

Healthier Lifestyles for People with Diabetes

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Risk of Type Diabetes

- Type 2 Diabetes
 - 90-95% of all cases
- Genetics
- Environmental Influences
 - Overweight and obesity
 - Physical Activity
- Nurses Health Study

Macrovascular Disease

- Cardiovascular complications
- Risk
 - Diabetes diagnosis
 - Activity levels independent of diabetes
- Prevention

Microvascular Disease

- Nephropathy
- Neuropathy
 - Peripheral
 - Autonomic
- Retinopathy

Preventing Diabetes-Related Complications

- Depression, anger, and denial
 - Metabolic control
- Landmark Studies
 - DCCT Trial
 - UKPDS
 - Risk reduction and longevity

Diabetes-Related Disability

- Quality of Life
- Depression and Anxiety

Reducing Co-Morbidity Incidence

- Social Change
- Glycemic Control
 - A1C less than 6-7%
- Blood pressure less than 130mm/80Hg
- Serum Cholesterol
 - LDL
 - < 70-100 mg/dl
 - <70 mg/dl if prior history of CVD
 - HDL
 - >40 mg/dl men
 - >50 mg/dl women
- Triglyceride levels less than 150 mg/dl

Lifestyle Change

- Nutrition
 - Portion Control
 - Carbohydrate-controlled
 - Consistency
 - High-fiber
 - Antioxidants
 - Fresh fruits and vegetables
 - Variety, five a day
 - Black or green tea twice daily
 - Can inhibit LDL activity
 - Low sodium (2000 - 2300 milligrams per day)

Lifestyle Change Nutrition Continued

- Meat Consumption
 - Lean, red meats
 - 9 ounces or less each week
 - Fatty, wild fish 2-3 times per week
- The label and fat Intake
 - Avoid trans/hydrogenated fat
 - Limit saturated fat as much as possible
 - Choose packaged foods with 3 or less grams of fat per serving
 - Choose more monounsaturated fats, omega 3s, and healthy omega 6s
- Limit cholesterol intake to \leq 200 mg/day

Activity

- Leisure Time Activity
 - Activity that is not planned
 - Not performed for the intent of exercise
- Physical Activity
 - Planned form of exercise
- Healthy People 2010
- Tobacco cessation

Resources

- Excellent Online Resources include
 - The American Association of Diabetes Educators
 - The American Diabetes Association
 - The American Dietetic Association
 - RD411.com
 - Centers for Disease Control and Prevention
 - The World Health Organization
 - The American Heart Association and National Heart, Blood, & Lung Institute
- Local Resources
 - American Diabetes Association Recognized Education Programs
 - Local Certified Diabetes Educators
 - Local Registered Dietitians
 - Nursing, Exercise Science & Sport or Kinesiology, and Allied Health Departments in Academia

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