yogurt
- 1/2 cup sugar free pudding
- 3 small gingersnaps or 5 vanilla wafers
- 1/2 cup frozen yogurt

Meats and Proteins

Women pick 1

Men pick 1-2

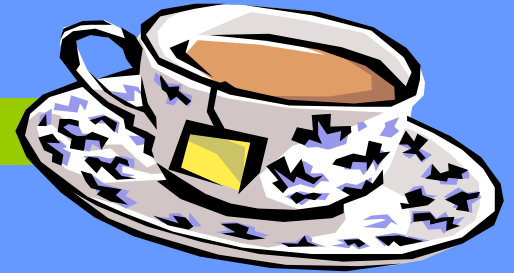
- 3 oz. chicken, no skin
- 3 oz. turkey, no skin
- 3 oz. fish
- 3 oz. seafood
- 3 oz. lean beef
- 3 oz. lean pork
- 3 oz. lean lamb
- 3 oz. veal
- 3 oz. lean hamburger
- 3/4 cup low fat cottage cheese

FREE FOODS

- Vegetables, spices,
- Coffee, tea, diet soda
- Clear broth, sugar free jello

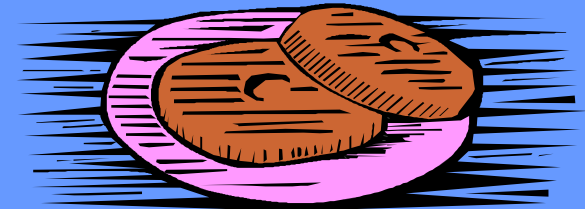


Snack Choices



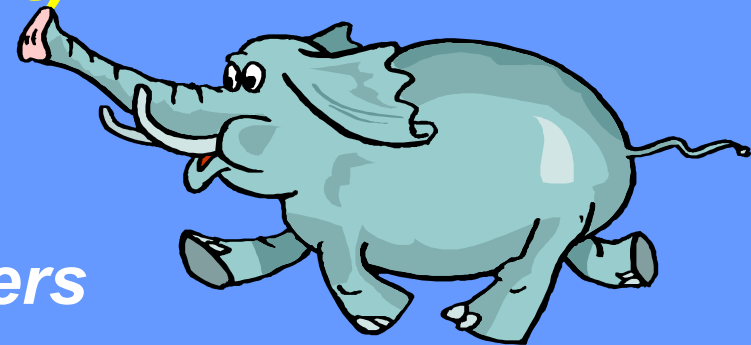
Free snacks

- ❖ Sugar free jello
- ❖ Tea, coffee, sugar free soda
- ❖ Celery and carrot sticks



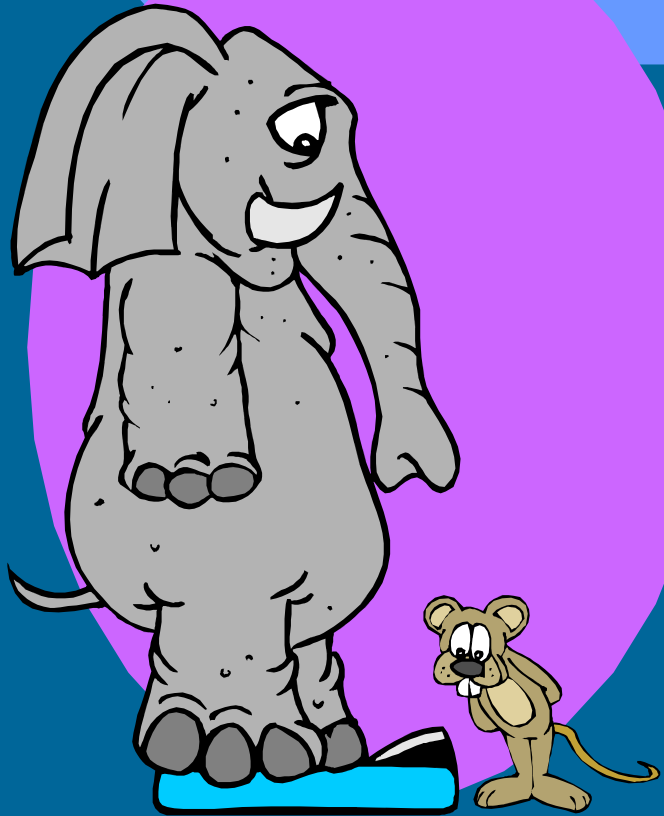
Carb snacks (must count)

- ❖ Small piece of fruit
- ❖ Sugar free, low fat yogurt
- ❖ Gingersnaps or vanilla wafers
- ❖ Nuts



Did somebody say nuts?

Fast Foods Buyers Beware



*Super sizing
produces super sizes
and other problems*

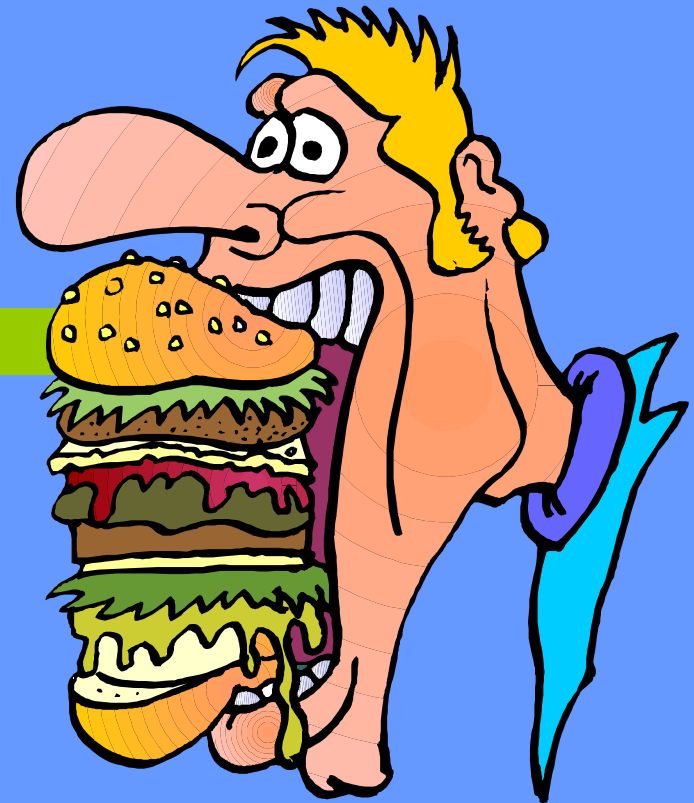
Fast Food Restaurants

- ❖ They are easy
- ❖ They are fast
- ❖ They are cheap
- ❖ Kids love them

BUT

- ❖ They help set kids up for diabetes
- ❖ They may increase the risk of heart attack, stroke and diabetes complications.

WHAT CAN YOU DO?



Fast Food Restaurants *How to be Smart!*

- ❖ Diet soda or water
- ❖ No special sauces
- ❖ Hold the cheese
- ❖ No super-sizing
- ❖ Be really good, pull off the top bun
- ❖ Let's discuss your favorites



Diabetes: A Progressive Disease

Over time, most patients will need insulin to reach their targets. **This is NOT a failure.**

Many new devices greatly reduce the discomfort.





Foot Care

Check your feet everyday



Always wear shoes and socks



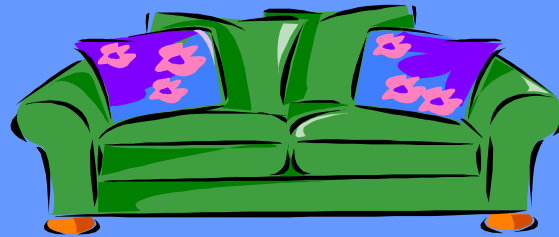
Dental Care



- ❖ Brush
- ❖ Floss
- ❖ See a dentist every year
- ❖ Call if you have:
 - loose/sore teeth or dentures
 - red, swollen or bleeding gums
 - problems chewing
 - a bad taste in your mouth.



Exercise: don't be a



- ❖ Take your kids or grandkids to a park

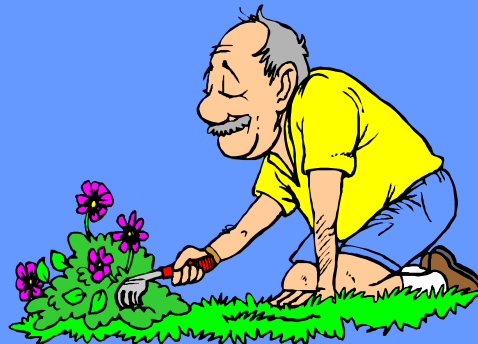
- ❖ Walk



- ❖ Garden



- ❖ Dance



- ❖ Other ideas?

Self Management Goals

Help yourself!



- ❖ Using your self management goal sheet, make a goal related to something discussed today.
- ❖ It may be as simple as always wearing shoes, or flossing your teeth everyday, or parking further from the door of the store.

Session 6

Grocery Store Tour

Meat and seafood area

Margarine and oil areas

Dietetic Food Section

Dairy Section

Deli

*Fresh, frozen & canned fruit/vegetable
areas*

Grocery Store Shopping

**Hilda
Cardona, RN,
Certified
Diabetes
Educator
Extraordinaire**



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Examples of Printed Materials Used in the Diabetes Program

- ❖ Self management goal sheets
- ❖ Referral Cards
- ❖ Make a meal sheets

**All CHC staff are part of patient care!
Start making referrals today to the diabetes
program**