This product was developed by the RWJ Diabetes Self Management Program at Community Health Center, Inc. in Middleton, CT. Support for this product was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.
RWJ Advancing Self Management Diabetes Program

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Diabetes
An Epidemic Feared

CDC estimates that there are currently 17 million diabetics in the US.

The number of diabetics tripled from the mid 1960’s to the mid 1990’s.
American adults and kids

Not to be impolite or hurt feelings but many Americans, young and old, are

Overweight

Inactive

And it’s killing us!
Diabetes and More

Americans are putting themselves at risk for

- Diabetes
- Heart Disease
- Stroke
- Cancer
We are putting our children at risk

1 in 3 of all children & 1 in 2 of Black and Hispanic children born in 2003 are predicted to develop diabetes

If you have 2 or 3 small children or grandchildren, one of them is predicted to develop diabetes
What Can You Do?

Get Moving and get your children moving

even a little exercise helps
What Else Can You Do?

Eat Smart and make sure your children eat smart

losing just 10 pounds can make a big difference
If Someone Already Has Diabetes

These are essential

- Exercising
- Eating smart
- Taking medication
For Diabetics at CHC

- CHC has a new program for diabetics

- It’s a Robert Wood Johnson (RWJ) Advancing Self Management Project

- New Britain, Meriden and Middletown are part of the project and we need your help!
The RWJ Diabetes Self Management Program

Diabetics should be referred to one of our certified diabetes educators

Hilda Cardona, RN, CDE
Paula Kellogg Leibovitz, RD, CDE

Any one at CHC can make a referral using our referral cards
Diabetes Self Management

People have to help themselves!

Hilda or Paula work with people to help them set their own goals. Examples:

- Taking medication everyday
- Eating 2 doughnuts instead of 6
- Walking in the mall regularly
- Talking to a friend or a group about feelings
Individual or Group Session

- Participants can see Hilda or Paula 1 on 1 or in groups sessions
- Many diabetics are depressed. Paula or Hilda will refer them to counseling or back to their PCP
- In the spring, we will offer walking groups
Sessions

- Try to be fun
- Are easy to understand
- Let participants know that they can help themselves
- Give participants lots of choices
Group Sessions

Food served

Samples such as glucose tablets or sugar-free jello are distributed
Annual Cook-a-Thons

The Diabetes team creates delicious, diabetic-friendly meals for diabetic patients. After the tasting, patients vote for the best cook and receive a bilingual cookbook of the food creations.
Examples of Teaching Overheads
Why Me?

Did I eat too much sugar?

You did not eat too much sugar and give yourself diabetes!
What do the numbers mean?

- Normal glucose level before meals is 80-120
- After meals, up to 180 is ok
- Below 70, too low
- 180+ too high
What does A1C Mean?

- Your A1C is like a report card.
- It tells how much sugar has been sticking to your blood cells for the past 3 months.
- This number is very important. 7.0 or lower is great.
### Lifetime Risks of 20 people with different A1C levels

<table>
<thead>
<tr>
<th>Problem</th>
<th>A1C of 10.0</th>
<th>A1C of 7.2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blindness</td>
<td><img src="image1" alt="Images of people walking" /></td>
<td><img src="image2" alt="Image of person with walking aid" /></td>
</tr>
<tr>
<td>Amputation</td>
<td><img src="image3" alt="Images of wheelchairs" /></td>
<td><img src="image4" alt="Image of wheelchair" /></td>
</tr>
<tr>
<td>Kidney Failure</td>
<td><img src="image5" alt="Images of intravenous bags" /></td>
<td><img src="image6" alt="Image of intravenous bag" /></td>
</tr>
</tbody>
</table>
Self Management

Help Yourself!

- Make a goal related to something we talked about today
- Bring the sheet to the next session
- If you forget one day, don’t worry. Just don’t give up!
I’ll Never Enjoy Eating Again!
Oh yes, you will!
Cooking & Eating Tips

Smaller portions

Grill or bake, *don’t* fry

White meats more than red

Olive or canola oil

*Not* butter, lard or Crisco
Your mother was right! Eat Your Vegetables

Would you like some homemade vegetable soup?
Portion Control

Healthy blood glucose is helped by moderate portion sizes. You may think the portions seem small.
## Make a Dinner

### Carbohydrates

<table>
<thead>
<tr>
<th>Women pick 3</th>
<th>Men pick 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup mashed potato</td>
<td></td>
</tr>
<tr>
<td>1/2 cup corn, peas</td>
<td></td>
</tr>
<tr>
<td>1 cup winter squash</td>
<td></td>
</tr>
<tr>
<td>1/3 cup cooked stuffing, pasta or rice</td>
<td></td>
</tr>
<tr>
<td>1 small baked potato</td>
<td></td>
</tr>
<tr>
<td>1/3 cup baked beans</td>
<td></td>
</tr>
<tr>
<td>1 slice whole wheat bread</td>
<td></td>
</tr>
<tr>
<td>1 small apple, orange, pear, or peach</td>
<td></td>
</tr>
<tr>
<td>1 1/4 cup whole strawberries</td>
<td></td>
</tr>
<tr>
<td>1 small banana</td>
<td></td>
</tr>
<tr>
<td>17 grapes</td>
<td></td>
</tr>
<tr>
<td>1/2 cup canned fruit in own juice</td>
<td></td>
</tr>
<tr>
<td>4 oz. fruit juice</td>
<td></td>
</tr>
<tr>
<td>8 oz. skim milk</td>
<td></td>
</tr>
<tr>
<td>6 oz. sugar free yogurt</td>
<td></td>
</tr>
<tr>
<td>1/2 cup sugar free pudding</td>
<td></td>
</tr>
<tr>
<td>3 small gingersnaps or 5 vanilla wafers</td>
<td></td>
</tr>
<tr>
<td>1/2 cup frozen yogurt</td>
<td></td>
</tr>
</tbody>
</table>

### Meats and Proteins

<table>
<thead>
<tr>
<th>Women pick 1</th>
<th>Men pick 1-2</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 oz. chicken, no skin</td>
<td></td>
</tr>
<tr>
<td>3 oz. turkey, no skin</td>
<td></td>
</tr>
<tr>
<td>3 oz. fish</td>
<td></td>
</tr>
<tr>
<td>3 oz. seafood</td>
<td></td>
</tr>
<tr>
<td>3 oz. lean beef</td>
<td></td>
</tr>
<tr>
<td>3 oz. lean pork</td>
<td></td>
</tr>
<tr>
<td>3 oz. lean lamb</td>
<td></td>
</tr>
<tr>
<td>3 oz. veal</td>
<td></td>
</tr>
<tr>
<td>3 oz. lean hamburger</td>
<td></td>
</tr>
<tr>
<td>3/4 cup low fat cottage cheese</td>
<td></td>
</tr>
</tbody>
</table>

### FREE FOODS

| Vegetables, spices, |
| Coffee, tea, diet soda |
| Clear broth, sugar free jello |
| Clear broth, sugar free jello |
Snack Choices

Free snacks
- Sugar free jello
- Tea, coffee, sugar free soda
- Celery and carrot sticks

Carb snacks (must count)
- Small piece of fruit
- Sugar free, low fat yogurt
- Gingersnaps or vanilla wafers
- Nuts

Did somebody say nuts?
Fast Foods
Buyers Beware

Super sizing produces super sizes and other problems
Fast Food Restaurants

- They are easy
- They are fast
- They are cheap
- Kids love them

BUT

- They help set kids up for diabetes
- They may increase the risk of heart attack, stroke and diabetes complications.

WHAT CAN YOU DO?
Fast Food Restaurants
How to be Smart!

- Diet soda or water
- No special sauces
- Hold the cheese
- No super-sizing
- Be really good, pull off the top bun
- Let’s discuss your favorites
Diabetes: A Progressive Disease

Over time, most patients will need insulin to reach their targets. This is NOT a failure.

Many new devices greatly reduce the discomfort.
Foot Care

Check your feet everyday

Always wear shoes and socks
Dental Care

- Brush
- Floss
- See a dentist every year
- Call if you have:
  - loose/sore teeth or dentures
  - red, swollen or bleeding gums
  - problems chewing
  - a bad taste in your mouth.
Exercise: don’t be a

- Take your kids or grandkids to a park
- Walk
- Garden
- Dance
- Other ideas?
Self Management Goals

Help yourself!

- Using your self management goal sheet, make a goal related to something discussed today.

- It may be as simple as always wearing shoes, or flossing your teeth everyday, or parking further from the door of the store.
Session 6
Grocery Store Tour

Meat and seafood area
Margarine and oil areas
Dietetic Food Section
Dairy Section
Deli
Fresh, frozen & canned fruit/vegetable areas
Grocery Store Shopping

Hilda Cardona, RN, Certified Diabetes Educator Extraordinaire

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Examples of Printed Materials Used in the Diabetes Program

- Self management goal sheets
- Referral Cards
- Make a meal sheets

All CHC staff are part of patient care!
Start making referrals today to the diabetes program