







Diabetes Basics



Ice Breaker

- Introduce yourselves-what's your name? Tell us a bit about you.
- What are your expectations of today?



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Group Norms

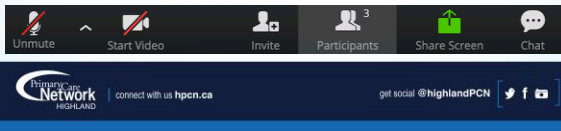
- Hope to create a safe supportive environment for you to share
- Privacy
- Class duration approx. 2 hours
- Feel free to stand up or move around if needed
- If you need to leave during the class please let us know
- Any others?



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Zoom Basics (Virtual)

- You may have your video on or off.
- Please mute when your not speaking.
- Please feel free to ask questions either by unmuting or using the chat box.
- Any questions?



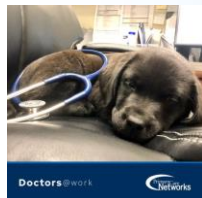
Virtual Group Norms

- Create a safe environment for everyone.
- By participating in remote learning today, you agree that you may not save, record, share, or post this session or any photos from this session.
- Participants agree to participate in these virtual sessions in a quiet, private area free of distraction.
- Participants agree not to disclose personal information about any other participant in the virtual session



What is Highland Primary Care?

- A group of family doctors who work together with the Highland Health Team (Nurses, Social Workers, a Dietitian, Kinesiologist and Pharmacist)
- **If you doctor between Airdrie and Didsbury your doctor is a part of the PCN. Each doctor's office or medical home has a nurse and social worker attached.**



What is the Health Improvement Program?

- Guides individuals who are ready to take their health in their own hands and improve their quality of life.
- A variety of group classes you can choose what you would like to take when
- Flexible schedules
- Option of 1:1 visits in the medical home (phone/virtual)

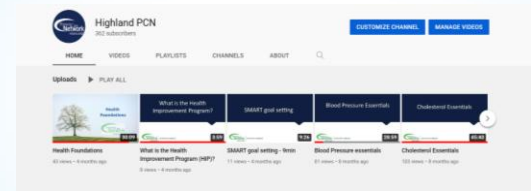


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Check us out on YouTube



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Today's Agenda

- What is Diabetes?
 - Mismatch between sugar and insulin
- What are some habits under my control?
 - Stress reduction
 - Meaningful home blood glucose monitoring (HBGM)
 - Active Living
 - Healthy Eating Basics
 - Label Reading



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What is in it for me?

Living Healthy with Diabetes:

- If we are engaging in healthy behaviors, we can do the things we love with the people we love for longer
- You are invited to think about the people and activities you love to do and think about what motivates you to invest in your health



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What is Diabetes Type 2?

Diabetes is...

- A disease in which your body either can't produce enough insulin or can't properly use the insulin it produces.



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Insulin...

- is a hormone produced by your pancreas.
- helps sugar out of the blood and into the cell doors on the muscles.
- reduces the amount of sugar in the blood.



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"Sticky Door" – Insulin Resistance



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"Pooped out" Pancreas



- In the early stages of Diabetes your body is not responding properly to insulin produced by your pancreas
- Your pancreas tries to help by making more and more insulin – until it burns out.



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What helps?

- Regular meals at regular times. Your body likes patterns. This helps the body to use the insulin it has left the best it can.
- Eating high fibre foods and pairing carbohydrates and protein.

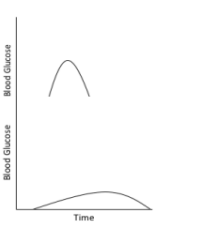


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- Eating protein, fibre or even healthy fats with meals and snacks can help slow digestion and absorption into blood stream.

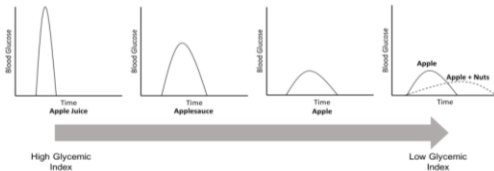


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An Example



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Signs and symptoms of Diabetes

- Excessive thirst
- Frequent urination
- Excessive hunger
- Unintentional weight changes
- Fatigue lack of energy
- Blurred vision
- Frequent infections
- Tingling in hands or feet
- Erectile difficulties
- Slow healing cuts or sores
- Itchy skin (typically groin area)

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Screening

- Recommend everyone over 40 has an A1C done every 3 years
- If any risk factors earlier and more frequent screening

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What is an A1C?

- Target A1C for most people with Diabetes is less than 7

Reducing A1C by 1 % cuts the risk of eye, kidney and nerve disease by 25%

A1C	Average Blood Glucose Level
14%	19.7 mmol/L
12%	16.5 mmol/L
10%	13.4 mmol/L
9%	11.8 mmol/L
8%	10.1 mmol/L
7%	8.6 mmol/L
6%	7.0 mmol/L



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Risk Factors

- Age over 40
- First degree relative with DM2
- High risk populations
- Diabetes in Pregnancy
- Blood vessel risk factors (high cholesterol)
- Presence of organ damage associated with DM (retinopathy, neuropathy, etc)
- Presence of associated conditions
- Presence of drugs associated with Diabetes



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Why treat Diabetes?

- Having Diabetes is not scary.
- Having it and not treating it can have complications
 - Kidney disease
 - Foot and leg problems
 - Eye disease (retinopathy)
 - Heart attack & Stroke
 - Anxiety
 - Nerve Damage
 - Erectile Dysfunction



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Hypoglycemia - Low Blood Sugar

Symptoms

You may experience any of the following:



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What can we do to live healthy with Diabetes?

- Stress reduction
- Meaningful home blood glucose monitoring
- Active Living Aerobic Activity & Resistance Exercises
- Healthy Eating



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Stress Reduction

Stress

- Sustained Stress: Detrimental to health
- Stress (activation of sympathetic NS – “fight or flight”) body is flooded with sugar and cholesterol.
 - Linked to high blood pressure, high cholesterol and higher blood sugar eventually impaired glucose/Diabetes
 - Also body under stress tends to store calories.



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Home Blood Glucose Monitoring



Home Blood Glucose Monitoring


- Blood sugar targets for many people with diabetes:
 - Fasting blood sugar / blood sugar before meals - 4.0 - 7.0 mmol/L
 - Blood sugar 2 hours after eating - 5.0 to 10.0 mmol/L (5.0 to 8.0 mmol/L if A1c targets not being met)



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Home Blood Glucose Monitoring


- Testing BG in pairs to how your body responds to the insulin it produces
- Examples:
 - Before breakfast and before lunch
 - Bedtime to morning
 - Before and 2 hours after a meal
 - Before and after a walk

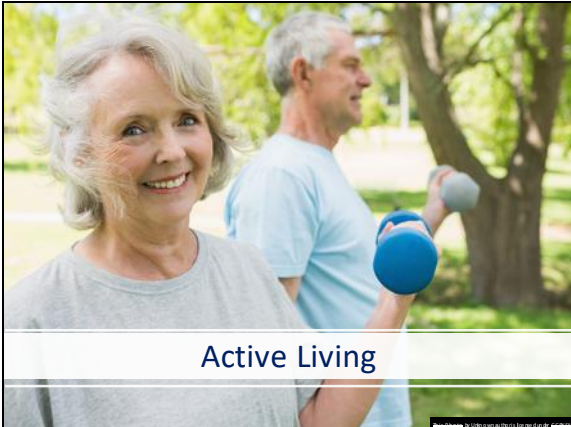





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Active Living




Physical Activity

- Adults: aim for 30 mins 5x/week of aerobic activity and 2-3 days of strengthening exercises
 - Pace yourself and work up to the guidelines
 - Can be broken up into smaller pieces throughout the day
 - Aim to work at a moderate intensity
 - Try and reduce sedentary time



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Getting Started

- Many ways to be active, important to find things you enjoy!
- What is motivating you to be more active? Or What is stopping you?
- Plan ahead (what/when/where)
- Try 5:60 strategy
- Fit small bouts of activity into your day (eg: Take the stairs, walk after eating, park farther away)



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Diabetes Canada



Physical Activity resources which include introductory resistance program (videos and brochures)



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Life Enhancing Movement

- GOAL**
- To make you feel good, increases self-esteem...if you enjoy it, you are likely to continue
 - To help with stress, boredom and tension
 - Muscle (lean mass) improves metabolism
 - To “check” the hunger cues.
- Activity can moderate non-physical hunger (boredom)




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Common things we see...

- No breakfast, skipping meals
- Low water, low fruit and vegetables and low fibre
- Often focus when we focus on positive changes, the behaviors that are not so healthy for us just slide away as they are replaced by healthier alternatives.




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Healthy Eating Basics

- Try to eat within two hours of waking
- Try not to go more than 4-6 hours without a meal or snack
- Reduce added sugars (eg: white sugar, honey, syrup, jam, candies)
- Eat a fruit or vegetable with every meal and snack
- Take time to eat, stopping working to eat
- Savor your food
- Prepare grab and go snacks (eg: veggies, popcorn, low fat crackers, yogurt)



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Keep it simple

- The key is **balance**
- Choose a minimum of 3 of the 4 food groups at each meal!
 - Aim for 1-2 for snacks



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Plate method

- $\frac{1}{2}$ plate vegetables/fruit adds a greater amount of food on the plate with fewer calories
- Vegetables generally have more water and fibre than other foods
- Protein and whole grains also help you to feel full

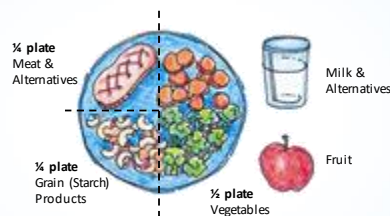


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Balanced Plate



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Canada's food guide

Eat well. Live well.

Eat a variety of healthy foods each day



Healthy eating is more than the foods you eat

Be mindful of your eating habits

Cook more often

Enjoy your food

Eat meals with others


Use food labels

Limit foods high in sodium, sugars or saturated fat


Be aware of food marketing


Discover your food guide at Canada.ca/FoodGuide

Canada







When I say Carbohydrates what food(s) do you think of?






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Carbohydrate


- Main energy source
- Simple vs. Complex





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Carbohydrates = foods that turn to sugar

- Satiety
- Protein sparing
- B vitamins
- Fibre (especially in Canadian diet)




wiseGEEK



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1 SERVING = 15g

Grains & Starches				Vegetables			
							
1 slice 1/2 cup 1/2 cup 1/2 cup	1/2 cup 1/2 cup 1/2 cup 1/2 cup	1/2 cup 1/2 cup 1/2 cup 1/2 cup	1/2 cup 1/2 cup 1/2 cup 1/2 cup	1/2 cup 1/2 cup 1/2 cup 1/2 cup	1/2 cup 1/2 cup 1/2 cup 1/2 cup	1/2 cup 1/2 cup 1/2 cup 1/2 cup	1/2 cup 1/2 cup 1/2 cup 1/2 cup

Fruits				Meat and Alternatives			
							
1 medium 1 medium 1 medium 1 medium	1 medium 1 medium 1 medium 1 medium	1 medium 1 medium 1 medium 1 medium	1 medium 1 medium 1 medium 1 medium	1 medium 1 medium 1 medium 1 medium	1 medium 1 medium 1 medium 1 medium	1 medium 1 medium 1 medium 1 medium	1 medium 1 medium 1 medium 1 medium

Milk and Alternatives				Treats			
							
1 cup 1 cup 1 cup 1 cup	1 cup 1 cup 1 cup 1 cup	1 cup 1 cup 1 cup 1 cup	1 cup 1 cup 1 cup 1 cup	1 cup 1 cup 1 cup 1 cup	1 cup 1 cup 1 cup 1 cup	1 cup 1 cup 1 cup 1 cup	1 cup 1 cup 1 cup 1 cup


Fats			
			
1/2 cup 1/2 cup 1/2 cup 1/2 cup	1/2 cup 1/2 cup 1/2 cup 1/2 cup	1/2 cup 1/2 cup 1/2 cup 1/2 cup	1/2 cup 1/2 cup 1/2 cup 1/2 cup



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Fibre

- Helps lower LDL (bad) cholesterol
- Helps control blood sugar levels
- Found in:
 - oats, barley, psyllium, citrus fruits, beans and lentils
 - vegetables, fruits, whole grains, wheat bran, beans and lentil






wiseGEEK



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A little more on fibre


- Eating high fibre foods may help you feel full for a longer time, helping to control appetite and weight
- Increase your fibre intake slowly and increase your fluid intake proportionately to prevent gas, bloating, and diarrhea
- How much do we need?




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- Eat whole grains to increase your fibre intake
- Look at ingredient list for words “whole grain”
- Try whole grains like barley, oats, millet, quinoa or brown rice




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Fruits and Veggies




- Add sliced fruit to cereal or yogurt
- Add veggies (greens) to smoothies
- At lunch or supper add salad made from spinach, romaine, green or red leaf lettuce
- Keep washed & sliced veggies in the fridge at eye level
- Grab easy on the go fruit snacks like bananas, apples, pears & oranges




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Healthy Fats

- Fat is necessary and essential in our diet
- Importance of omega 3 for health (and its anti-inflammatory properties)
- Choose healthy fats

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Focus on Good Fat




- Use lean cuts of meat
- Use small amounts of canola oil and olive oil in cooking
- Trim fat from meat and watch portion
- Remove skin from poultry
- Limit processed meats
- Try a meatless meal once/week (lentils, dried beans and tofu)


Meat & Potatoes

3 oz. cooked lean beef = deck of cards




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Focus on Good Fat

- Add chia, flax or hemp seed to yogurt, cereal or in baking
- Eat lower fat dairy products
- Select foods with less than 2 grams saturated fat and 0 grams of trans fats




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Protein

- Building muscle, hormones, and maintaining blood glucose levels
- Helps build, maintain and repair your body
- Helps to maintain blood sugars levels, leading to less fat storage around the abdomen


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Source of Protein

- Poultry, fish, red meat/pork
- Meat alternatives: beans, lentils, nuts & seeds
- Dairy products
- Soy based products




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Vitamins and Minerals

- Help our bodies work properly – think of them like the spark to your fire
- Include a variety
- Should we supplement?

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You are sweet
enough...choose water



- Drink a glass of water when you wake up each morning or before you go to bed.
- Carry a water bottle
- Drink a glass of water before eating your meals
- Don't ignore thirst. Drink water or another healthy drink when you feel thirsty.



Drinks

- It is very easy to drink in anywhere from an extra 500 to 1000 calories a day
- Become a label reader ask questions (if it is an everyday habit)



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Nutrition Label

Used...


- to easily compare similar foods
- to look for foods with a little or a lot of a specific nutrient
- to select foods for special diets
- to make informed food choices
- * **Almost all** prepackaged foods have Nutrition Facts



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Parts of the Label


- Nutrition Facts
- Ingredient List
- Nutrition Claims
- Health Claims



"A healthy diet..."

"Good source of fibre"



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Reading the Label

Nutrition Facts	
Per ½ cup/175 mL (100 g)	
Amount	% Daily Value
Calories 200	
Fat 10 g	15 %
Saturated 6 g	48 %
→ Trans 3.6 g	
Cholesterol 20 mg	
Sodium 320 mg	13 %
Carbohydrate 34 g	11 %
Fibre 2 g	8 %
Sugars 7 g	
Protein 4 g	
Vitamin A 10 %	Vitamin C 2 %
Calcium 4 %	Iron 6 %


- Look at serving size and ensure that it matches the amount you are about to eat.
- Look at total carbohydrates, not just sugar. Carbohydrates — sugar, complex carbohydrates; and fiber
- Don't miss out on high-fiber foods. Pay special attention to high-fiber foods. Look for foods with 3 or more grams of fiber



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Percent Daily Value

- Used to determine whether there is a little or a lot of a nutrient in the amount of food
- A benchmark to evaluate the nutrient content of foods
- Based on recommendations for a healthy diet



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Ingredient List

- Lists all of the ingredients for a food by weight, from the most to the least
- Is a source of information for certain nutrients
- Is a source of information for people with food allergies

Example:

INGREDIENTS: WHOLE GRAIN ROLLED OATS, SUGAR, HIGH MONOUNSATURATED CANOLA OIL, ALMOND PIECES, RAISINS, GOLDEN SYRUP, SALT, CRISP RICE (RICE FLOUR, SOY PROTEIN, SUGAR, MALT, SALT), SOY LECITHIN, NATURAL FLAVOUR



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Labelling

- Use Nutrition Facts, the ingredient list, nutrition claims and health claims to make informed food choices.
- Nutrition Facts are based on a specific amount of food - compare this to the amount you eat.
- Use the % Daily Value to see if a food has a little or a lot of a nutrient.
 - Remember: **5% DV or less is a little, 15% DV or more is a lot**



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Follow these three steps:

1. LOOK at the amounts of food

Compare the amounts of food (also known as the serving size) in the Nutrition Facts tables.

Cracker A has 9 crackers and weighs 23 grams.

Cracker B has 4 crackers and weighs 20 grams.

Because the weights are similar, you can compare these Nutrition Facts tables.

2. READ the % DVs

Since you are comparing crackers, you may want to look at the % DVs for saturated and trans fats, sodium and fibre.

Cracker A has 13% DV for saturated and trans fats, 12% DV for sodium and 4% DV for fibre.

Cracker B has 2% DV for saturated and trans fats, 4% DV for sodium and 12% DV for fibre.

Remember: 5% DV or less is a little and 15% DV or more is a lot. This applies to all nutrients.

Cracker A		Cracker B	
Nutrition Facts		Nutrition Facts	
Per 9 crackers (23 g)		Per 4 crackers (20 g)	
Amount	% Daily Value	Amount	% Daily Value
Calories 90		Calories 90	
Fat 4.5 g	9 %	Fat 2 g	4 %
Saturated 2.5 g	5 %	Saturated 0.3 g	2 %
Trans 0 g	0 %	Trans 0 g	0 %
Cholesterol 0 mg	0 %	Cholesterol 0 mg	0 %
Sodium 960 mg	12 %	Sodium 40 mg	4 %
Carbohydrate 12 g	4 %	Carbohydrate 15 g	5 %
Fibre 1 g	4 %	Fibre 3 g	12 %
Sugars 1 g		Sugars 1 g	
Protein 3 g		Protein 2 g	
Vitamin A 0 %	Vitamin C 0 %	Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 0 %	Calcium 2 %	Iron 0 %

Did you know?

You may be able to compare products that don't have similar amounts of food.

For example, you could compare the % DVs of a bagel (90 g) to the % DVs of 7 slices of bread (70 g) because you would most likely eat either amount of food at one meal.



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Medication

Sometimes we need a little help to manage our Diabetes.

- Decreasing the amount of sugar produced by the body
- Making the body more sensitive to insulin so cells can absorb and use the sugar
- Reducing the absorption of sugar so it passes in urine
- Slowing the way the food is released from stomach
- Increasing insulin the body produces or by adding insulin



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Mindful Eating

- Mindful Eating is a powerful tool to create a healthier happier relationship to food.
- www.hpcn.ca see our website for HIP Program classes Mindful Eating and Shedding the Weight



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ABCDESSS

		Guideline or target
A	A1C targets	A1C less than 7
B	BP target	130/80
C	Cholesterol	LDL under 2.0 mmol/L
D	Drugs	Consider meds to keep risk of CVD low
E	Exercise	150 minutes exercise/ week
E	Eat Right	Follow balance plate or Mediterranean Diet
S	Screening	Cardiac Feet Kidney Eyes
S	Smoking Cessation	If smoking cut down or quit
S	Self-Management	Personal Goals



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Resource

[Information Sheets - Alberta Diabetes Link](#)



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SMART Goals

GOAL EXAMPLE

I will eat a fruit at breakfast - 3 days this week starting Monday. I will evaluate this goal in 3 weeks.

- 1. Specific
- 2. Measureable
- 3. Achievable
- 4. Rewarding
- 5. Time frame



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Thank You



- Like and follow our  Facebook page
- More program information on www.hpcn.ca
- Comments or Questions
- Evaluation



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