Diabetes Education:
Putting Knowledge into Action in Your Office and the Community

Diabetes Initiative

BARRIERS To Successful Diabetes Self-Management
- Diabetes Education
  - Cost
  - Location
  - Time
  - Unaware

Objectives:
- Increase Diabetes Self-Management Education in the physician office and the community.
- Develop better self-management skills in patients with diabetes.
- Provide more explicit information and guidance to the patient during office visits.
  Specifically in the areas of:
  - Medication
  - Exercise
  - Nutrition
Some of My Patients
- Ms. R
- Mr. W
- Mr. & Mrs. B
- Miss S.

Things I have heard
- I do not even know what to eat for breakfast
- I have a machine but I can’t use it
- I am so confused
- It is just too much to learn
- Is it sugar or starches or carbohydrates that makes blood sugar go up
- I can’t eat anything

AADE7 Self-Care Behaviors
- Healthy Eating
- Being Active
- Monitoring
- Taking Medication
- Problem solving
- Healthy Coping
- Reducing Risks

Life Style Change
- Stages of change
- Setting small goals to work toward the bigger goal

Nutrition 101

Meal Plan

Things I have heard
- Do not eat anything white
- Do not eat grapes they are sugar packets
- Eat smaller portions
- Go and buy Sugar Busters, Atkins or South Beach Diet Books
Meal plans
- Number of calories per day - Just eat less!

Calorie Prescription
- Hanwi Formula (Rule of Thumb)
  - Women:
    - $100 \text{ lb for the first } 5 \text{ ft } + \text{ 5 lb for each }
      \text{ inch thereafter}$
  - Men:
    - $106 \text{ lb for the first } 5 \text{ ft } + \text{ 6 lb for each }
      \text{ inch thereafter}$
  - Percent desirable body weight =
    $ \left(\frac{\text{current weight}}{\text{desirable weight}}\right) \times 100$
  - Small frame: subtract 10% 
  - Large frame: add 10%

Nutrition 101
- Carbohydrates
  - Starch
    - Grains, Cereals,
    - Starchy Vegetables
    - Crackers and Snacks
    - Beans, Peas and Lentils
  - Fruit and Fruit Juice
  - Milk and Yogurt

Nutrition 101
- Carbohydrates
  - 1 serving is:
    - 15 grams of carbohydrates
  - Exchange List
  - Measure

Nutrition 101
- STARCH
  - 1 cup rice or pasta
  - 1 slice bread
  - 1 spoonful
  - 15 - 20 Fat-Free Chips
  - 1 English muffin
  - 1 hot dog or hamburger bun

Nutrition 101
- FRUIT
  - 1 cup Apple
  - 1 cup Blueberries
  - 1 cup Strawberries
  - 1 cup cantaloupe
  - 1 cup pineapple
  - 1 cup orange juice
Nutrition 101
MILK & YOGURT

Nutrition 101
Vegetables - non starchy
5 grams of carbohydrate in 1 serving

Nutrition 101
Protein - 7 ounces a day
◊ Broiled
◊ Boiled
◊ Grilled
◊ Baked

Nutrition 101
Fat
◊ Saturated
◊ Monounsaturated
◊ Polyunsaturated
◊ Trans Fats

Nutrition 101
SUGAR FREE
Does not mean carbohydrate free

Meal Plans
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<th>Food Group</th>
<th>1500</th>
<th>1800</th>
<th>2000</th>
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EXERCISE
- Make sure the patient has a plan
  - What kind of exercise
  - How much exercise
  - How often
- When
  I will Walk for 15 minutes three times a week after breakfast

Tips for Safe EXERCISE
- Check blood sugar before and after exercise
- Always warm up and cool down
- Wear shoes and socks that fit properly
- Use sun screen and insect repellent
- Drink water
- Wear or carry Medical ID
- Always have Quick Sugar

MONITORING
- When and how often to check blood sugar
- What to do if the results are high or low
- Prescription for supplies

MEDICATION
- When to take medicine
- Possible side effects and what to do
- What to do if a dose is missed
- What to do when they are sick

PROBLEM SOLVING
- What to do when blood sugar is high or low
- Managing sick days
- Treatment of cuts and sores
- Missed doses of medication
- Managing effects of exercise
- Managing alcohol and diabetes

HEALTHY COPING
- Depression
- Anger
- Denial
- Stress
REDUCING RISK
- Control Weight
- Control Blood Sugar
- Control Lipids
- Control Blood Pressure
- Check Feet Daily
- Regular Doctor Appointments

REDUCING RISK
- Regular Dental Care
- Annual Dilated Eye Exam
- Annual Monofilament Foot Exam
- Foot check at doctor visits
- Pneumovax & Flu Shots
- Labs
  - Hemoglobin A1c
  - Lipids
  - Microalbumin