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Diabetes and “Pre-Diabetes”
Who is in Control?

“Or do you not know that your body is the temple of the Holy Spirit who is in you...and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit…” (1 Corinthians 6: 19-20)
"Next time Pastor Dwight asks if you know what the sermon was about, the answer is not 'about three hours.'"
Who is in control?

"Why didn't you come to me sooner?"

"The red are for the illness, the blue are for the side effects of the red and the green are for the effects of the blue."
INACTIVITY

POOR EATING HABITS

"PRE-DIABETES"

DIABETES, TYPE II
Who has it?

- 16 million people have diabetes in the US
- 6 million more don’t know they have it
- Medical cost and lost productivity cost an estimated $132 Billion in 2002
- 11-20% of the population have “pre-diabetes” (between 20 and 39 million people)
Prevalence of Diagnosed Diabetes

What we have to look forward to...

- DM worldwide will double from 140 million to 300 million in the next 25 years
- 40-45% of persons age 65 years of age or older have either type 2 diabetes or “pre-diabetes”
- 1 in 3 people born in 2002 will end up with diabetes
What is it?
The numbers…

• “Pre-diabetes” is:
  – random blood sugar from 140 to 200 (or the IHOP test)
  – a fasting blood sugar from 110-125

• Diabetes is two of the following:
  – a random blood sugar over 200
  – a fasting BS over 125

• DM HAS NO SYMTOMS for 1st 10 years

• IT TAKES YEARS TO DO HARM
So how bad is it?... Stroke

6 to 17 times more likely to have stroke
So how bad is it?... Heart Attack

5 to 15 times more likely to have a heart attack
So how bad is it?...Kidney Failure

Leading cause of kidney failure
So how bad is it?...Blindness

Leading cause of blindness
CAUTION

If you are squeamish, look away!

PG-13

Cindy’s suggestion
So how bad is it?...limb loss

Leading cause of amputation
A few words about smoking…

Adolescents:
- 57% try smoking at least once by 12th grade
- Almost everyone who smokes as an adult started by 18
- Smoking is a learned behavior
Is there hope?...yes!

Diabetes Prevention Program

- 3234 patients with “pre-diabetes” followed for 5 years
- Given placebo, a diabetes medication, or lifestyle modification (diet and exercise)
- Primary outcome: who got diabetes DMII?
What happened?

Those who became diabetic

- Placebo
- Medication
- Lifestyle
Conclusion...

- 58% reduction in progression to DMII with Lifestyle Modification whether they met their goals or not!
- Effects found across gender, ethnicity, ages, and weight
- Conclusion: Lifestyle modification could prevent up to 1 million cases of Diabetes per year in the US
Dr Chris Saudek, President of the American Diabetes Association said…

“The DPP is a landmark trial (and is) one of the most important studies in the recent history of diabetes”
The Bible says…

• For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church. (Ephesians 5:29)

• Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (3 John 1:2)
So what is “Lifestyle Modification”? 
Lifestyle, *the basics*…

C + E = R

Calories in + Energy out = Your Risk

*It isn’t this simple but it is what you control*
Pain and punishment... sustainable

A cheerful heart is good medicine, but a crushed spirit dries up the bones. Proverbs 17:22
The formula: $C + E = R$

“C”: 5 first steps to healthy eating

Five a day?
Mediterranean diet?
South Beach diet?
No white at night?
Adkins's diet?

Not sustainable for most people
1) Portion Control

100 calories less a day is 10 lbs a year (36,500 calories)
2) Mindless snacking
3) Empty liquid calories
4) Eating breakfast
5) Eating out
The formula: $C + E = R$

Energy Out… Choose to Move

Ponder the path of your feet, and let all your ways be established. (Proverbs 4:26)
Find a Reason to MOVE…

VANITY → HEALTH

HOME → ACTIVITY

WORK → FUN
Ex: Walking...300 cal/hr

100 calories burned each day = 36,500 cal = 10 lbs a year
What is “Self-Management”?  

The Pedometer…

The Goal:
• Where do you want to be in 6 months to a year

The Action Plan:
• The first step
The Action Plan:

• Something you WANT to do
• Something REASONABLE and SPECIFIC
• Should answer these questions:
  – What?
  – How much?
  – When?
  – How often?
• Confidence level (likelihood-of-success) 1-10

This is called “Self-Management”

Work with your neighbor to come up with an action plan…
What we have tried to do...
Living Well classes at

Learn strategies for coping with a chronic illness...self-management

February 27th through April 3rd for 6 weeks (Mondays) from 6 to 8 pm

PSPH Professional Building
493-7230 (ask for Shari Gioimo)