Harvesting Your Nutritional Health: *Dodging and managing diabetes and other chronic diseases.*

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Nutrition & Wellness / Diabetes Education
Chronic Disease

“Long Term Illnesses that do not get better and do not go away on their own”

9 out of 10 causes of death (State of MI website Oct 2016)

Chances of developing a chronic disease are based on:
- Genetics
- Environment
- Lifestyle
Major Chronic Diseases

- Arthritis (Husband example)
- Asthma
- High Blood Pressure
- Cardiovascular/Heart Disease
- Diabetes
- High Cholesterol (My example)
- Kidney Disease
- Obesity
- Tobacco Usage
Top 10 Reasons for Ambulatory Care Hospitalizations of All Ages in 2014 (Michigan)

- Gastroenteritis (arthritis)
- Bacterial Pneumonia and Asthma (Asthma)
- Congestive Heart Failure (Cardiovascular Disease)
- Kidney/Urinary Infections (diabetes)
- Cellulitis (Obesity)
- Seizures (diabetes)
- Diabetes
- Dehydration (Kidney Disease)
- COPD (tobacco usage)
Chronic Disease

Nationwide....

- 50% of adults have a chronic disease
- 33% of adults have 2 or more chronic diseases
- 75% of healthcare dollars

THEN comes age 65........

- 80% of adults have 2 or more chronic diseases
What are **YOU** wanting?
S.M.A.R.T. Goals

Specific
- What exactly do you want to achieve, in as much detail as possible.
- Define:

Measurable
- How will you know when you have reached your goal and how successful you were? Make this a quantifiable value (assign a number to it.)
- Define:

Achievable
- List the resources needed and if or how you can obtain them. (Don’t forget time is a resource!)
- Define:

Realistic & Relevant
- What change are you hoping to affect by reaching your goal. What outcome should result from you reaching your goal and if it is not clear how does reaching your goal help affect that change?
- Define:

Timed
- When will each step be completed? Break the overall goal into mini steps and assign a due date to each step.
- Define:
Short term goals-what brought you here today?
Smart Goal Example

- Should be related to the chronic disease
- Aim at connecting disease management and your **real life behavior**
- Not overly ambitious- obtainable
- Targeting a specific goal/behavior

**Smart Goal Example** is “I will check my blood sugar each morning before breakfast and record the result for the next 7 days. My reward will be nail polish.”
What are you wanting? Long Term

Elements of Planning

- All objectives should be SMART
  - S=Specific (concerned with specific area or activity),
  - M=Measurable (the outcomes can be measured to demonstrate that the objective has been achieved),
  - A=Attainable (the outcome is possible to achieve),
  - R=Realistic (achievable with available resources),
  - T=Time-framed (achievable within the time).
- We need to constantly review our objectives by measuring the outcomes, so that we can change the way that we are working, if necessary.
Gather Your Goals and Harvest Your Health
Anti-Inflammatory Diet

- Aim for variety minimizing processed foods
- Meals balanced for your size: 40-50% from carbohydrates of whole grains, fruits & veggies
- 30% from fat focusing on omega 3 fatty acids such as salmon, flax seeds, chia seeds, etc.
- 20-30% from protein including non-animal protein such as soy.
- Spice it up! Ginger, Tumeric, Cinnamon, Garlic..
- Don’t forget the important nutrient-WATER!
CONTROL the Disease................Have a PLAN!

### Asthma Action Plan

<table>
<thead>
<tr>
<th>Doing Well</th>
<th>Medicine</th>
<th>How much to take</th>
<th>When to take it</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>

*Peak flow: more than 80% of normal peak flow*

*My best peak flow is: ___*

Before exercise: ___ 1 or 2 or 4 puffs ___ 6 minutes before exercise

### Asthma Is Getting Worse

- Cough, wheeze, chest tightness, or shortness of breath or waking at night due to asthma, or Can do some, but not all, usual activities

**-Peak flow: ___ to ___ (60 to 79 percent of my best peak flow)**

### Medical Alert!

- Very short of breath, or Quick-relief medications have not helped, or Cannot do usual activities, or Symptoms are worse or get worse after 24 hours in Yellow Zone

**-Peak flow: less than 60 percent of my best peak flow**

**DANGER SIGNS**
- Trouble walking and talking due to shortness of breath
- Lips or fingernails are blue
- Go to the hospital or call for an ambulance ___ NOW!
Insights of Andrew Weil, M.D.
Why is Diabetes Education Important?

Diabetes & Pre-Diabetes Puts You at Risk for......

Additional Chronic Diseases
Type 1 Diabetes

- Auto-immune disorder where insulin producing cells are destroyed
- **Daily insulin replacement is necessary for survival**
- Relatively quick onset - *usually* in childhood
- Cause unknown, likely genetic and environmental factors
Type 2 Diabetes

- A metabolic disorder where the body becomes increasingly resistant to insulin
- Many therapies available
- Slow to progress, usually diagnosed in adults
- Cause unknown but risk factors include:
  - Age
  - Being overweight
  - Inactivity
  - Ethnicity
  - Family history
  - Previous history of gestational diabetes
Gestational Diabetes
Pre-Diabetes

- Blood sugar level is higher than normal but not yet high enough to be classified as type 2 diabetes.
- Without intervention, prediabetes is likely to become type 2 diabetes in 10 years or less.
- Long Term damage may already be starting.
- It’s reversible! With healthy lifestyle changes — such as eating healthy foods, including physical activity in your daily routine and maintaining a healthy weight.
Diet Therapy

*Balance insulin with carbohydrate intake*

- Most people have flexibility in WHAT & WHEN to eat
  - MODERATION
  - Protein!
  - Healthy Fats!
  - Fiber is your friend!

AND BALANCE WITH ENERGY NEEDS!
Hypoglycemia:
Possible Signs & Symptoms

**Mild Symptoms**
- Hunger
- Shakiness
- Weakness
- Paleness
- Blurry vision
- Increased heart rate/palpitations
- Sleepiness
- Changed behavior
- Sweating
- Anxiety
- Dilated pupils

**Moderate to Severe Symptoms**
- Seizures
- Irritability/frustration
- Extreme tiredness/fatigue
- Inability to swallow
- Confusion
- Restlessness
- Dazed appearance
- Unconsciousness/coma
Hyperglycemia: Possible Signs & Symptoms

Severe Symptoms
- Labored breathing
- Confused
- Very weak
- Unconscious

Moderate Symptoms
- Dry mouth
- Vomiting
- Stomach cramps
- Nausea

Mild Symptoms
- Lack of concentration
- Thirst
- Frequent urination
- Blurred vision
- Flushing of skin
- Increased hunger
- Sweet, fruity breath
- Weight loss
- Fatigue/sleepiness
- Stomach pains
Food Label

![Nutrition Facts]

<table>
<thead>
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<th>Amount Per Serving</th>
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<tr>
<td><strong>Calories</strong></td>
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<tr>
<td><strong>Total Fat</strong></td>
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<tr>
<td>Saturated Fat</td>
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<td><strong>Sodium</strong></td>
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<tr>
<td>Sugars</td>
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</tr>
<tr>
<td><strong>Protein</strong></td>
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<table>
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<tr>
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Calories per gram:
- Fat 9
- Carbohydrate 4
- Protein 4
UP Health System-Marquette
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