This product was developed by the Galveston: Take Action project at the Galveston County Health District in Texas City, TX. Support for this product was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.
COMMIT TO LIVING HEALTHY
Diabetes

• Center for Disease Control Data
  ➢ 21 million Americans have diabetes (16,000 in Galveston County)
  ➢ 6 million of these people do not know they have diabetes
  ➢ 41 million Americans have Pre-diabetes
  ➢ One in three children born in 2000 will have diabetes as an adult
  ➢ Diabetes is the sixth leading cause of death in the United States
Are you at Risk for Diabetes?

• A family history of diabetes (mother, father, brother or sister)
• Obesity
• Sedentary lifestyle
• High Blood Pressure
• High Blood Cholesterol
• Diabetes during pregnancy or a baby weighing more than 9 pounds
• If you are African American, Hispanic/Latino, Asian American, Native American
Pre-Diabetes

• Also know as:
  - Borderline diabetes
  - Touch of Diabetes
  - Insulin resistance
  - Glucose intolerance

• Blood Sugar (fasting)
  - Normal 70 to 110
  - Pre-diabetes 111- 125
  - Diabetes 126 and above
What Can You Do?

- Maintain a healthy weight
- Maintain healthy cholesterol levels
- Control Blood Pressure
- Exercise
- Eat healthy
# BMI (Body Mass Index)

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Dr. Frank Vinicor, Director of the Center for Disease Control Diabetes Program says:

“Recent studies have shown that people with pre-diabetes can successfully prevent or delay the onset of diabetes by losing 5 to 7% of their body weight.”
Maintain Healthy Cholesterol Levels

- Total Cholesterol - less then 200
- LDL (Bad Cholesterol)- less then 100
- HDL (Good Cholesterol)
  - Men more then 40
  - Women more then 50
- Triglycerides – less then 149
What can you do to maintain Healthy Cholesterol Levels?

• Choose most of your fats from vegetable sources
• Decrease the animal fats in your meal plan
• Exercise
• Lose weight
Control Blood Pressure

• One in Three American have high blood pressure
• Normal blood pressure is 120/80
• Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney failure. This is why high blood pressure is often called the "silent killer."
What can you do to Control your Blood Pressure?

- Eat less salt
- Reduce fat in your meal plan, particularly saturated fat
- Lose weight
- Exercise
- Stop smoking
Exercise

• Check with your doctor before starting and exercise program
• Aim for 30 minutes 5 to 7 day a week
• Start slow and build up to your goal
• Add more activity to your day
Eat Healthy

- Decrease sugar and fat in baking by 1/4 to 1/3
- Decrease or eliminate salt in cooking and baking. (Baked goods with yeast need salt)
- Learn and use proper portion sizes
- Increase fruit and vegetables
- Decrease meat and animal fats
One Size Does Not Fit All!

• USDA created 12 pyramids for 12 calorie levels, from 1,000 to 3,200.

• Calorie levels are based on:
  - Gender
  - Age
  - Activity
Three Key Messages

• Make smart choices within and among the food groups.
• Keep a balance between food intake and physical activity.
• Get the most nutrients from your calories.
Be Active!

ACTIVITY
Represented by the steps and the person climbing them.

Talk with your doctor about the activity right for you.
Eat a Varied Diet!

- VARIETY

The six color bands represent the five food groups, plus oils. Foods from all groups are needed daily.
Grain Group
Make half your grains whole
Whole Grains

- Whole-wheat flour
- Bulgur (cracked wheat)
- Oatmeal
- Whole cornmeal
- Brown rice
- Kasha (buckwheat groats)
Make Half Your Grains Whole

• Check ingredient lists on labels.
• Look at dietary fiber on Nutrition Facts panel.
• Make gradual changes ... build up to 100% whole grain breads and cereals.
• Substitute whole grains for refined in recipes (start with half).
• Be adventurous and try quinoa, bulgur, kasha, and other grains.
• Add whole grains to mixed dishes.
• Help you and your children enjoy:
  – Dark green vegetables
  – Orange vegetables
  – Legumes
  – Starchy vegetables
  – Other vegetables
Vary Your Veggies

• Set a good example!
• Buy fresh veggies in season.
• Use more fresh or frozen, less canned (except low sodium).
• Have cut veggies available for snacks.
• Have salad with dinner every night.
• Add veggies to casseroles, pasta sauce, quick breads, etc.
• Select fast food salad rather than fries, at least sometimes.
• Choose dark salad greens over iceberg.
Fruit Group
Focus on fruits
Focus on Fruits

• Use fruits in salads, side dishes, main dishes, desserts, and for snacks.
• Keep fresh and dried fruit handy for snacks.
• Cut up fruit on cereal, pancakes, and waffles.
• Include canned and frozen fruits.
• Buy in season.
• Be adventurous and try unusual fruits.
• Choose fruit more often than juice.
• Limit juice to about 6 ounces a day.
Get Your Calcium Rich Foods

• Focus on fat-free or low-fat milk.
• Drink fat-free or low-fat milk with meals and snacks.
• Choose low-fat cheeses.
• Use milk to make hot cereals.
• Have low-fat yogurt as a snack.
• Use lactose-free products if needed.
• Select non-dairy high-calcium foods and beverages if desired.
Meat & Bean Group
Go lean with protein
Go Lean With Protein

- Select leanest cuts of meat.
- Trim all fat and remove skin from poultry.
- Prepare with no added fat.
- Choose lean luncheon meats.
- Eat beans as main dishes.
- Eat fatty fish in moderation.
- Include nuts in snacks, salads, and main dishes.
Oils: Tips for Healthy Choices

• Use vegetable oils and soft margarine rather than solid fats.

• Substitute nuts for meat or cheese as a snack or in a meal sometimes.

• Use Nutrition Facts to select foods low in saturated fat, *trans* fat and cholesterol.

• Select foods prepared with little or no fat.

• Select lean or low-fat foods most often.
Take It One Step At A Time

GRADUAL IMPROVEMENT

Suggested by the slogan. Take small steps each day to improve your diet and lifestyle.

MyPyramid.gov
STEPS TO A HEALTHIER YOU
My Pyramid Food Intake Pattern Calorie Levels

- Look at the chart and find your age
- Under male or female choose the column that describes your activity level
- The number represents the recommended calories per day.
My Pyramid Food Intake Pattern

• Look across the Calorie Level until you find the one recommended for you
• Follow that column down to see the daily recommendations in each food group
• Use these guidelines to plan your meals
DIABETES
Signs and Symptoms of Diabetes

- Increased thirst
- Increased urination
- Hunger
- Sudden weight loss
- Feeling tired or weak
- Very dry skin
- Frequent infections
- Cuts and sores that are slow to heal
Signs and Symptoms of Diabetes

- Increased thirst
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Diabetes Is...

**Common**
Affects 1 in every 16 people

**Chronic**
A lifelong condition

**Controllable**
Good management depends on YOU!
Take Action
A Diabetes Self-Management Program

Knowledge is Power

“Harold, that’s no way to deal with the news of your diabetes!”

© 2004 Diabetes Health
American Association of Diabetes Educators 7 Self Care Behaviors

1. Healthy Eating
   - Exchange List
     - Ask your dietician
     - Bookstores and the Internet
   - Carbohydrates
     - Starches, grains, rice, dried beans, pasta
     - Starchy vegetables: peas, corn, potatoes, yams
   - Fruit
   - Milk
   - Portion Control
     - Measuring cups and spoons
   - Meal planning
   - Grocery list
American Association of Diabetes Educators 7 Self Care Behaviors

2. Being Active

- Check with your doctor before starting an exercise program
- Start or continue with an exercise program
- Exercise longer - aim for at least 30 minutes a day 5 to 7 times a week
- Increase your daily activity
American Association of Diabetes Educators 7 Self Care Behaviors

3. Monitoring
   - Check blood sugar as your doctor has advised
   - Keep a log with notes
   - Use blood sugar numbers plan your day
   - Take your blood sugar log to clinic appointments
American Association of Diabetes Educators 7 Self Care Behaviors

4. Taking Medication
   - Take medicine as prescribed
   - Take at correct time
   - Refill prescriptions before you run out
American Association of Diabetes Educators 7 Self Care Behaviors

5. Problem solving
   - Know the signs and symptoms of high and low blood sugar
   - Know the treatment for high and low blood sugar
   - Determine the cause of the high or low blood sugar
   - Have a Sick Day Plan
   - Have a Disaster Plan
American Association of Diabetes Educators 7 Self Care Behaviors

6. Healthy coping
   - Identify denial, depression and anger and make a plan for change
   - Learn to make lifestyle changes
   - Learn how to handle stress
   - Get support from family and friends
American Association of Diabetes Educators 7 Self Care Behaviors

7. Reducing Risks
   - Control Blood Sugar
   - Control Blood Pressure
   - Control Cholesterol
   - Exercise
   - If you Smoke – Quit
   - Routine doctor appointments
   - Screening exams
   - Check feet daily
Commit to Fit Presents

Whisking your way to Health

Take Action

What are your goals?