


Diabetes Basics





Group Norms

- Hope to create a safe and 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


Virtual Norms:

- 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.



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Ice Breaker

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

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What is the Highland Primary Care Network?

- A group of family doctors who work together with the Highland Health Team (Nurses, Social Workers, Dietitian, Kinesiologist, Pharmacist & Mental Health Therapist)
- **Covers area from Airdrie to Didsbury. Each doctor's office or medical home has a Nurse and Social Worker attached.**



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What is the Health Improvement Program?

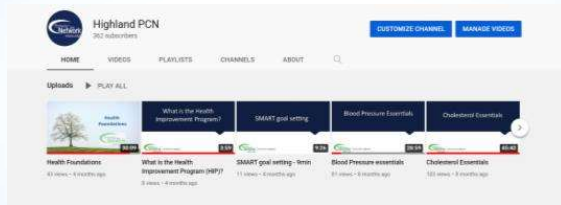
- Guides individuals who are ready to take their health in their own hands and improve their quality of life.
- A variety of group classes you can choose what you would like to take when
- Flexible schedules
- Option of 1:1 visits in the medical home (phone/virtual)



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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.

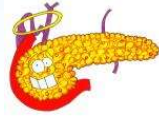
Insulin...

- 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.

"Sticky Door" – Insulin Resistance



"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.

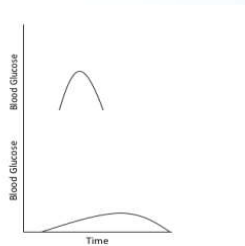


What helps?

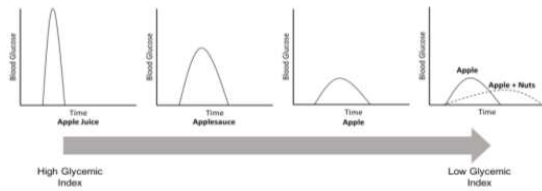
- Regular meals at regular times. Your body likes patterns. This helps the body to use the insulin it has left the best it can.
- Eating high fibre foods and pairing carbohydrates and protein.



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



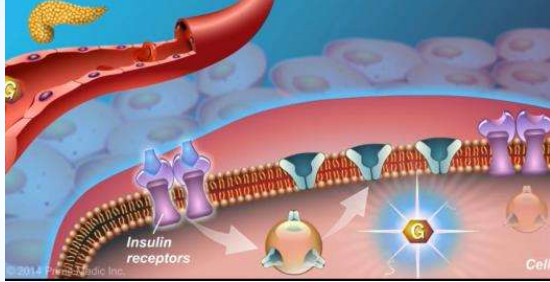
An Example



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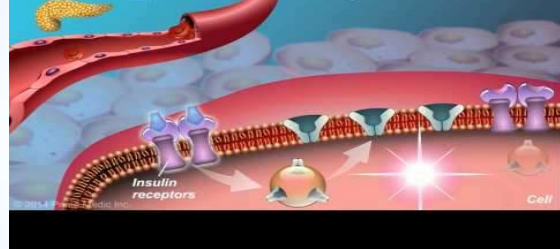
Insulin triggers cells to remove glucose from blood



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Insulin triggers cells to remove glucose from blood



1:45-2:45

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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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Preventative Screening

- Recommend everyone over 40 has an A1C done at least 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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Screening

- Newly diagnosed Diabetes A1C every 3 months until targets achieved – usually twice a year to annually after
- Cardiac lipids
- Feet
- Kidney
- Eyes



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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:



What can we do to live healthy with Diabetes?

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





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.






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)



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

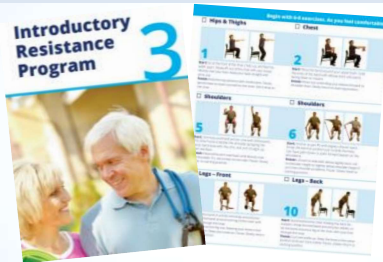
- Many ways to be active, important to find things you enjoy!
- What is motivating you to be more active? Or what is stopping you?
- Plan ahead (what/when/where)
- Try 5:60 strategy
- Fit small bouts of activity into your day (eg: Take the stairs, walk after eating, park farther away)



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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, stressed, tired)



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Common things we see...



- No breakfast, skipping meals
- Low water, low fruit and vegetables and low fibre
- 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 food groups at 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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Canada's food guide **Eat well. Live well.**

Eat a variety of healthy foods each day



Discover your food guide at Canada.ca/FoodGuide

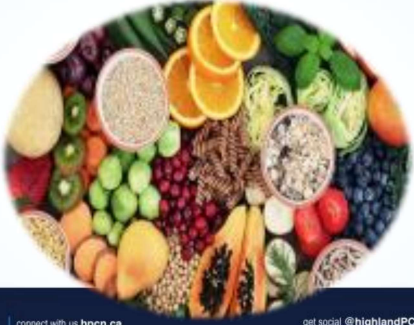
Canada's food guide **Eat well. Live well.**




Healthy eating is more than the foods you eat




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 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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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 portions
- Remove skin from poultry
- Limit processed meats
- Try a meatless meal once/week (lentils, dried beans and tofu)






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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
- Nuts and seeds





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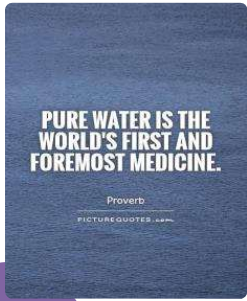


Vitamins and Minerals

- 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

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Reading the Label

Nutrition Facts	
Per 1/2 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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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.
- Easiest to compare 2 similar products.
- 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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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





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

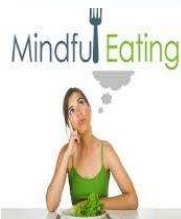
Example:

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





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



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 Eat Right	150 minutes exercise/ week 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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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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