Back to the Basic with Diabetes

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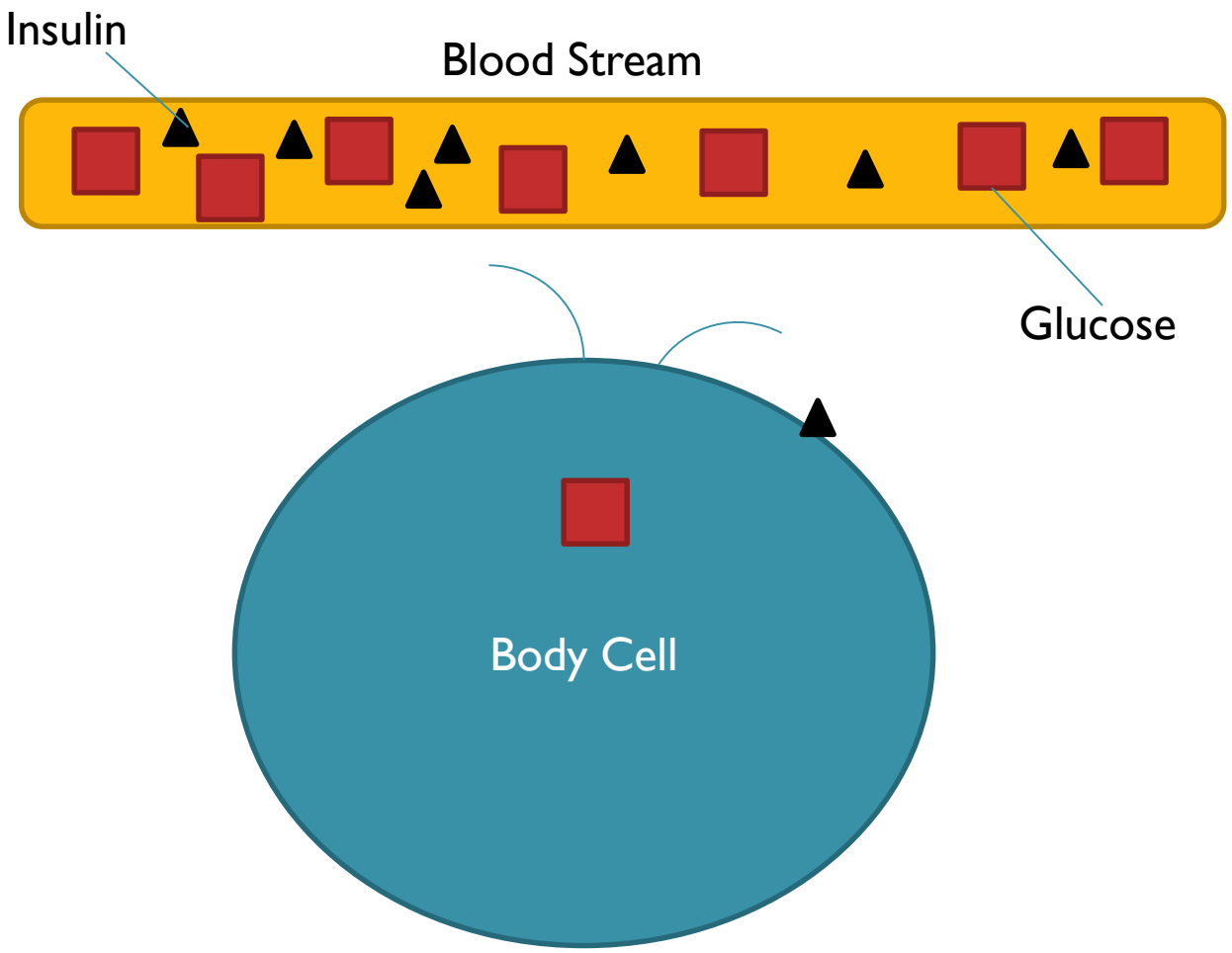
Health Equity Summit
Friday, July 18th, 2014

Type 1 and Type 2 Diabetes



Prevalence Statistics

- From the National Diabetes Statistics Report, 2014
- In 2012 29.1 million Americans had diabetes
- Of the 29.1 million, 21 million were diagnosed and 8.1 million were undiagnosed
- In 2012 86 million or 37% of Americans age 20 and older had prediabetes

What can we do to help?

- Diabetes Management
- Diabetes Prevention

Ten Resources to Think About

1. The local library

- **Sit and be fit diabetes workout**
- **Wilson, Mary Ann.; Sit and Be Fit (Firm) ;c2006**

- **Sit and be fit. Balance & fall prevention workout. Beginning level**
- **Wilson, Mary Ann. Corman, Ellen. Watson, April. Paukert, Gretchen. Nikpour, Kaveh. Bonino, Celia.; Sit and Be Fit (Firm) ;c2006**

- **Walk away the pounds. 30 minute walk**

  Sansone, Leslie.; GoodTimes Entertainment (Firm) ;2006

- 2. Center for Disease and Control

- This site has 5 different free PDF files with different recipe ideas and nutrition tips

- http://www.cdc.gov/search.do?queryText=tasty+recipes

3. Choose My Plate

ChooseMyPlate.gov

- http://www.google.com/url?url=http://www.choosemyplate.gov/&rct=j&frm=1&q=&esrc=s&sa=U&ei=47jFU9n4FsHgsASyq4DgCA&ved=0CBUQFjAA&usg=AFQjCNHRjCwGUNYSzn0rp1WEEDZMu6S7gQ

- 4. Local support/learning group

Sanford Diabetes Center

Third Thursday of each month

4pm-5pm

3rd Floor Southpointe

234-2245

- 5. American Diabetes Association

- Living With Type 2 Diabetes Program
- **Sign up for this FREE 12 month program and you will receive:**
- 5 informational packets to help you learn to live well with diabetes
- Tasty and healthy recipes for you and your family
- A monthly e-newsletter with tips, stories and more resources
- 3 free issues of our award winning *Diabetes Forecast*® magazine
- http://www.google.com/url?url=http://www.diabetes.org/&rct=j&frm=1&q=&esrc=s&sa=U&ei=HAjHU9bxC8rlsASN3oDwBw&ved=0CDkQFjAA&usg=AFQjCNHMZhLxBAi__sgTTcnebmXMLmNZag

More from the ADA…

http://www.diabetes.org/assets/pdfs/food/starter-walking-plan.pdf

http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/food-tips/snacks.html

6. Places to walk in the winter in MN and ND!!

Winter Walking Options

2012 - 2013

Current as of October, 2012

Moorhead

Concordia College Walking Track

Phone (218) 299-4000
Corner of 8th Street and 12th Ave. S., Moorhead

Monday – Friday 6:00 am – 8:00 am
9:30 am - 10:30 am
12:00 pm – 1:00 pm

When school is in session. Closed during the summer and holidays. Individuals and walking groups must sign up in the Athletic Department and will receive a parking pass.

Moorhead Center Mall

Phone (218) 233-6117
M-F – 8:00 am - 9:00 pm
Sat – 8:00 am - 5:00 pm
Sun – 12:00 noon - 5:00 pm

Moorhead Sports Center

Phone (218) 299-5354
324 South 24th Street, Moorhead
M-Th - 6:00 am – 9:00 pm
Fri - 6:00 am – 6:00 pm
Sat & Sun – Call for schedule
See postings for holiday hours

~West Fargo~

Veterans Memorial Arena

Phone (701) 433-5370 wfparks.org
1201 7th Avenue East, West Fargo
Walking track & fitness room available

Winter: Daily – 7:00 am – 10:00 pm
(closed for hockey games)

Spring/Fall: M-F – 7:00 am – 9:00 pm
Sat/Sun – 7:00 am – 12:00 noon

Summer: M-Th - 7:00 am – 9:00 pm
Fri – 7:00 am – 12:00 pm
Closed weekends

Fargo

North High School Track

Phone (701) 446-2400
801 North 17th Avenue, Fargo
Fargo Park District - FargoParks.com

Monday – Friday
6:30 am - 9:00 pm
Parking passes are available in the School Office

Note: Schedule changes with certain activity schedules. Call for weekend hours. Closed through the summer.

South Arena Track

Phone (701) 241-8153
1840 South 15th Avenue, Fargo
Fargo Park District – FargoParks.com

Monday – Saturday – 7:00 am - 9:00 pm
Sunday – 12:00 pm – 9:00 pm
Hours will change after March 1. Please call.

West Acres Shopping Center

Phone (701) 282-2222

Monday – Saturday – 7:00 am - 9:00 pm
Sunday – 7:00 am - 6:00 pm

Downtown Fargo Skyway

Information from Scott: (701) 476-4064

Monday – Friday – 7:00 am – 6:00 pm
Saturday – 10:00 am – 5:00 pm
~~Sunday – Closed~~

Access skyway from Fargo City Hall, Radisson Parking Ramp or from Broadway at the Black Building or Metro Drug

6.5 Faithfully Fit Forever

- 7. Chair exercises

- From the June 2014 publication of Diabetes Forecast

- http://www.diabetesforecast.org/2014/06-jun/images/jun14_chair_exercises.pdf

- 8. American Heart Association

- http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/HowtoMakeaHealthyHome/Healthy-Foods-Under-1-Per-Serving_UCM_303809_Article.jsp

- 9. Phone/online based tracking tools

SANFORD HEALTH

Nutrient Resource Guide

Websites

www.calorieking.com

www.sparkpeople.com

www.fitday.com

www.thedailyplate.com

www.mynetdiary.com

www.myfitnesspal.com

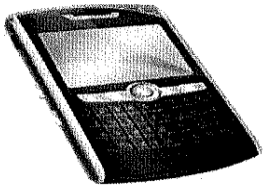
www.fatsecret.com

www.livestrong.com

www.My.ApexFitness.com (costs money)

www.500calorierestaurantmeals.com

Phone Apps



www.mynetdiary.com

www.loseit.com

www.sparkpeople.com

www.logger.com

www.fatsecret.com

www.calorieking.com (costs money)

www.myfitnesspal.com

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10. Diabetes Education

- The American Diabetes Association recommends annual diabetes education visits with the diabetes educator AND dietitian
- Currently Medicare covers 2 visits a year with the diabetes nurse and 2 visits a year with the dietitian
- For commercial insurance most policies have a benefit for diabetes education
- Currently prediabetes education is not well covered by most insurance carriers yet classes are offered for a small fee

- **Hypoglycemia (Low Blood Sugar)**
- Too little glucose (sugar) in your blood is called **hypoglycemia** or **low blood sugar.** Diabetes itself doesn't cause low blood sugar. But some of the treatments for diabetes, such as pills or insulin, may increase your risk for it. Low blood sugar may cause you to lose consciousness or have a seizure. So always treat low blood sugar right away.
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- **Special note:** Always carry a source of fast-acting sugar and a snack in case of hypoglycemia.

- **What You May Notice**
- If you have low blood sugar, you may have these symptoms:
  - Shakiness or dizziness
  - Cold, clammy skin or sweating
  - Feelings of hunger
  - Headache
  - Nervousness
  - A hard, fast heartbeat
  - Weakness
  - Confusion or irritability
  - Blurred vision
- **What You Should Do**
  - First, check your blood sugar. If it is too low (out of your target range), eat or drink 15 to 20 grams of fast-acting sugar. This may be 3 to 4 glucose tablets, 4 oz (half a cup) fruit juice or regular (non-diet) soda, 8 oz (one cup) fat-free milk, or 1 tablespoon of honey. Don't take more than this, or your blood sugar may go too high.
  - Wait 15 minutes. Then recheck your blood sugar if you can.
  - If your blood sugar is still too low, repeat the steps above and check your blood sugar again. If your blood sugar still has not returned to your target range, contact your healthcare provider or seek emergency care.
  - Once your blood sugar returns to target range, eat a snack or meal.
- **Preventing Low Blood Sugar**
  - Eat your meals and snacks at the same times each day. Don't skip meals!
  - Ask your healthcare provider if it is safe for you to drink alcohol. Never drink on an empty stomach.
  - Take your medication at the prescribed times.
  - Always carry a source of fast-acting sugar and a snack when you're away from home.
- **Other Things to Do**
  - Carry a medical ID card or wear a medical alert bracelet or necklace. It should say that you have diabetes. It should also say what to do if you pass out or have a seizure.
  - Make sure your family, friends, and coworkers know the signs of low blood sugar. Tell them what to do if your blood sugar falls very low and you can't treat yourself.
  - Keep a **glucagon emergency kit** handy. Be sure your family, friends, and coworkers know how and when to use it. Check it regularly and replace the glucagon before it expires.
  - Talk to your healthcare team about other things you can do to prevent low blood sugar.
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- If you experience hypoglycemia several times, call your doctor.

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