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DIABETES & YOU COMMUNITY EDUCATION

DIABETES/WEIGHT MANAGEMENT RUBRIC/PROJECT CHECKLIST

- Rubric
 - Introduction – draws reader in
 - Culturally appropriate graphics/examples
 - Clearly written/logical
 - Demonstrates knowledge
 - Call to action
 - Culturally appr. Veg meal options for patients
 - Fonts easy to read
 - Layout visually pleasing, contributes to message
 - Grammar, cap, punctuation, spelling
 - Title w name of presenter
 - Emerging research
 - Research of disease process
 - Sources cited – not more than 5 years old
 - Additional resources included for patient
- Diabetes/Weight Management Handout
 - Include aspects of cultural biases and differences as well as plant-based options. Be mindful of wordage (someone with diabetes vs. diabetic) and other factors. Handout should include weight management tips. This should include how this plan could be implemented, while being mindful of cultural biases and differences
 - Plant based options
 - How weight management plan could be implemented

WELCOME!

The purpose of this course

1. Inform and educate people impacted by diabetes
2. Explain why adopting healthy eating habits is crucial for managing diabetes
3. Provide resources about food and nutrition to help make those habits stick!



The
**Nutrition
Source**



HOW COURSE CONTENT IS ORGANIZED

1. The Reality of Diabetes: Why Careful food monitoring is necessary
2. Understanding Food Basics: Imperative for Self Care
3. Weight Management Strategies & Tools
4. Plant Based Mexican/Southwestern Meal Ideas

PART I

THE REALITY OF DIABETES: WHAT IT IS AND WHY CAREFUL FOOD
MONITORING IS NECESSARY

DIABETES DEFINED

- Diabetes is a condition that affects how your body turns food into energy⁽¹⁾
- It effects every cell in your body
- People with diabetes need to carefully manage their health: eyes, heart, feet and activity
- Food intake is one of the most critical aspects of diabetes care and management⁽²⁾



SOBERING SIDE OF DIABETES (4,5,6,8)

- Diabetes is the 8th leading cause of death in the U.S.
 - Comorbidities like chronic kidney disease and cardiovascular disease can further shorten life expectancy
- Diabetes is the #1 cause of kidney failure, lower-limb amputations, and adult blindness
- More than one in 10 people in the U.S. are currently living with a form of diabetes
 - In Colorado, 7.5% of the adult population have diabetes
 - Lake County diabetes mortality ranks 20th in all US counties for men

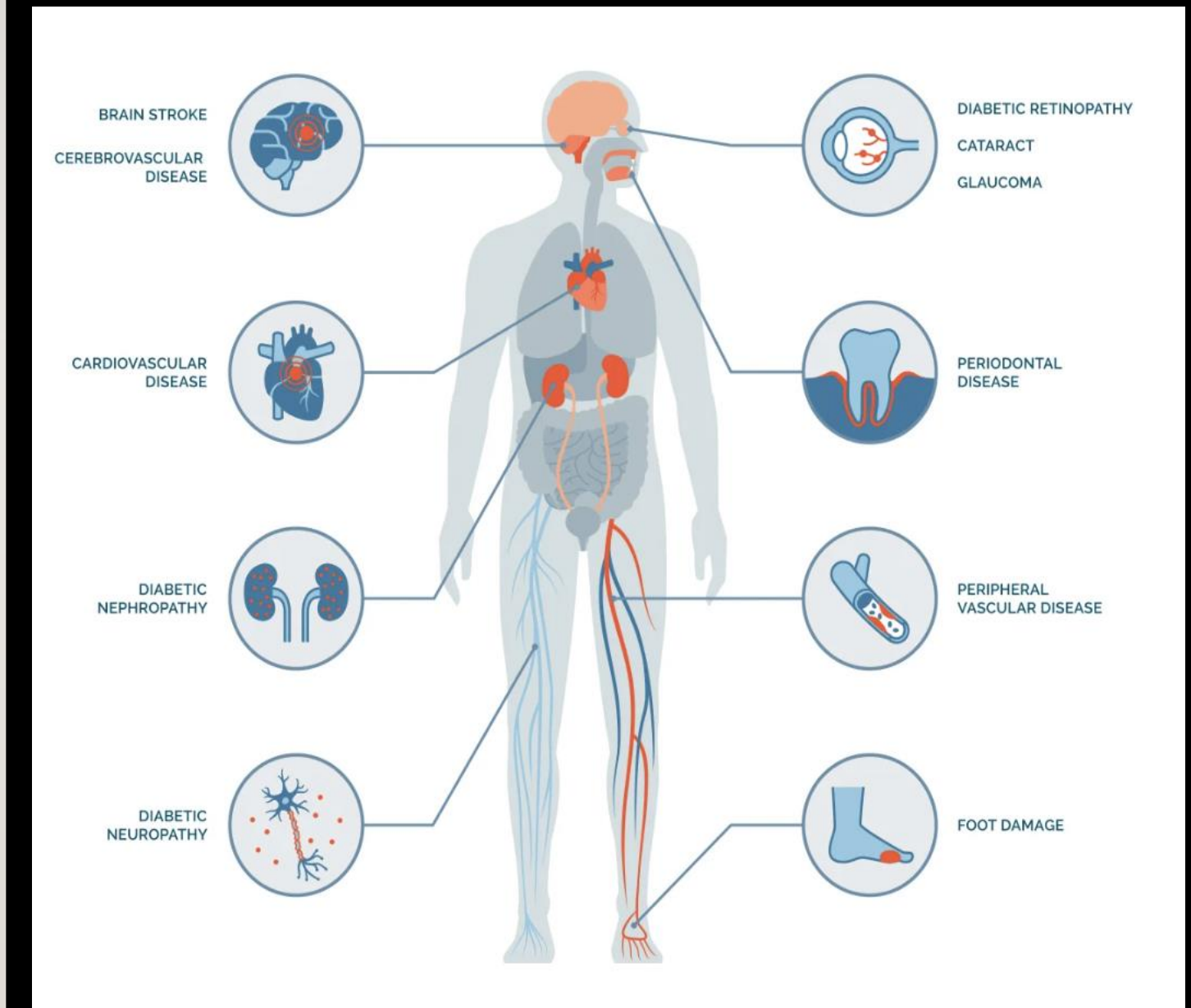
THE GOOD NEWS

- More than ever, it is possible to live and thrive with diabetes, today it is considered a treatable chronic illness
- Technology like continuous glucose monitors, insulin pumps and smart phone apps have made care easier and more effective
- Type 2 Diabetes can be improved and even reversed through healthy eating habits and weight loss



DIABETES EFFECTS ON THE HUMAN BODY⁽³⁾

- Glucose/energy from food is needed by all cells in your body
 - In diabetes the glucose builds up cannot be transported into the cell to convert into energy
 - The cell transporter, insulin, is missing
- Glucose builds up in the body
 - Damages nerves: peripheral nerves effected first, feet and eyes
 - Damages blood vessels: tiny filter blood vessels in kidney, eyes, digestive system, creates clots that cause stroke
 - Increases triglycerides and LDL lipids causes arteriosclerosis, high blood pressure and heart disease





HOW TO MINIMIZE THE EFFECTS OF DIABETES

- Control and Monitor food and carbohydrate intake
- Monitor and dose medication and/or insulin per your doctor's prescription
- Eat regular meals every day, at approximately the same time
- Establish and maintain lifelong health habits
 - Choose heart healthy, whole plant-based foods
 - Consume at least 5 servings of fruit/vegetables per day
 - Minimize intake of saturated fat, sodium and processed food
 - Increase fiber intake
 - Engage in regular physical activity – 60/150 minutes per day/week
- Get regular checkups – A1C, fasting glucose, Lipids (HDL/LDL)

PART 2

UNDERSTANDING FOOD BASICS: IMPERATIVE FOR SELF CARE

CARBOHYDRATES



Bread

Rice

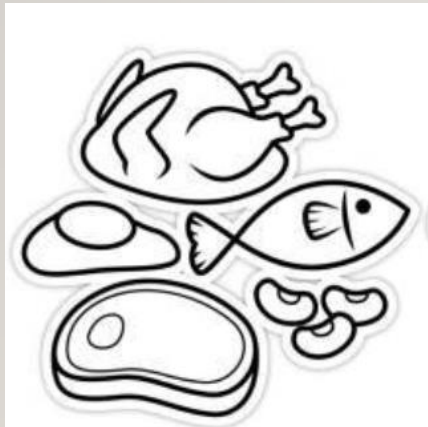
Potato

Sugar

Fruit

Milk

PROTEINS



Meat

Fish

Chicken

Eggs

Beans

Cheese

NON-STARCHY
VEGETABLES



Asparagus

Broccoli

Onion

Peppers

Carrots

Cucumbers

Squash

EATING STYLES & DIETS

- Diabetes can be effectively managed across eating styles, cultural variations, and within specialized diets
- Carbohydrate counting, portion size control and simple swaps all contribute to healthful eating
- Mexican/Southwest
- Vegan/Vegetarian
- Italian
- American
- Mediterranean Diet
- DASH Diet
- Keto Diet
- Gluten Free Diet
- Lactose Free Diet
- Low Sodium Diet

PART 3

WEIGHT MANAGEMENT STRATEGIES & TOOLS



LET'S TALK FOOD⁽⁷⁾

- MyPlate concepts help you visualize a balanced meal
- In a Diabetes Plate, the ratios are slightly different: Carbohydrates 25% and Vegetables 50%

EL PLATO PARA COMER SALUDABLE



ACEITES SALUDABLES

Use aceites saludables (como aceite de oliva o canola) para cocinar, en ensaladas, y en la mesa. Limite la margarina (mantequilla). Evite las grasas trans.

Mientras más vegetales y mayor variedad, mejor. Las patatas (papas) y las patatas fritas (papas fritas/papitas) no cuentan.

Coma muchas frutas, de todos los colores.

AGUA

Tome agua, té, o café (con poco o nada de azúcar). Limite la leche y lácteos (1-2 porciones al día) y el jugo (1 vaso pequeño al día). Evite las bebidas azucaradas.

Coma una variedad de granos (cereales) integrales (como pan de trigo integral, pasta de granos integrales, y arroz integral). Limite los granos refinados (como arroz blanco y pan blanco).

Escoja pescados, aves, legumbres (habichuelas/leguminosas/frijoles), y nueces; limite las carnes rojas y el queso; evite la tocineta ("bacon"), carnes frías (fiambres), y otras carnes procesadas.

VEGETALES

GRANOS INTEGRALES

PROTEINA SALUDABLE

FRUTAS

¡MANTÉNGASE ACTIVO!

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MYPLATE COMPATED TO DIABETES PLATE

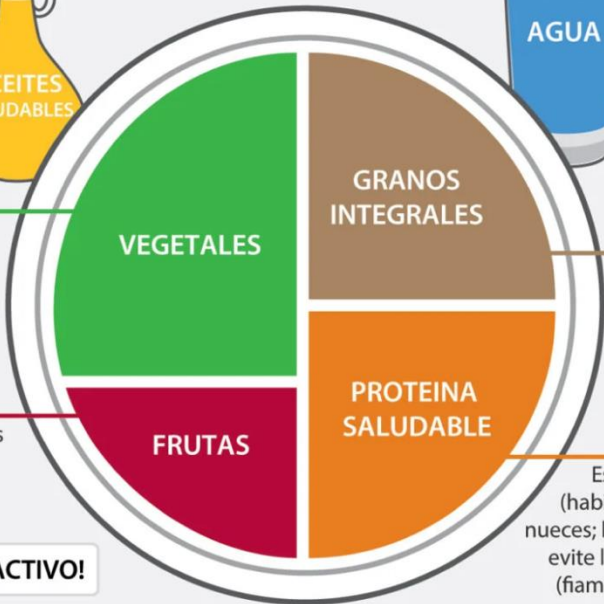
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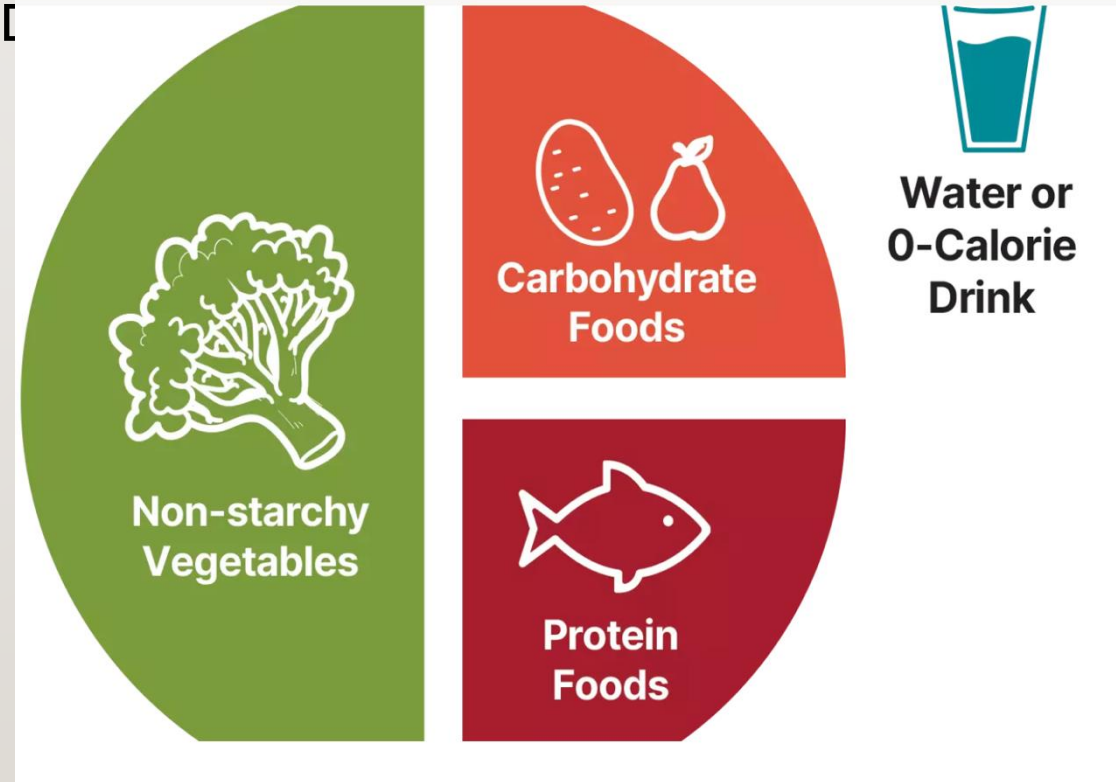
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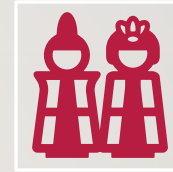




Simple Tips for Weight Management



Monitor Portion Sizes using My Plate, or by using Mindful Eating Tactics



Research low fat, low sodium options of your favorite culturally appropriate foods



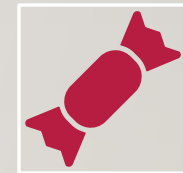
Focus on Plant Based Foods



Avoid fast food. Mass food production is highly processed, which has been directly attributable to obesity.



Cooking at home, and reducing portion sizes are ways to improve the quality of food that you eat



Simple swaps can lower the saturated fat, sodium and calorie content of food



STRATEGIES AND TACTICS FOR WEIGHT MANAGEMENT

1. My plate - single chart w/ link to resources
2. Food tracking – apps comparison chart
3. Healthy swaps - single chart
4. Cooking at home – packing lunches handout
5. Avoiding processed food – handout
6. Balancing snacks with different food groups – healthy snack handout
7. Plant based diet – one day menu, tricks for adding F&V handout
8. Meal planning - calendar tool handout

SIMPLE FOOD SWAPS

High Fat/Sodium

- Sour Cream
- Canned refried beans
- Fried tostada shell
- Cheddar cheese

Low Fat/Sodium

- Plain Yogurt
- Whole beans
- Oven toasted whole wheat tortilla
- Cojita cheese
- BONUS: Top with sauteed tomato, poblano and onion

FOOD TRACKING APPLICATIONS

Research has shown the people who track their food are 75% more likely to have success sticking to diet goals.

APP Name	Web Site	Key Features	Free Option
Calorie King	calorieking.com	Extensive database of food & restaurants,	X
MyNet Diary	mynetdiary.com	Comprehensive database, diabetes specific tracking	Limited
Lose It	loseit.com	Easy to set goals for tracking	X
MyFitnessPal	myfitnesspal.com	Most popular, linkable with fitness app	Limited
Figwee	figwee.com	Visual Adjustable Photo based Portion sizes	Limited
OneTouch Reveal	onetouchreveal.com	Links with OneTouch Verio to track levels	X
SNAQ	snaq.ai	Take pictures of your food, analytics for trends	Limited
Fooducate	fooducate.com	Daily schedule	X

PART 4

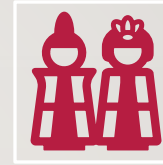
PLANT BASED MEXICAN/SOUTHWESTERN MEAL IDEAS



Tips for Eating Diabetes Friendly Mexican/Southwest Meals



Healthy Mexican Foods



The origin of many Hispanic foods is a blend of Native American, Spanish and Mexican cuisine



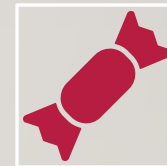
Three sisters: Beans, Corn, Squash are the foundation of many original food items, together they form a complete protein



Mass food production and fast food has dramatically decreased the nutrient content of what was originally a healthy, plant-based diet



Cooking at home, or reducing portion sizes are ways to improve the quality of food that you eat



Simple swaps can lower the saturated fat, sodium and calorie content of food





Adolescent Diabetes & Weight Loss Friendly Menu - 1600 kcal/day, 75 g CHO per meal, 15 g CHO per snack

- Portion sizes relative to Diabetes Plate – 50% non starchy vegetables, 25% starch, 25% protein
- Incorporate low fat dairy – if lactose sensitive use beverages like Fairlife milk, low fat cheese, yogurt - At each meal include a protein, starch and one fruit or vegetable, optional dairy
- Include one vegetarian option (easy swap out) - Incorporate protein & fiber as a fillers when hungry
- Water or zero calorie drinks, avoid artificial sweetener, sugar sweetened beverages, alcohol

Breakfast

[44g CHO]

2 egg bites Starbucks [9g]

Avocado spread [10g]

Small Non-fat Latte [25g]

Lunch

[80g CHO]

Green salad, topped with 1 c black bean, sauteed broccoli [50g]

Optional: 1 chicken sausage [0g]

Sliced tomatoes & scallions [5g]

Olive oil & Balsamic dressing [0g]

Blueberry muffin [25g]

Dinner

[74g CHO]

1 c. Veggie Mac and Cheese [37g]

Optional add ½ cup diced turkey or chicken breast [0g]

2 Sugar free cookies [2g]

10 Dried apricots [20g]

1 c. Milk [15g]

Snack Options (Choose 2 per day)

- 1/2 c. guacamole with 10-12 tortilla chips [20g]
- 1 c. sliced strawberries with feta or a cheese stick [14g]
- Hard-boiled egg with 1 c. sugar free fruit cocktail [15g]
- 1 T salted nuts with 1 carton Chobani sugar free blueberry yogurt [10g]

LIST OF PICTURES/RECIPES TO GATHER



- Mexican/Southwestern Plant Based Meals
 - Egg and Bean breakfast burritos
 - Vegetarian Tamales
 - Squash Blossom Soup
 - Two Bean Tostadas
 - Blue corn muffins
 - High Protein Pumpkin muffins
 - Calabasitas
 - Red Chile
 - Vegetarian Green Chile
 - Caldo de Verduras
 - Blue corn cookies
 - Whole pinto beans
 - Fragrant purple rice

STATE AND LOCAL RESOURCES^(6,8)

- Lake County Public Health Department
 - nurses@lakecountyco.gov
- Lake County Resources Manual
 - <https://www.lakecountyco.com/DocumentCenter>
- Dr. Lisa Zwerdinger, MD, Lake County Chief Medical Officer
 - dralisa@rockymountainfamilypractice.org



BACKUP



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5. Colorado Diabetes Snapshot. Retrieved November 8, 2024 from https://diabetes.org/sites/default/files/2023-10/ADV_2023_State_Fact_sheets_all_rev_CO.pdf
6. Lake County Mortality and Morbidity Statistics. Retrieved Nov 8, 2024 from https://www.healthdata.org/sites/default/files/files/county_profiles/US/2015/County_Report_Lake_County_Colorado.pdf
7. Healthy Plate Eating. Retrieved November 8, 2024 from <https://nutritionsource.hsph.harvard.edu/healthy-eating-plate/>
8. Colorado Diabetes Education and support. Retrieved November 8, 2024 from <https://cdphe.colorado.gov/DSMES-Toolkit>
9. <https://www.adces.org/education/danatech/home>

FINDINGS: DIABETES, UROGENITAL, BLOOD, AND ENDOCRINE DISEASES MORTALITY

Sex	Lake County	Colorado	National	National rank	% change 1980-2014
Female	34.7	36.0	49.6	184	-14.8
Male	29.1	47.0	63.8	20	-28.0

rate per 100,000 population, age-standardized, 2014

Fig. 15: Female diabetes, urogenital, blood, and endocrine diseases mortality, 2014

Fig. 16: Male diabetes, urogenital, blood, and endocrine diseases mortality, 2014

