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)

- 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 ≤ 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

References

References


