

Preventing Diabetes

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Is Diabetes Preventable?

What steps can I take now to prevent diabetes and long term consequences?

What is diabetes?

- Diabetes is a chronic disease that damages the arteries and organs and can lead to heart disease, stroke, poor circulation, loss of vision, and kidney failure.
- Prevention is the key to avoiding the potential long term consequences of diabetes.
- There is no such thing as “borderline” diabetes. However, diabetes can be well controlled or poorly controlled. Its up to you!

What causes diabetes?

- 1 in 4 Americans will develop diabetes in their lifetime
- Can you think of why diabetes has become an epidemic?

Environmental Causes

- 60% of Americans are overweight
- Less than 1/3 of Americans get at least 30mins of exercise daily
- Portion sizes have grown in the past 20 years
- Eating out and / or overeating has become the norm
- Technological advances have further reduced the average activity level

Genetic Causes

- These are not your destiny!
- Usually requires the addition of environmental factors to bring about the onset of disease
- You have the power to control your destiny BEFORE the onset. You can delay the onset.
- But, once you have diabetes, you can control it but you can never cure it.

The Facts

- You can lower high blood sugar levels with a high fiber diet
- Your body needs carbohydrates for energy but in moderate doses
- Smoking increases the risks of diabetic complications
- What you eat, how much you eat and when you eat affects your blood sugars

How much weight loss is recommended?

- Several current studies show that losing 5-7% of your current weight will reduce your chances of developing diabetes by 60%
- Losing that amt of weight will also reduce your blood pressure and cholesterol as well as reducing risks of certain cancers
- Example: my current weight is 185 lbs. My goal weight loss is 9.25 – 13 lbs. Goal wt = 176-172 lbs.
- Review your goals as you reach them. Are you ready to reach another 5%? (-8.5 lbs)

Food Groups

There are 6 major food groups

1. Starches- carb, body burns this for energy
2. Fruits- carb, full of fiber, nutrients and vits
3. Milk- carb, good source of calcium
4. Vegetables- low carb, high fiber, vit packed
5. Proteins (meats)-helps to build and repair
6. Fats-has more calories per bite than any other nutrient. Helps to transport vitamins

How much and what you eat determines your blood sugar levels

- Choose smaller portions
- Eat only one serving, look at food label to determine a serving size
- Use a small plate instead of large
- Eat slowly
- Serve plates in the kitchen instead of family style
- Keep tempting foods out of the house
- Avoid skipping meals
- Determine your “food challenges”

Exercise

- This lowers your blood sugars
- This helps your muscles use insulin and sugar more efficiently
- This burns calories
- This lowers BP, HR and improves the health of your arteries
- Reduces pain and stiffness

How much exercise do you currently do?

- Recommendation is 30 mins of moderate intensity exercise 5 – 6 days per week
- Or 60 mins of moderate to vigorous intensity exercise 3 – 4 days per week
- This is in addition to increasing daily steps (ie. Taking the stairs, parking further away)

What are your goals?

- Prepare long term goals. ie. I will fit into my size 12 jeans by feb 1. Or, I will lose 13 lbs in the next 6 months.
- Prepare short term goals. ie. I will walk 30 mins on Mon, Wed, Fri before I leave for work and on Sat after my morning coffee. Or, I will write down everything that I eat this week.
- Your short term goals can change from week to week or stay the same.
- Who will you look to for support?