

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.

COMMIT TO  
LIVING  
HEALTHY


# Diabetes

- Center for Disease Control Data
  - 21 million Americans have diabetes (16,000 in Galveston County)
  - 6 million of these people do not know they have diabetes
  - 41 million Americans have Pre-diabetes
  - One in three children born in 2000 will have diabetes as an adult
  - Diabetes is the sixth leading cause of death in the United States

# Are you at Risk for Diabetes?

- A family history of diabetes  
(mother, father, brother or sister)
- Obesity
- Sedentary lifestyle
- High Blood Pressure
- High Blood Cholesterol
- Diabetes during pregnancy or a baby weighing more than 9 pounds
- If you are African American, Hispanic/Latino, Asian American, Native American

# Pre-Diabetes

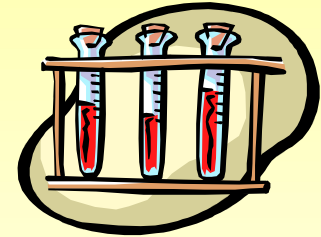
- Also know as:
  - Borderline diabetes
  - Touch of Diabetes
  - Insulin resistance
  - Glucose intolerance
- Blood Sugar (fasting)
  - Normal 70 to 110
  - Pre-diabetes 111- 125 
  - Diabetes 126 and above

# What Can You Do?

- Maintain a healthy weight



- Maintain healthy cholesterol levels



- Control Blood Pressure



- Exercise



- Eat healthy



# BMI (Body Mass Index)

## Danger Zone

	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height	Weight													
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	147	153	158	164	191	213
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	171	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	215	247
67	121	127	131	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70	132	139	146	153	160	167	174	181	188	196	202	207	243	278
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328

# Maintain a Healthy Weight

- Dr. Frank Vinicor, Director of the Center for Disease Control Diabetes Program says:

"Recent studies have shown that people with pre-diabetes can successfully prevent or delay the onset of diabetes by losing 5 to 7% of their body weight."



# Maintain Healthy Cholesterol Levels

- Total Cholesterol - less than 200
- LDL (Bad Cholesterol)- less than 100
- HDL (Good Cholesterol)
  - Men more than 40
  - Women more than 50
- Triglycerides – less than 149

# What can you do to maintain Healthy Cholesterol Levels?

- Choose most of your fats from vegetable sources
- Decrease the animal fats in your meal plan
- Exercise
- Lose weight



# Control Blood Pressure

- One in Three American have high blood pressure
- Normal blood pressure is 120/80
- Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney failure. This is why high blood pressure is often called the "silent killer."

# What can you do to Control your Blood Pressure?

- Eat less salt
- Reduce fat in your meal plan, particularly saturated fat
- Lose weight
- Exercise
- Stop smoking



# Exercise

- Check with your doctor before starting and exercise program
- Aim for 30 minutes 5 to 7 day a week
- Start slow and build up to your goal
- Add more activity to your day



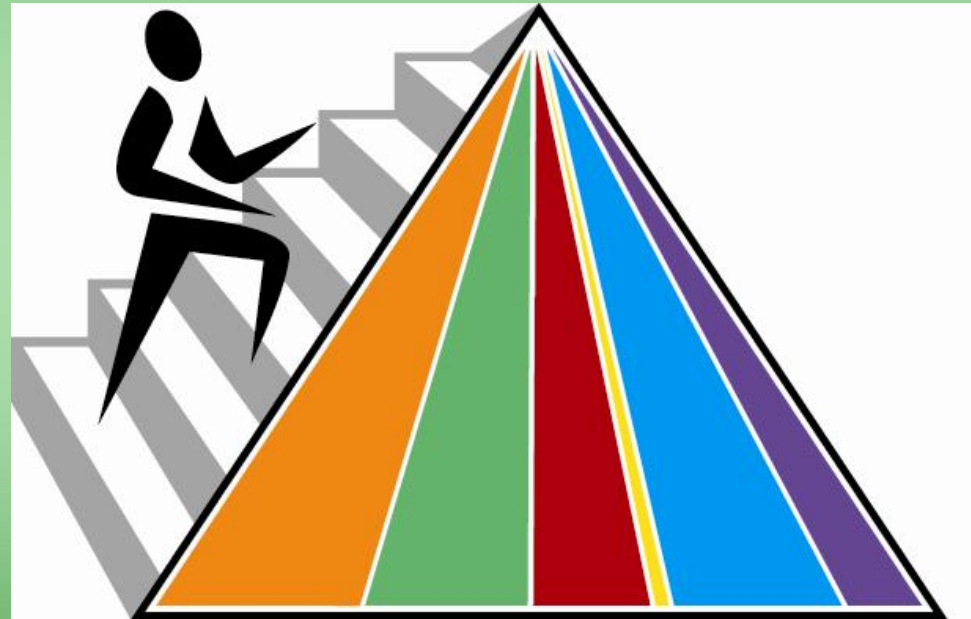
# Eat Healthy

- Decrease sugar and fat in baking by 1/4 to 1/3
- Decrease or eliminate salt in cooking and baking. (Baked goods with yeast need salt)
- Learn and use proper portion sizes
- Increase fruit and vegetables
- Decrease meat and animal fats



## Dietary Guidelines for Americans 2005

U.S. Department of Health and Human Services  
U.S. Department of Agriculture  
[www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)



# MyPyramid.gov

STEPS TO A HEALTHIER YOU

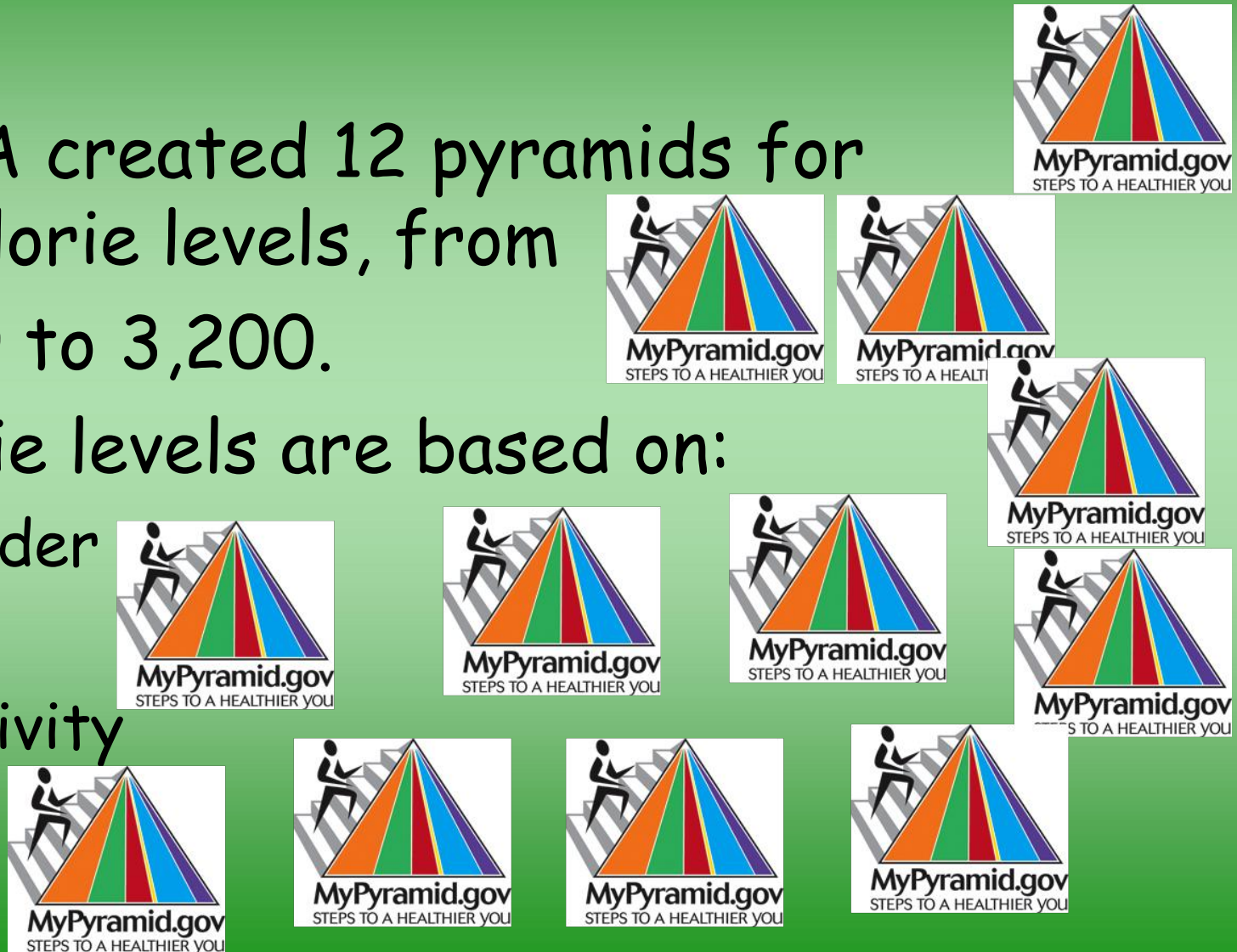
[www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)

# One Size Does Not Fit All!

- USDA created 12 pyramids for 12 calorie levels, from 1,000 to 3,200.

- Calorie levels are based on:

- Gender
- Age
- Activity





# Three Key Messages

- Make smart choices within and among the food groups.
- Keep a balance between food intake and physical activity.
- Get the most nutrients from your calories.



# Be Active!

## ACTIVITY

Represented by the steps and the person climbing them.



Talk with your doctor about the activity right for you

# Eat a Varied Diet!

- VARIETY

The six color bands represent the five food groups, plus oils. Foods from all groups are needed daily.



Grains

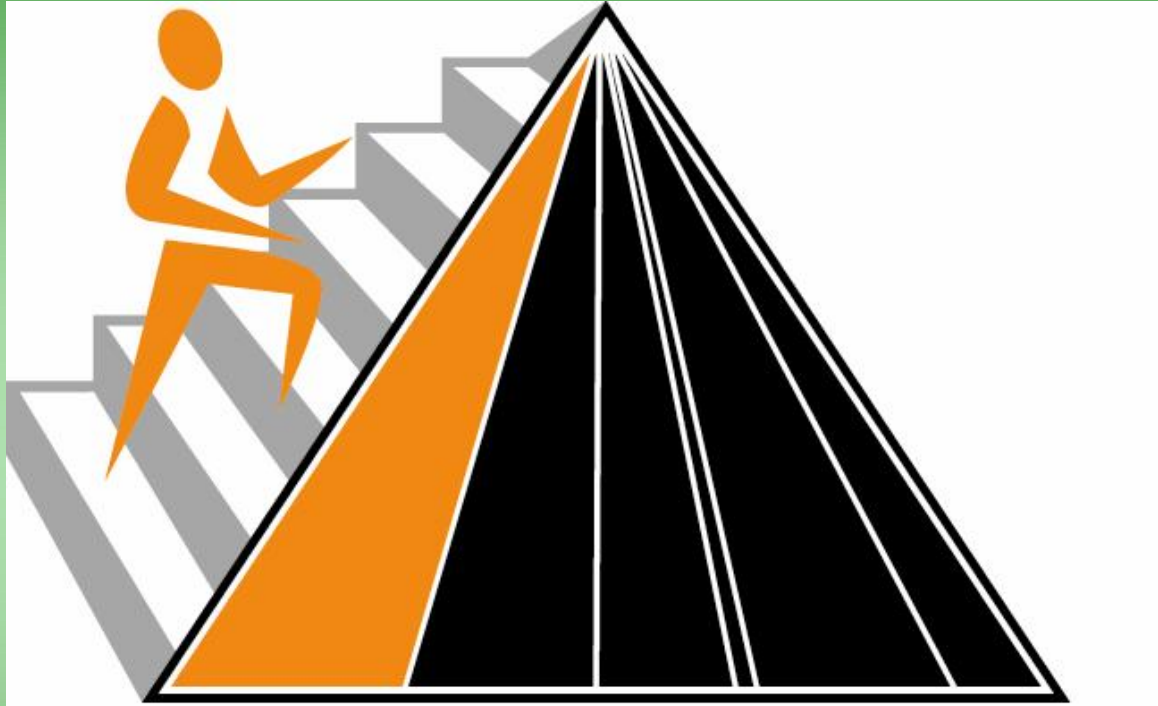
Vegetables

Fruit

OILS

Milk

Meat & Beans



# Grain Group

Make half your grains whole



# Whole Grains

- Whole-wheat flour
- Bulgur (cracked wheat)
- Oatmeal
- Whole cornmeal
- Brown rice
- Kasha (buckwheat groats)

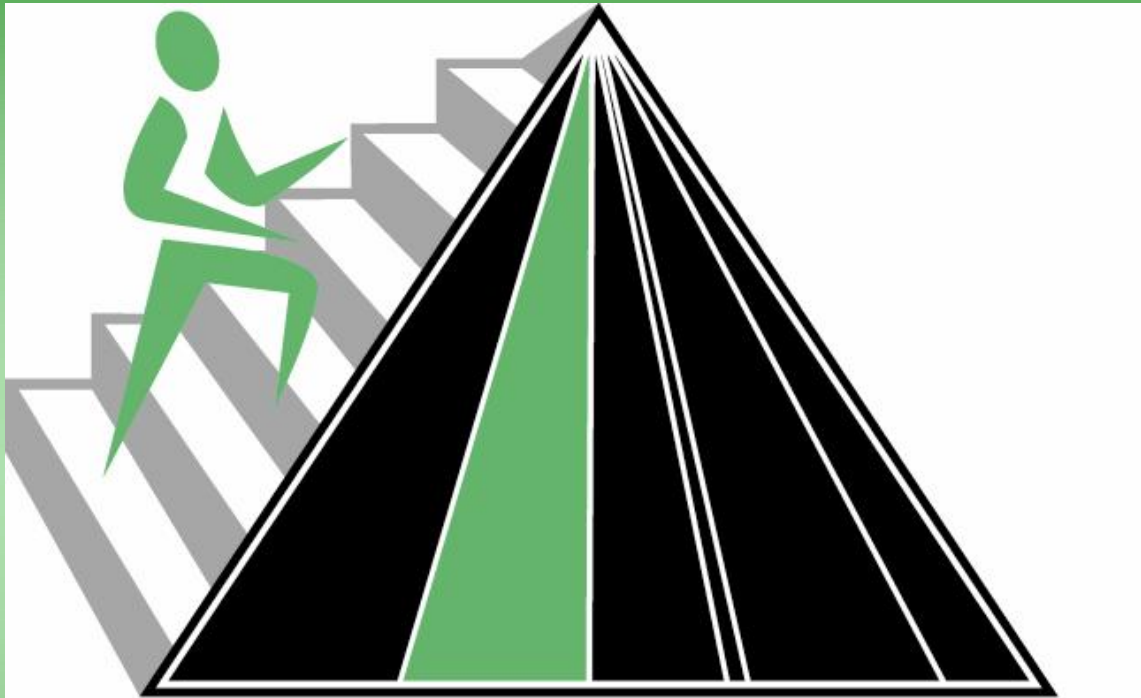




# Make Half Your Grains Whole

- Check ingredient lists on labels.
- Look at dietary fiber on Nutrition Facts panel.
- Make gradual changes ... build up to 100% whole grain breads and cereals.
- Substitute whole grains for refined in recipes (start with half).
- Be adventurous and try quinoa, bulgur, kasha, and other grains.
- Add whole grains to mixed dishes.





# Vegetable Group

Vary your veggies



# Vary Your Veggies

- Help you and your children enjoy:
  - Dark green vegetables
  - Orange vegetables
  - Legumes
  - Starchy vegetables
  - Other vegetables



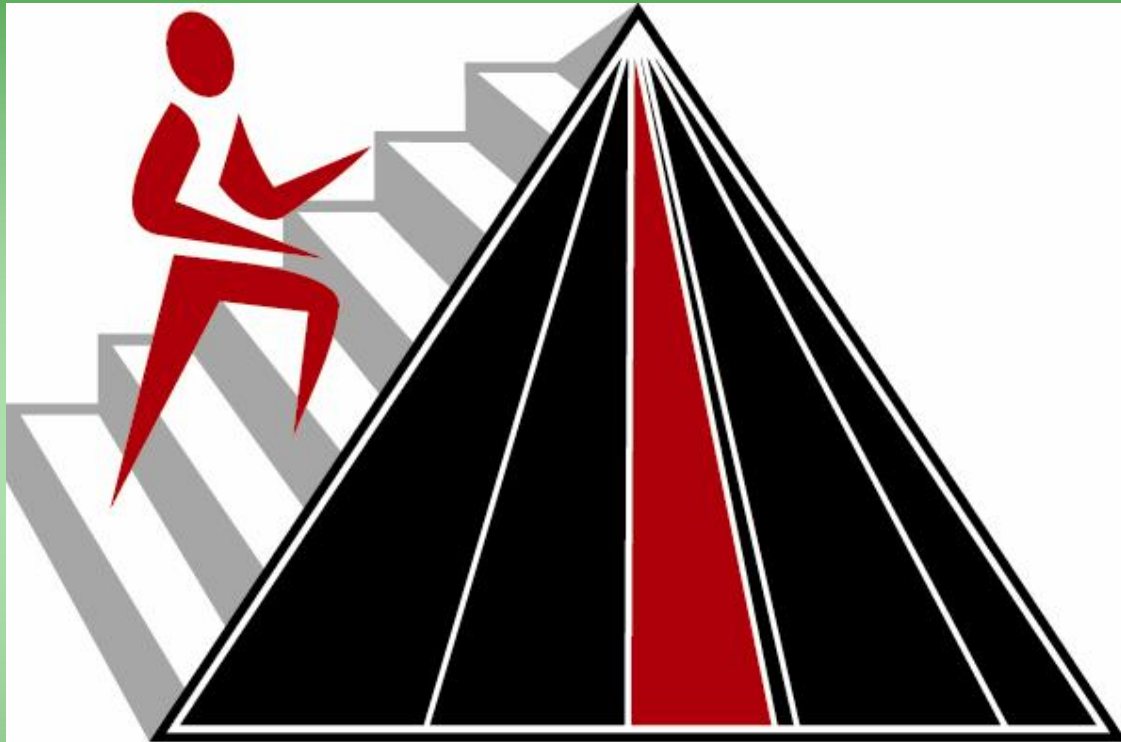




# Vary Your Veggies

- Set a good example!
- Buy fresh veggies in season.
- Use more fresh or frozen, less canned (except low sodium).
- Have cut veggies available for snacks.
- Have salad with dinner every night.
- Add veggies to casseroles, pasta sauce, quick breads, etc.
- Select fast food salad rather than fries, at least sometimes.
- Choose dark salad greens over iceberg.



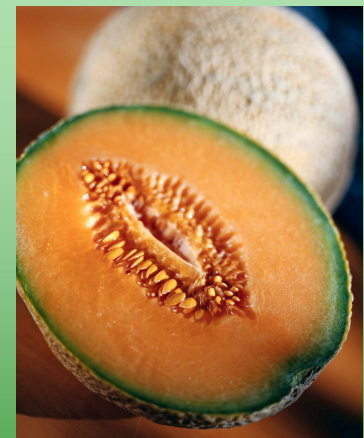


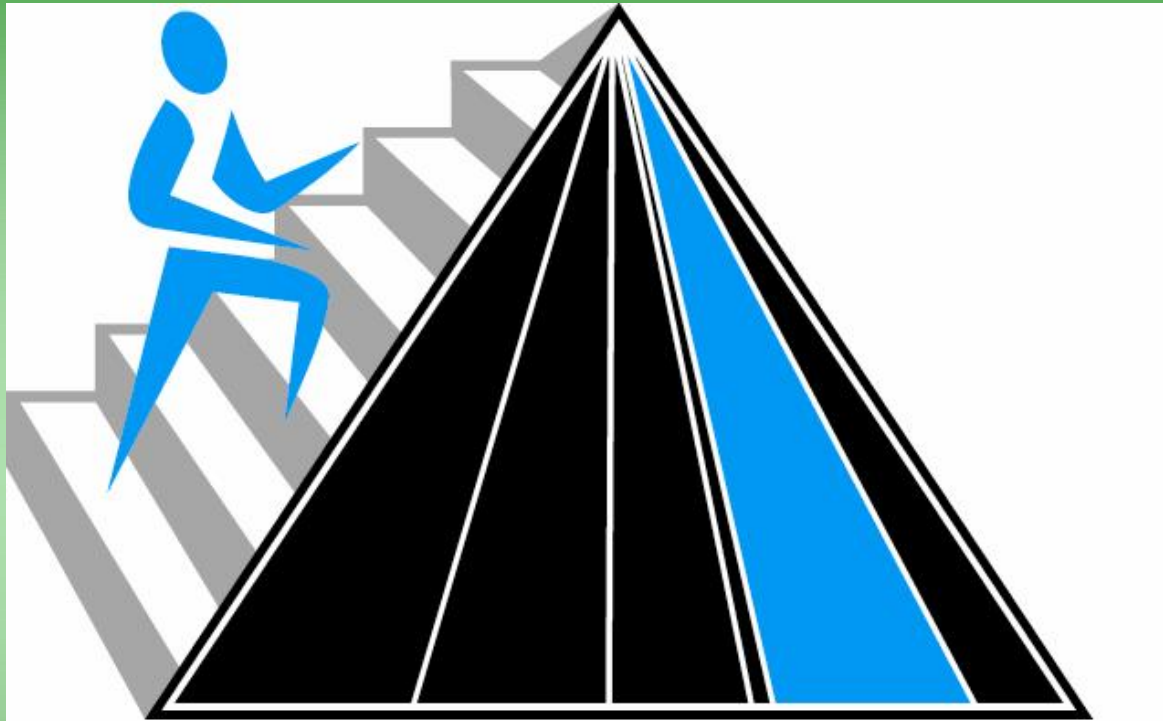
**Fruit Group**  
Focus on fruits



# Focus on Fruits

- Use fruits in salads, side dishes, main dishes, desserts, and for snacks.
- Keep fresh and dried fruit handy for snacks.
- Cut up fruit on cereal, pancakes, and waffles.
- Include canned and frozen fruits.
- Buy in season.
- Be adventurous and try unusual fruits.
- Choose fruit more often than juice.
- Limit juice to about 6 ounces a day.





# Milk Group

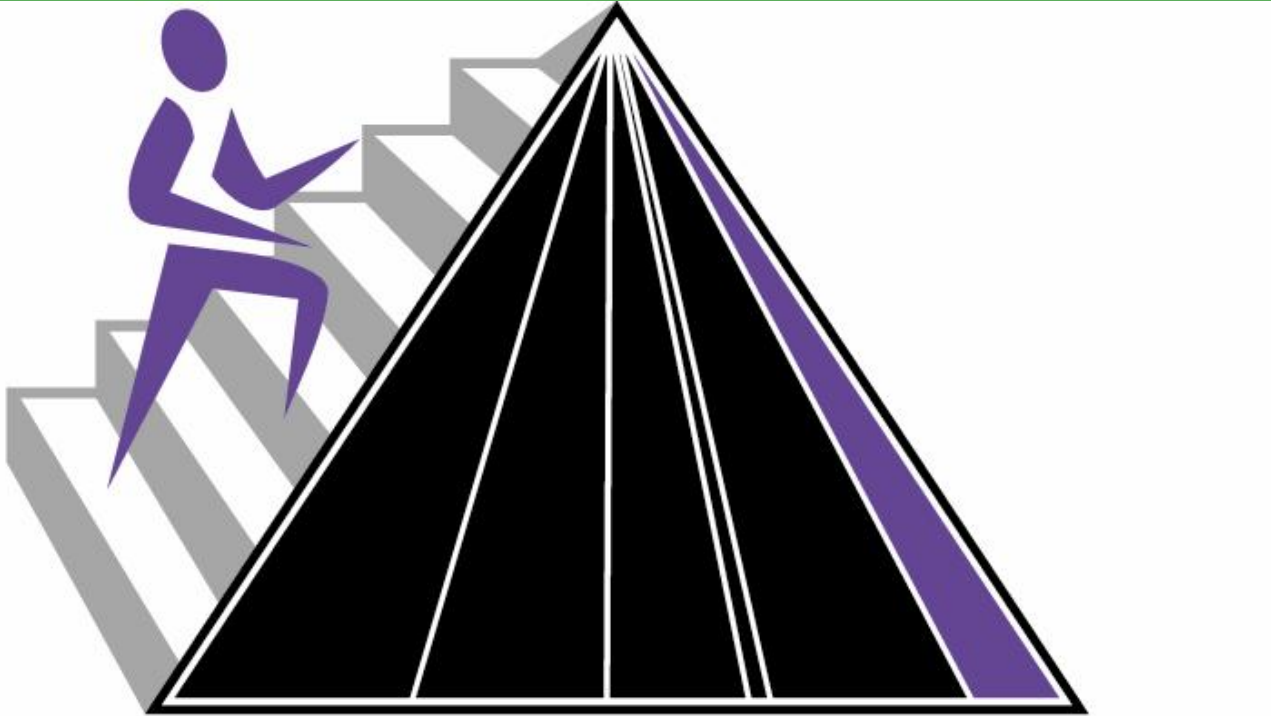
Get your calcium-rich foods



# Get Your Calcium Rich Foods

- Focus on fat-free or low-fat milk.
- Drink fat-free or low-fat milk with meals and snacks.
- Choose low-fat cheeses.
- Use milk to make hot cereals.
- Have low-fat yogurt as a snack.
- Use lactose-free products if needed.
- Select non-dairy high-calcium foods and beverages if desired





# Meat & Bean Group

Go lean with protein



# Go Lean With Protein

- Select leanest cuts of meat.
- Trim all fat and remove skin from poultry.
- Prepare with no added fat.
- Choose lean luncheon meats.
- Eat beans as main dishes.
- Eat fatty fish in moderation.
- Include nuts in snacks, salads, and main dishes.



# Oils: Tips for Healthy Choices

- Use vegetable oils and soft margarine rather than solid fats.
- Substitute nuts for meat or cheese as a snack or in a meal sometimes.
- Use Nutrition Facts to select foods low in saturated fat, *trans* fat and cholesterol.
- Select foods prepared with little or no fat.
- Select lean or low-fat foods most often.





# Take It One Step At A Time



## GRADUAL IMPROVEMENT

Suggested by the slogan. Take small steps each day to improve your diet and lifestyle.

# My Pyramid Food Intake Pattern Calorie Levels



- Look at the chart and find your age
- Under male or female choose the column that describes your activity level
- The number represents the recommended calories per day.

# My Pyramid Food Intake Pattern



- Look across the Calorie Level until you find the one recommended for you
- Follow that column down to see the daily recommendations in each food group
- Use these guidelines to plan your meals

DIABETES

# Signs and Symptoms of Diabetes

- Increased thirst
- Increased urination
- Hunger
- Sudden weight loss
- Feeling tired or weak
- Very dry skin
- Frequent infections
- Cuts and sores that are slow to heal



# Diabetes Is...

## Common



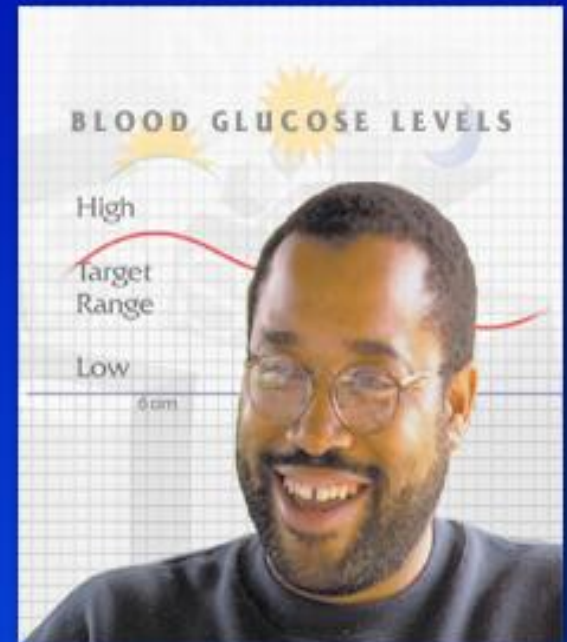
Affects 1 in every  
16 people

## Chronic



A lifelong condition

## Controllable



Good management  
depends on YOU!

# Take Action

## A Diabetes Self-Management Program

Knowledge  
is  
Power



**"Harold, that's no way  
to deal with the news  
of your diabetes!"**

# American Association of Diabetes Educators 7 Self Care Behaviors

## 1. Healthy Eating

- ❖ Exchange List
  - ❖ Ask your dietician
  - ❖ Bookstores and the Internet
- ❖ Carbohydrates
  - ❖ Starches, grains, rice, dried beans, pasta
  - ❖ Starchy vegetables: peas, corn, potatoes, yams
  - ❖ Fruit
  - ❖ Milk
- ❖ Portion Control
  - ❖ Measuring cups and spoons
- ❖ Meal planning
- ❖ Grocery list





# American Association of Diabetes Educators 7 Self Care Behaviors

## 2. Being Active

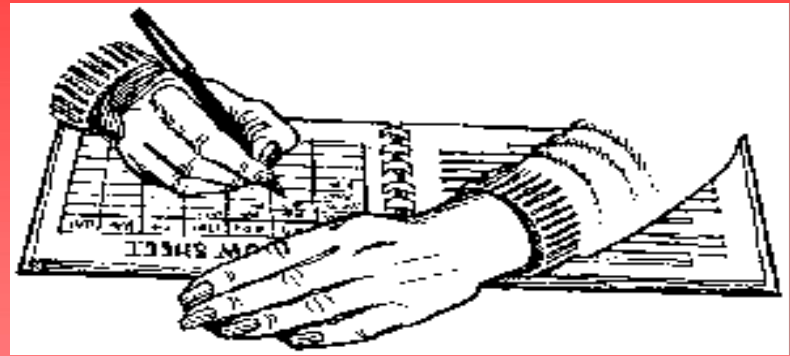
- ❖ Check with your doctor before starting an exercise program
- ❖ Start or continue with an exercise program
- ❖ Exercise longer - aim for at least 30 minutes a day 5 to 7 times a week
- ❖ Increase your daily activity



# American Association of Diabetes Educators 7 Self Care Behaviors

## 3. Monitoring

- ❖ Check blood sugar as your doctor has advised
- ❖ Keep a log with notes
- ❖ Use blood sugar numbers plan your day
- ❖ Take your blood sugar log to clinic appointments



# American Association of Diabetes Educators 7 Self Care Behaviors

## 4. Taking Medication

- ❖ Take medicine as prescribed
- ❖ Take at correct time
- ❖ Refill prescriptions before you run out



# American Association of Diabetes Educators 7 Self Care Behaviors

## 5. Problem solving

- ❖ Know the signs and symptoms of high and low blood sugar
- ❖ Know the treatment for high and low blood sugar
- ❖ Determine the cause of the high or low blood sugar
- ❖ Have a Sick Day Plan
- ❖ Have a Disaster Plan



# American Association of Diabetes Educators 7 Self Care Behaviors

## 6. Healthy coping

- ❖ Identify denial, depression and anger and make a plan for change
- ❖ Learn to make lifestyle changes
- ❖ Learn how to handle stress
- ❖ Get support from family and friends



# American Association of Diabetes Educators 7 Self Care Behaviors

## 7. Reducing Risks

- ❖ Control Blood Sugar
- ❖ Control Blood Pressure
- ❖ Control Cholesterol
- ❖ Exercise
- ❖ If you Smoke - Quit
- ❖ Routine doctor appointments
- ❖ Screening exams
- ❖ Check feet daily



# Commit to Fit Presents

Whisking your way to Health

