



This product was developed by the Galveston: Take Action project at the Galveston County Health District in Texas City, TX. Support for this product was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.

Diabetes Education:

Putting Knowledge into Action in Your Office and the Community



- ### BARRIERS To Successful Diabetes Self-Management
- Diabetes Education
 - ◇ Cost
 - ◇ Location
 - ◇ Time
 - ◇ Unaware
- 

- ### Objectives:
- Increase Diabetes Self-Management Education in the physician office and the community.
 - Develop better self-management skills in patients with diabetes
 - Provide more explicit information and guidance to the patient during office visits.
- Specifically in the areas of:
- ◇ Medication
 - ◇ Exercise
 - ◇ Nutrition
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Some of My Patients

- Ms. R
- Mr. W
- Mr. & Mrs. B
- Miss S.

Things I have heard

- I do not even know what to eat for breakfast
- I have a machine but I can't use it
- I am so confused
- It is just too much to learn
- Is it sugar or starches or carbohydrates that makes blood sugar go up
- I can't eat anything

AADE7 Self-Care Behaviors

- Healthy Eating
- Being Active
- Monitoring
- Taking Medication
- Problem solving
- Healthy Coping
- Reducing Risks

Life Style Change

- Stages of change
- Setting small goals to work toward the bigger goal

Nutrition 101

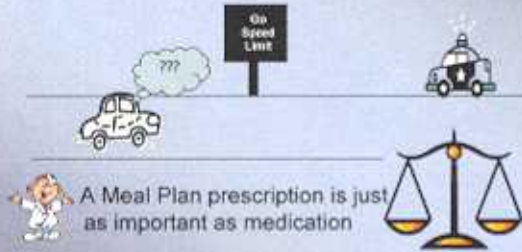
Meal Plan

Things I have heard

- Do not eat anything white
- Do not eat grapes they are sugar packets
- Eat smaller portions
- Go and buy Sugar Busters, Atkins or South Beach Diet Books

Meal plans

- Number of calories per day – Just eat less!



A Meal Plan prescription is just as important as medication

Calorie Prescription

- **Hanwi Formula (Rule of Thumb)**
 - ◇ Women: 100 lb for the first 5 ft + 5 lb for each inch thereafter
 - ◇ Men: 106 lb for the first 5 ft + 6 lb for each inch thereafter
 - ◇ Percent desirable body weight = $(\text{current weight} / \text{desirable weight}) \times 100$
 - ◇ Small frame: subtract 10 %
 - ◇ Large frame: add 10%



Nutrition 101

• Carbohydrates

◇ Starch

- Grains, Cereals,
- Starchy Vegetables
- Crackers and Snacks
- Beans, Peas and Lentils



- ◇ Fruit and Fruit Juice
- ◇ Milk and Yogurt



Nutrition 101

• Carbohydrates

- ◇ 1 serving is:

15 grams of carbohydrates

- ◇ Exchange List
- ◇ Measure



Nutrition 101

STARCH



1/2 cup oatmeal, grits & beans



1/2 cup pasta & rice



1/2 cup peas, corn & potatoes



1 slice bread

6 in tortilla

Small muffin

1/2 bagel

1/2 English muffin

1 hot dog on hamburger bun

1 quick pretzel

3 cups popcorn



15 - 20 Fat-Free Chips

9 - 13 Regular Chips

1/2 quick pretzel

3 cups popcorn

Nutrition 101

FRUIT



Small piece fruit

1/2 cup canned in juice or "lite"



1/4 cup Blackberries, Blueberries

Fresh pineapple

1/2 cup whole strawberries



1 cup cubed Honeydew & Cantaloupe

1/2 cup cubed Watermelon



1/2 Banana or Grapefruit

1/2 cup Apple, Orange, Grapefruit & Pineapple juice

1/2 cup Cranberry Juice cocktail




1/2 cup Apple, Orange, Grapefruit & Pineapple juice


1/2 cup Cranberry Juice cocktail

Nutrition 101

MILK & YOGURT




8 ounces of milk



5 ounces of plain yogurt
6 ounces of "Lite" flavored yogurt

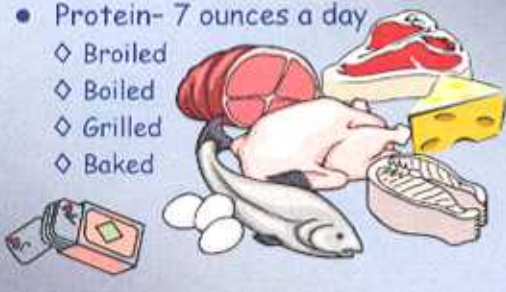
Nutrition 101

- Vegetables - non starchy
 - ◊ 5 grams of carbohydrate in 1 serving



Nutrition 101

- Protein- 7 ounces a day
 - ◊ Broiled
 - ◊ Boiled
 - ◊ Grilled
 - ◊ Baked



Nutrition 101

- Fat
 - ◊ Saturated
 - ◊ Monounsaturated
 - ◊ Polyunsaturated
 - ◊ Trans Fats



Nutrition 101

SUGAR FREE

Does not mean carbohydrate free



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Weight - 27 grams
Total Carbs - 18 grams

Weight - 28 grams
Total Carbs - 18 grams

MEAL PLANS

Food Group	Meal Plans			
	1500	1800	2000	2200
Carbohydrates	11	14	15	17
Non-Starchy Vegetables	2 - 4	2 - 4	2 - 4	4 plus
Protein	7 oz	7 oz	7 oz	7 oz
Fats	3	5	6	8

EXERCISE

- Make sure the patient has a plan
 - ◇ What kind of exercise
 - ◇ How much exercise
 - ◇ How often
 - ◇ When



I will Walk for 15 minutes
three times a week after
breakfast

Tips for Safe EXERCISE

- Check blood sugar before and after exercise
- Always warm up and cool down
- Wear shoes and socks that fit properly
- Use sun screen and insect repellent
- Drink water
- Wear or carry Medical ID
- Always have Quick Sugar



MONITORING

- When and how often to check blood sugar
- What to do if the results are high or low
- Prescription for supplies



MEDICATION

- When to take medicine
- Possible side effects and what to do
- What to do if a dose is missed
- What to do when they are sick



PROBLEM SOLVING

- What to do when blood sugar is high or low
- Managing sick days
- Treatment of cuts and sores
- Missed doses of medication
- Managing effects of exercise
- Managing alcohol and diabetes



HEALTHY COPING

- Depression



- Anger



- Denial



- Stress

REDUCING RISK

- Control Weight
- Control Blood Sugar
- Control Lipids
- Control Blood Pressure
- Check Feet Daily
- Regular Doctor Appointments



REDUCING RISK

- Regular Dental Care
- Annual Dilated Eye Exam
- Annual Monofilament Foot Exam
- Foot check at doctor visits
- Pneumovax & Flu Shots
- Labs
 - ◇ Hemoglobin A1c
 - ◇ Lipids
 - ◇ Micro albumin

