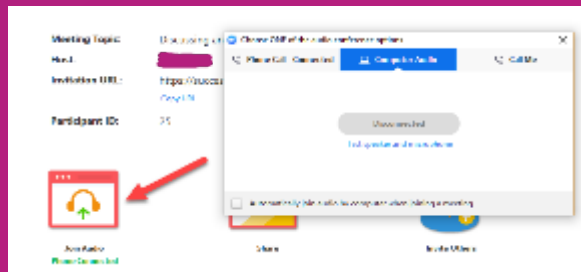




Welcome to Health Net's Monthly Wellness Webinar

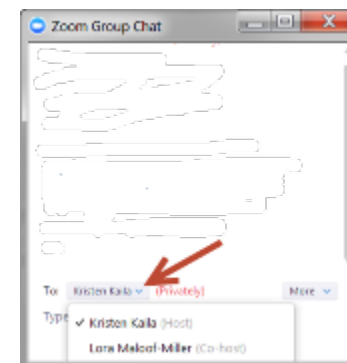
Participants are muted upon entering the webinar to avoid background noise; the presentation will begin promptly at 12:00 PM PST.

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Chat Function

Confidential and Proprietary Information

Disclaimer

The information provided in this presentation is intended solely for the general information of the audience. It is not medical advice and shall not replace consultation with your physician or other qualified health provider. If you have any health-related questions or problems, please seek the advice of your physician or other qualified health provider.



Diabetes Workshop: The Basics

Presented by: Claudia Graetsch-Vasquez, RDN, CDCES

Class Objectives

- Define Pre-Diabetes and Diabetes
- Identify risk factors for developing Pre-Diabetes and Diabetes
- Discuss lifestyle approaches that work to prevent or delay Type 2 Diabetes
- List medications used in Diabetes prevention
- Discuss the main ingredients for prevention success

Scope of the Problem

- Diabetes affects 34.2 million people or 10.5% of the population in the United States
- Approximately 88 million American adults—more than 1 in 3 have prediabetes.
- Of those with prediabetes, more than 84% don't know they have it.
- Without intervention 15-30% of those with pre-diabetes will develop type 2 diabetes within 5 years
- Prediabetes puts you at increased risk of developing Type 2 diabetes, heart disease, and stroke.
- Pre-diabetes and diabetes are major health concerns in the U.S. Both of these conditions contribute to a serious and growing health problem throughout the world

Normal Blood Glucose Control

→ Glucose is a fancy word for sugar



BODY PART

LIVER

ROLE IN BLOOD GLUCOSE MANAGEMENT

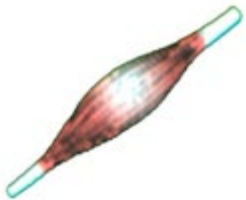
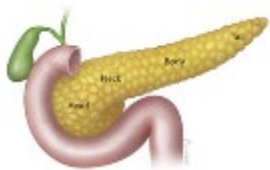
- Stores and releases glucose

PANCREAS

- Makes the hormone insulin
- Insulin is the key that unlocks our cells & allows glucose to enter the cell

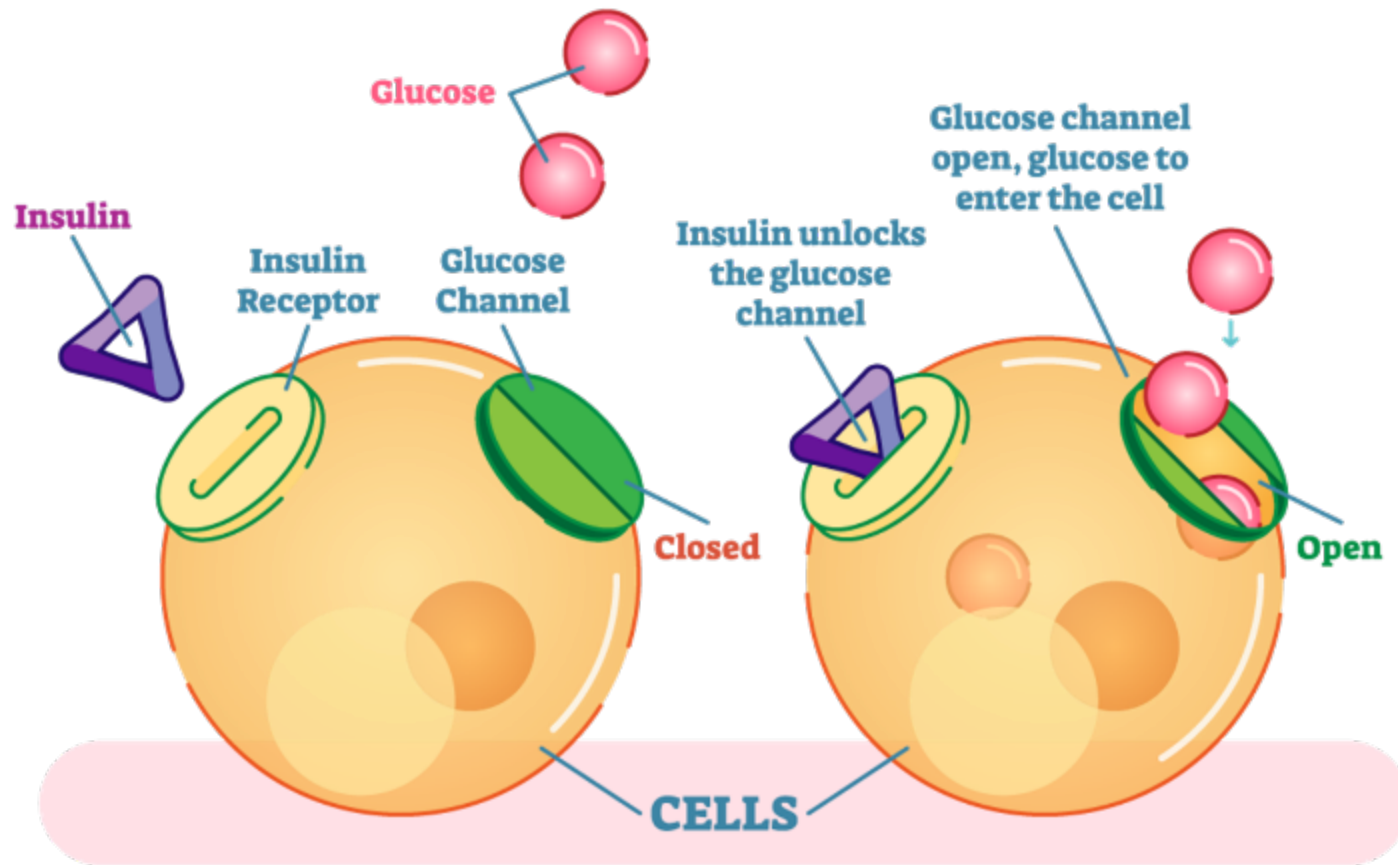
BODY CELLS

- Use glucose for energy and to function properly

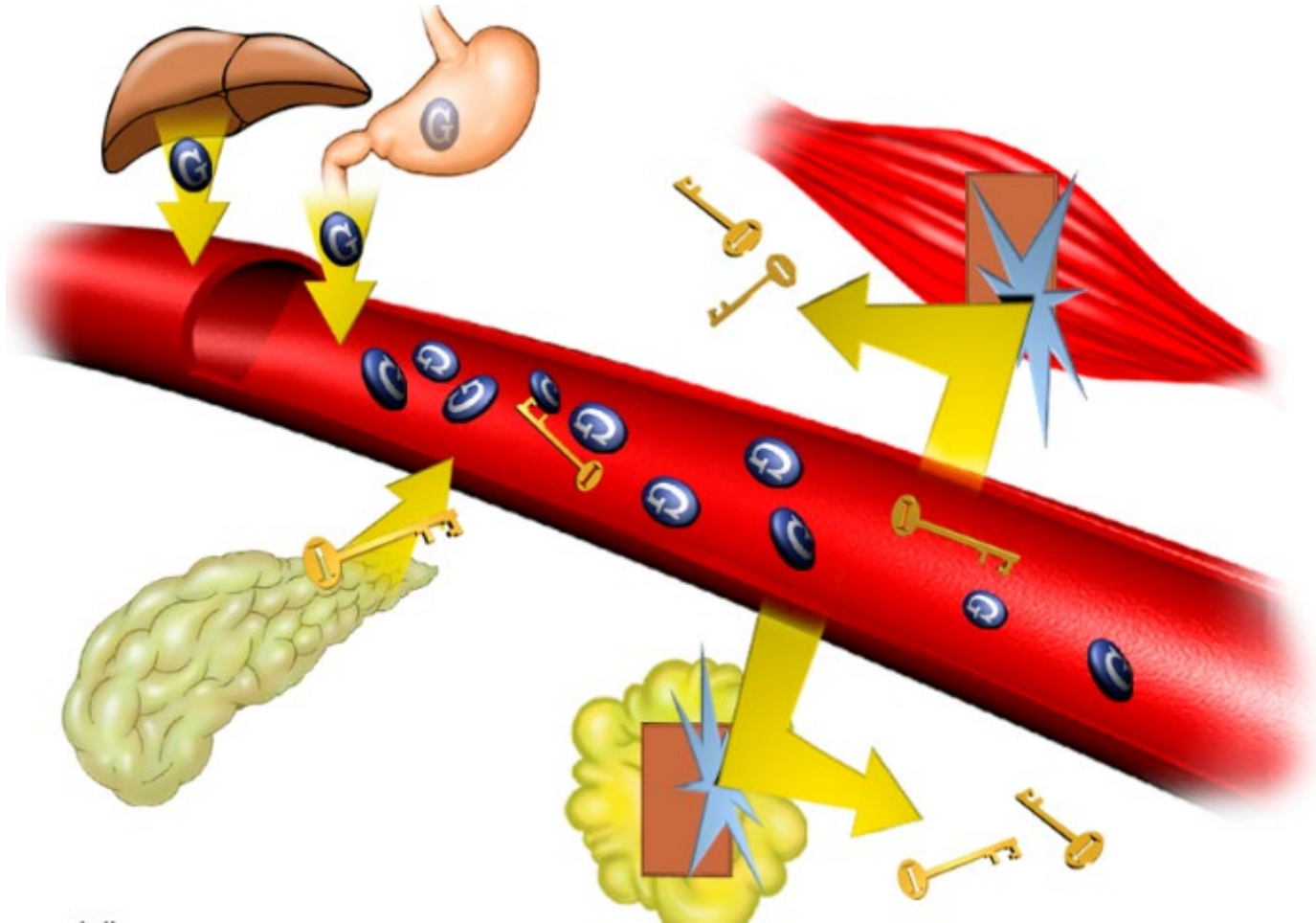


Normal Glucose Metabolism

HOW DOES INSULIN WORK



Insulin Resistance



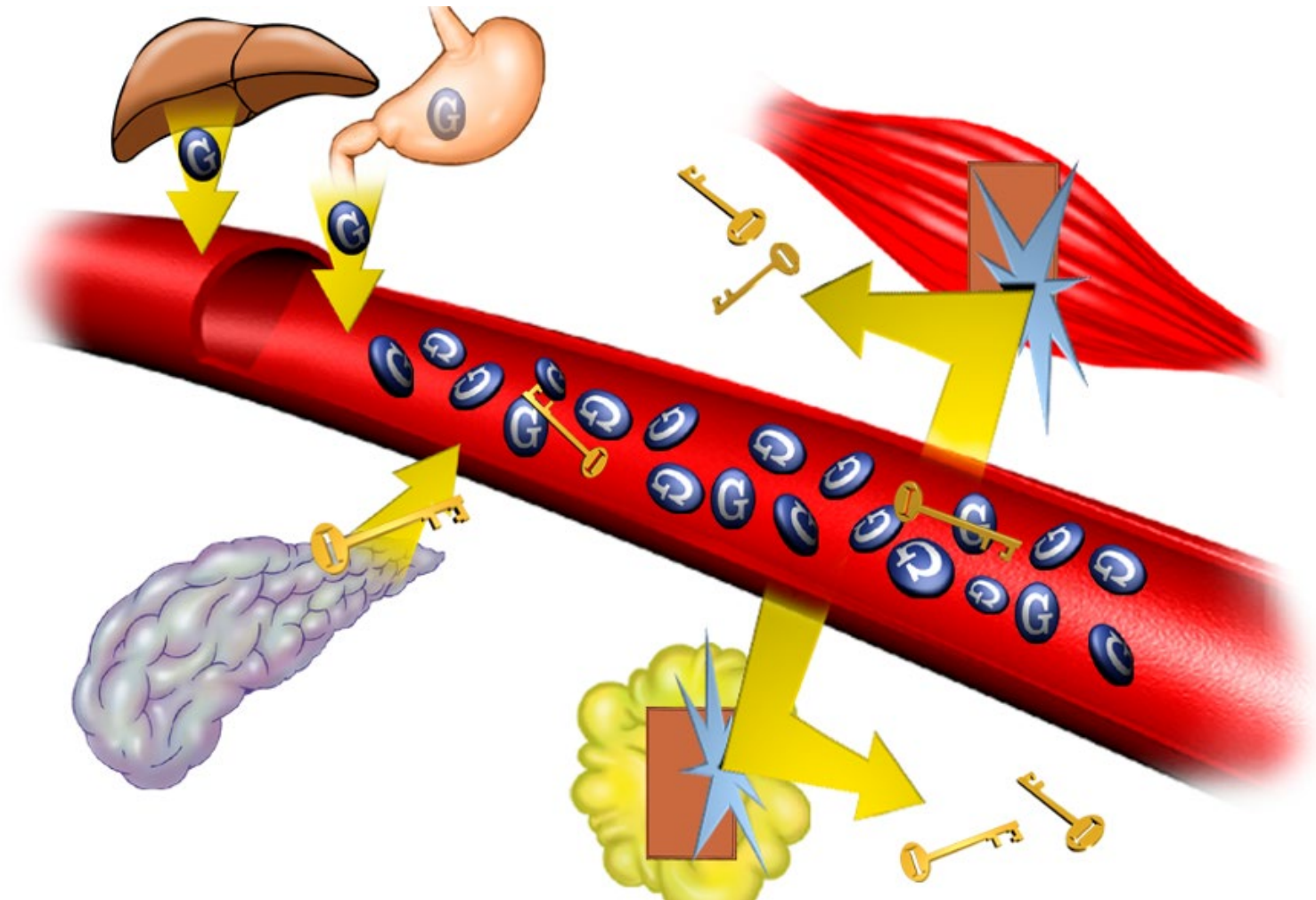
Cells “resist” the action of insulin

How do Prediabetes & Type 2 diabetes start?

The body cells start to develop insulin resistance. The body cells start to ignore the insulin

- Pancreas works harder to make extra insulin
- Pancreas cannot keep up with the demand for extra insulin
- Pancreas gets tired and slows down
- Excess glucose begins to build up in the blood stream
- Blood sugar levels start to increase to above normal levels

Insulin Resistance



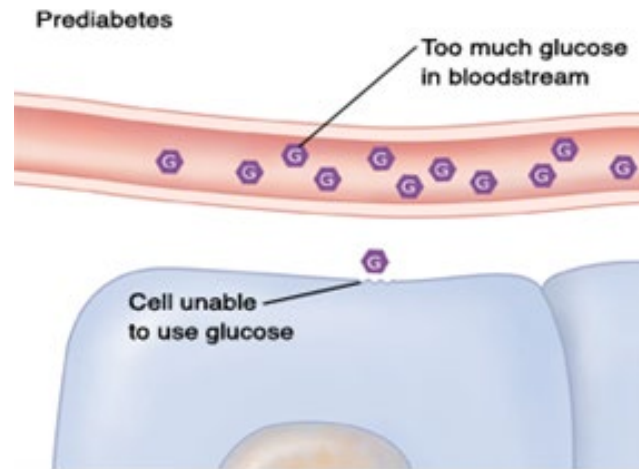
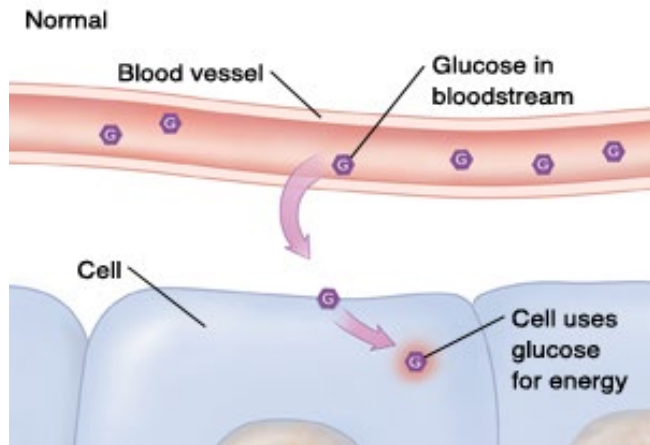
Glucose levels builds up in the blood

Risk Factors for Pre-Diabetes and Type 2 Diabetes

- ✓ Being overweight (especially around the waist)
- ✓ Being 45 years old or older
- ✓ Physical activity less than 3 times/week
- ✓ If a parent or sibling have diabetes
- ✓ High risk ethnicity
- ✓ Having diabetes during pregnancy
- ✓ History of elevated glucose levels
- ✓ High blood pressure (over 140/90)
- ✓ Low good cholesterol (HDL less than 35)
- ✓ High Triglycerides (over 250)
- ✓ History of cardiovascular disease
- ✓ Some medications increase your risk

Why worry about prediabetes?

Prediabetes is a condition where the body's cells have trouble using glucose in the blood for energy. As a result, too much glucose stays in the blood. This can affect how your heart and blood vessels work. Without changes in diet and lifestyle, the problem can get worse.



Pre-Diabetes/ Diabetes Screening

- **Age 45 years or older**
- **If have an 'at-risk' weight plus another risk factor**
- **Repeat testing *at least* every 3 years**

Symptoms You *Might* Experience

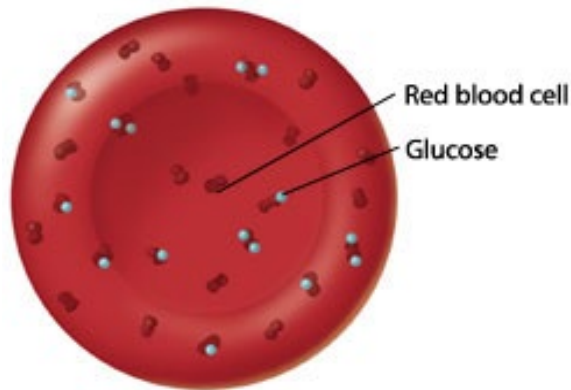
USUALLY NO SYMPTOMS!

- Feeling unusually thirsty
- Frequently urinating
- Tired all the time
- Sudden weight loss without trying
- Vision changes
- Frequent infections
- Numb or tingling hands or feet
- Wounds that won't heal

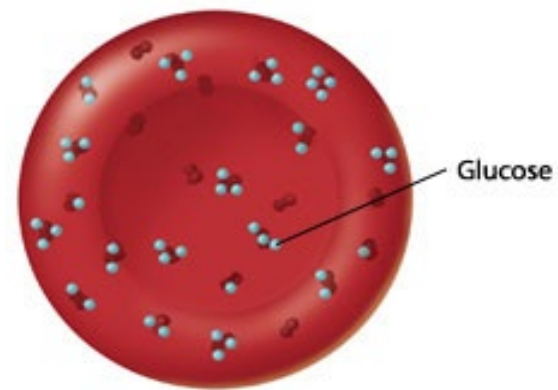
Diagnosing Pre-Diabetes & Diabetes

	Fasting Blood Glucose Test	Glucose Tolerance Test	A1C
Normal Glucose	60-99	< 140	< 5.7 %
Pre-Diabetes	100-125	140-199	5.7-6.4%
Diabetes	≥ 126	≥ 200	≥ 6.5%

The Hemoglobin A1C Test



Healthy red blood cells have some glucose stuck to them.



A high A1C means that unhealthy amounts of glucose are stuck to the cells.

The Hemoglobin A1C Test

The diagram illustrates the relationship between Hemoglobin A1C (A1c%) and estimated average glucose (eAG). A large purple arrow on the left points to the 5% A1c% level, labeled "Goal < 5.7%". The data is presented in a table with two columns: A1c% and eAG.

A1c%	eAG
5	97
6	126
7	154
8	183
9	212
10	240
11	269
12	298

Pre-Diabetes

- Blood glucose levels that are higher than normal but not as high as type 2 diabetes
- Having pre-diabetes increases the risk for:
 - Type 2 diabetes
 - Heart disease
 - Stroke
- You can have pre-diabetes and not be aware of the problem because symptoms rarely happen
- Pre-diabetes is often REVERSIBLE
 - A healthy diet and a healthy lifestyle can make a **BIG** difference

Types of Diabetes

- Type 1 Diabetes

- Autoimmune disorder
- Cells of the pancreas they make insulin are no longer able to make insulin
- Usually diagnosed in children and young adults

- Type 2 Diabetes

- Most common form of diabetes
- The body cells have become insulin resistant and the pancreas cannot make enough insulin to overcome the body cells' insulin resistance
- Usually diagnosed in adults

- Gestational Diabetes

- Diabetes during pregnancy
 - Caused by insulin resistance from pregnancy hormones
- Increases risk for Type 2 Diabetes later in life

Complications of Pre-Diabetes: Heart Disease

- People with pre-diabetes are at a higher risk for developing heart disease
- Many risk factors for heart disease can be controlled by BEING ACTIVE and HEALTHY EATING
- Screening and treatment for heart disease are recommended for people with pre-diabetes

Complications of Pre-Diabetes:

Heart Disease

- Screening:
 - Cholesterol: have checked **at least** every 5 years until age 40, then every year
 - Blood Pressure: work with your health care provider to manage blood pressure
- Targets

Test	Target
HDL cholesterol (high density lipoprotein)	Men: ≥ 40 Women: ≥ 50
LDL cholesterol (low density lipoprotein)	< 130
Triglycerides	< 150
Blood Pressure	Ideal $\leq 130/80$; OK $< 140/90$

Is Type 2 Diabetes Preventable?

YES!

Diabetes Prevention is...

Proven.

Possible.

Powerful.

Diabetes Prevention Program- A Major Clinical Trial

It helped answer the question whether diet and exercise OR the medication Metformin could prevent or delay the onset of Type 2 diabetes.

- **1st Group: Intensive Lifestyle Intervention**
 - Healthy, low fat diet
 - 7% weight reduction
 - 30 minutes of physical activity, 5 days a week
 - Behavior modification
- **2nd Group: Metformin**
 - Oral diabetes pill plus standard lifestyle recommendation
- **3rd Group: Placebo**
 - Standard lifestyle recommendation

DPP Study Findings

LIFESTYLE INTERVENTION WORKED BEST!

➔ Lifestyle changes reduced risk of developing type 2 diabetes by 58%

➔ METFORMIN WAS ALSO EFFECTIVE

- Metformin reduced risk of developing type 2 diabetes by 31%
- It was less effective in the elderly and those less overweight

The Keys to Success:



Lose Weight



Eat Healthy



Be Active



Manage
Stress



Medications (if
recommended
by health care
provider)



NUTRITION & EXERCISE ARE POWERFUL PREVENTION TOOLS

Lose Weight

- Losing just 7% of your body weight can help your body use it's own insulin better
 - If you weigh 150 lbs: lose 11 lbs
 - If you weigh 200 lbs: lose 14 lbs
 - If you weigh 250 lbs: lose 17-18 lbs
- When your body can use it's own insulin better, blood sugars improve.

How Do I Lose Weight?

- What's the 'magic solution' to losing weight?

**EAT HEALTHY
&
MOVE MORE**

Healthy Eating: What does it mean?

Eat
More

- Whole grains
- Vegetables and fruit
- Fiber
- Healthy fats (but not too much)
- Fish
- Foods with Omega-3s
- Water

Eat
Less

- Red & processed meats
- Unhealthy fats
- Cookies, chocolate, ice cream and other desserts
- Salty snacks like chips
- Cream and solid fats like butter and lard
- Salt

Eat More Fiber

- Fiber is the non-digestible part of plants
- Why is fiber healthy?
 - Foods high in fiber are typically low in calories and fat: helps with weight loss
 - Helps you feel fuller
 - Helps lower your risk of certain health problems
 - Helps maintain a healthy digestive system
- There are 2 types of fiber:

Type	Food Sources	Health Benefit
Insoluble	Whole grains, cereals, fruits and vegetables	✓ Helps prevent constipation ✓ Reduces risk of certain types of cancer
Soluble	Oats, beans and some fruits and vegetables	✓ Helps lower cholesterol and heart disease risk ✓ Helps control blood sugar levels

Eat More Fiber

- What foods have fiber? Plant based foods!

	Examples	Tips!
Vegetables	Greens, broccoli, peppers, carrots, peas, cauliflower, asparagus, brussel sprouts	➤ Aim for at least 3 servings/day
Fruits	Berries, apples, bananas, melons, oranges	➤ Aim for 2 cups/day ➤ Fruit Juice is LOW in fiber
Whole grains and cereals	Whole wheat bread, pasta or muffins, corn tortillas, oats, oat bran cereal	➤ Aim for 6-8 servings of whole grains/day
Beans	Black beans, garbanzo bean, kidney beans, pinto beans, lentils	➤ One cup of cooked lentils has over 15 grams of fiber!
Seeds	Flaxseeds, Chia Seeds, Sunflower seeds	➤ 1 tbsp. has 1-5 grams of fiber

Watch Out!

‘Made with Whole Grains’ vs ‘Whole Wheat’

How to Increase Fruits and Vegetables

- ✓ Have a salad or vegetable with lunch and dinner every day
- ✓ Snack on raw vegetables or fruits
- ✓ Try cooking vegetables in new ways:
 - ✓ Grill, roast, stir-fry or steam
- ✓ Eat the rainbow
- ✓ Choose fruit as dessert or when you crave something sweet

Choose Healthy Fats (but not too much!)

What are Healthy Fats?

- Mostly **plant** based fats:
 - Oils like olive oil, canola oil, sunflower oil, safflower oil, soybean oil, corn oil
 - Nuts: walnuts, cashews, almonds, peanuts, etc.
 - Nut butters
 - Seeds: sunflower seeds, flaxseed, chia seeds
- Fish: aim for 2-3 servings/week
- Omega-3s: fatty fish, walnuts, flaxseed, canola oil

Limit or Avoid Unhealthy Fats

- Eat lean meats
 - Loin cuts or rounds
 - Fish: aim for 2-3 times/week
 - Skinless poultry
- Make low-fat versions of favorite recipes
- Try lower fat dairy products: non-fat or 1%
 - Avoid high fat dairy like cheese, sour cream, whole or 2% milk/ milk products
- Pass on foods that have palm, coconut or hydrogenated oils
- Pass on High Fat/ High Sugar Snack-type foods
 - Chips, cookies, candy, bakery items
- Use less fat in cooking
 - Choose low fat cooking methods: bake, broil or grill
 - Use non-stick cooking sprays in place of oils/butter
 - Only use small amounts of oils when cooking

Limit Added Sugars

- Pause before you add Sugar to your foods/beverages!
- Sugar goes by many names:
 - White sugar, brown sugar, powdered sugar
 - Syrup
 - Molasses
 - Agave Nectar
 - Honey
- Cut the portion you add to foods/ beverages in half
 - OR: use non-sugar sweeteners instead
- Choose calorie and sugar free beverages
- Use extracts to boost flavor:
 - Cut sugar used in baking by 1/3 -1/2 and add extracts: vanilla, almond & orange

Less fat, Less Added Sugars

- This leads to less calories going in
 - 1 tbsp. of fat (like butter or olive oil) = 102 calories
 - 1 tbsp. of sugar (like table sugar or high fructose corn syrup) = 48 calories
- “But I use olive oil when I cook and I eat nuts because they’re good for me”
 - True, but *too much* is still *too much!*
 - Chose healthy (mostly plant-based) fats, ***but still limit how much you have***
- “I don’t eat fruit because it’s full of sugar.”
 - Fruit is high in *natural sugar* and also high in fiber, vitamins, minerals and antioxidants- things you should eat more of!
 - Cakes, cookies and candies are high in *added sugars AND unhealthy fat* and low in fiber, vitamins, minerals and antioxidants- so limit them!

Planning Your Plate:

Step 1. Make half your plate vegetables and fruits

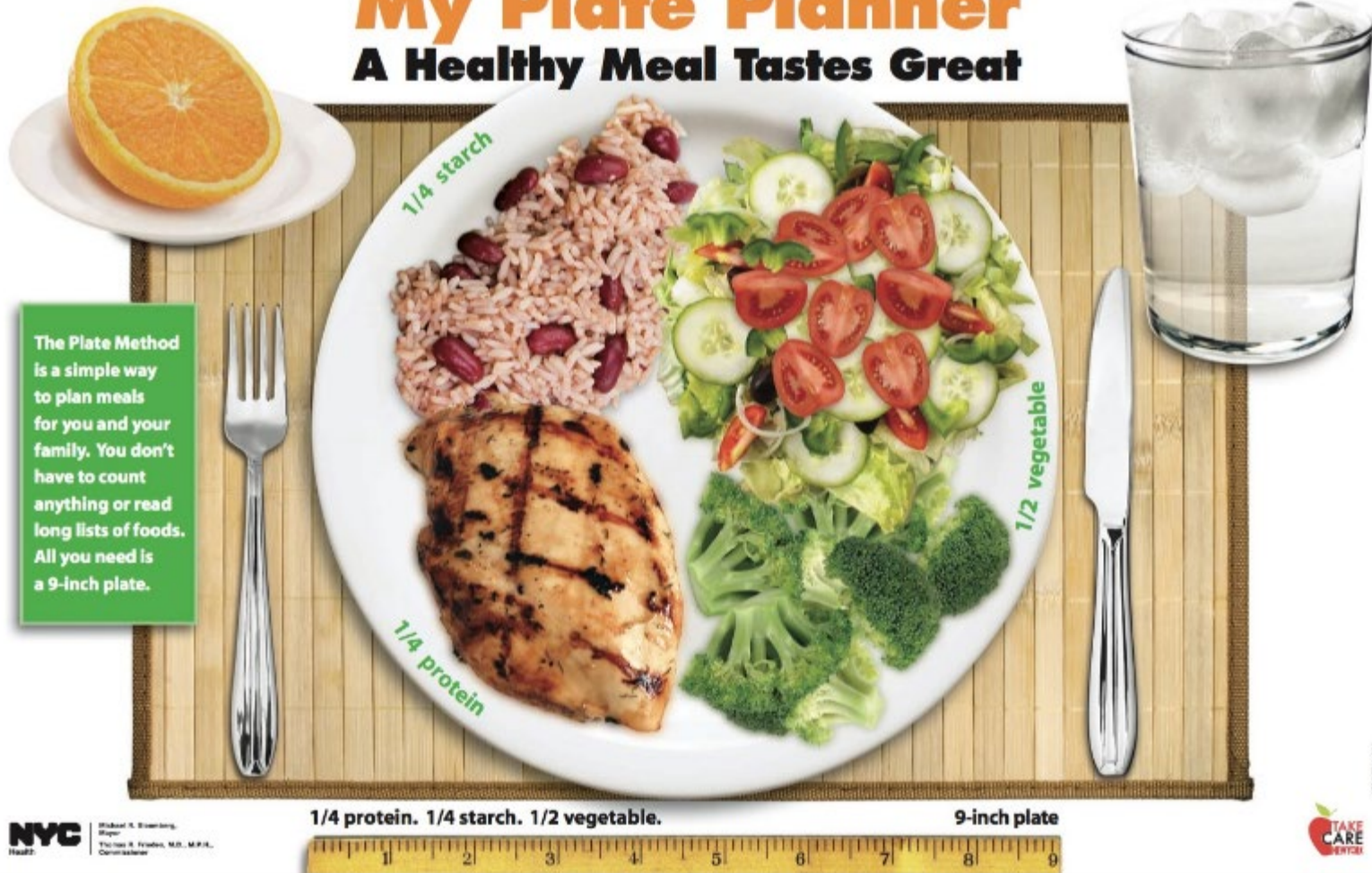
Step 2. Make $\frac{1}{4}$ of your plate a starchy food

Step 3. Make $\frac{1}{4}$ of your plate a lean protein

Step 4. You can add a small serving of low-fat dairy on the side

Planning Your Plate

My Plate Planner A Healthy Meal Tastes Great



Be Active

What will being active do for you?

- ☐ Help you lose weight
- ☐ Help prevent weight gain
- ☐ Help lower blood sugars
- ☐ Reduces depression
- ☐ Lowers your risk for:
 - Type 2 Diabetes
 - Early death
 - Coronary artery disease
 - High blood pressure
 - High cholesterol or triglycerides
 - Stroke
 - Metabolic syndrome
 - Colon cancer
 - Breast cancer

Be Active: How Much?

For substantial health benefits, adults need to do at least:

- 2 hours and 30 minutes (150 minutes) each week of moderate-intensity* aerobic activity
- OR
- 1 hour and 15 minutes (75 minutes) each week of vigorous-intensity* aerobic activity
- OR
- An equivalent mix of moderate- and vigorous-intensity aerobic activity.

Aerobic activity should be performed for at least 10 minutes at a time, preferably, spread throughout the week.

*** CHECK YOUR INTENSITY!**

- **A person doing moderate-intensity aerobic activity can talk, but not sing, during the activity.**
- **A person doing vigorous-intensity activity cannot say more than a few words without pausing for a breath.**

Be Active

How can adults get additional health benefits?

For greater health benefits, adults should do:

- 5 hours (300 minutes) each week of moderate-intensity aerobic activity
- OR
- 2 hours and 30 minutes (150 minutes) a week of vigorous-intensity aerobic activity
- OR
- An equivalent mix of moderate- and vigorous-intensity aerobic activity.

Muscle Strengthening Activities

- Muscle strengthening should be done 2 or more days a week.
- All major muscle groups should be worked. These are the legs, hips, back, abdomen, chest, shoulders, and arms.
- Exercises for each muscle group should be repeated 8 to 12 times per set. As exercises become easier, increase the weight or do another set.

Ways To Increase Activity

- **What are your barriers to being more active?**
- **What are solutions to those barriers?**

Manage Stress

- High stress levels can be a barrier to making healthy lifestyle changes
- Types of stress:

Physical

- Fever
- Pain
- Illness

Environmental

- Weather
- Noise
- Traffic
- Housing concerns

Social/Emotional

- Financial
- Job
- Family
- Guilt
- Loss
- Lifestyle change
- Big Decisions

Manage Stress

- **Take Charge of your Response to Stress**
 - Learn to say no!
- • **Make time for physical activity**
- **Make time to relax**
 - Belly Breathing
- **Make time to sleep**
 - Sleep Savers vs Sleep Stealers
- **Make time to laugh**

Medication Management: Metformin



METFORMIN WAS EFFECTIVE AT REDUCING TYPE 2 DIABETES IN DPP

- Metformin reduced risk of developing type 2 diabetes by 31%
- It was less effective in the elderly and those less overweight

- Should be recommended as an option for high risk patients:

- History of gestational diabetes
- BMI ≥ 35
- Age < 60 years
- Patients with rising A1Cs despite lifestyle changes

- How Does Metformin Work?

- Decreases the liver's ability to let glucose 'escape' into the blood stream

Summary: How can I prevent type 2 diabetes?

- ☐ Lose Weight
- ☐ Eat Healthy
- ☐ Be Active
- ☐ Manage Stress
- ☐ Medications (if recommended by your health care provider)

Resources

American Association of Diabetes Educators

DiabetesEducator.org

1-800-338-3633

American Diabetes Association

Diabetes.org

1-800-DIABETES (1-800-342-2383)

Academy of Nutrition and Dietetics

Eatright.org

1-800-877-1600

American Heart Association

AmericanHeart.org

1-800-AHA-USA1 (1-800-242-8721)

Centers for Disease Control and Prevention

Cdc.gov/diabetes

1-800-CDC-INFO (1-800-232-4636)

National Diabetes Education Program

Ndep.nih.gov

1-888-693-NDEP (1-888-693-6337)

National Diabetes Information Clearinghouse

Diabetes.niddk.nih.org

1-800-860-8747

Decision Power Health & Wellness

Health Net's online resources that include:

- Personal Health Profile
- RealAge Test (health assessment)
- Finding and comparing doctors
- » Wellness center programs and information:
 - Weight management
 - Nutrition
 - Smoking Cessation
 - Exercise
 - Stress Management



Telephonic Support/Lifestyle Management Health Coaching



Personalized support

Work one on one with a health coach:

Learn what to expect when trying to make a healthy change.

Understand what motivates you.

Decide exactly what you want to focus on.

Set specific health goals.

Track your progress – Your coach will help you stay with it!



Not sure what to do?

Call our Nurse Advice Line. A registered nurse is ready to answer your questions.

Call 1-800-893-5597

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- Weight Watchers
- Jenny Craig



Chiropractic/
acupuncture
services and
more
ChooseHealthy



Eye care
EyeMed



Hearing aids
and screenings
•Connect
Hearing
•Beltone



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discounts
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myStrength



Proven tools for your mind, body and spirit

Help you learn to reduce stress, anxiety, depression, or substance use.



Free and convenient

With web and mobile apps, you'll have support at home and on the go.



Personal and private

Your home page is made for you. myStrength is secure and private.



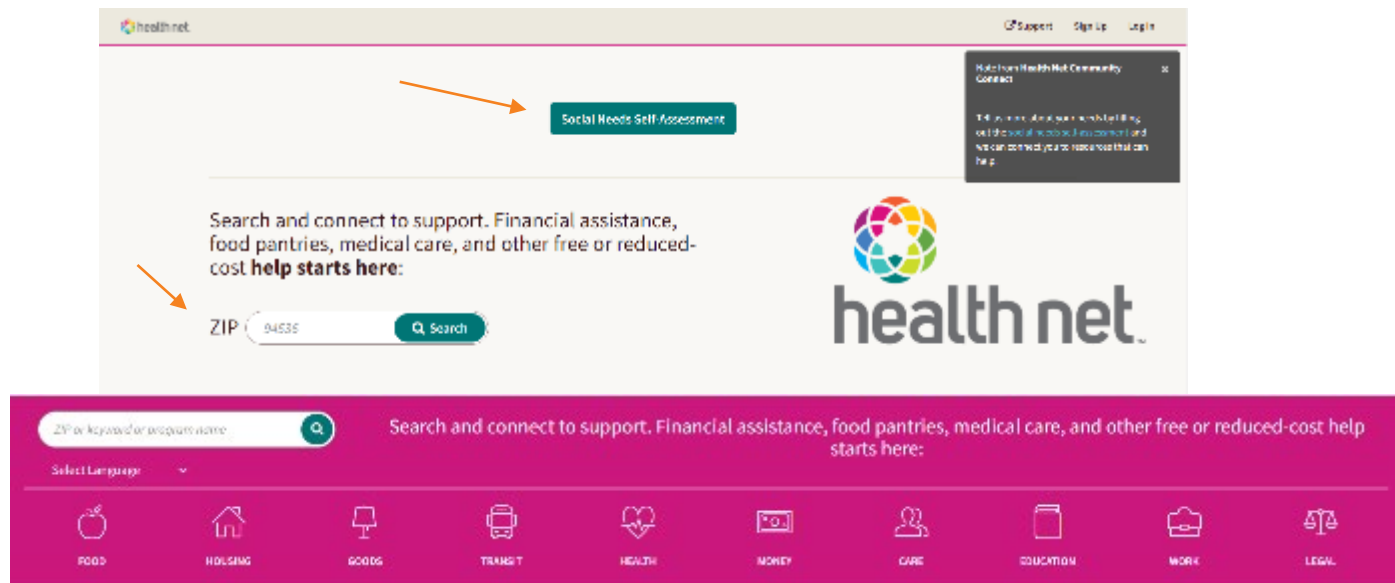
Engaging and inspirational

Activities help you learn new ideas while keeping you motivated!



Findhelp.com

<https://healthnet.findhelp.com/>



Online Health Challenges



Ongoing monthly challenges

Stress

Steps

Sleep

HN members register or log on : healthnet.sharecare.com

Non-HN members register or log on: sharecare.com

Upcoming Wellness Webinar



The Gift of Health/Gratitude



Wednesday Dec. 21, 2022



12:00pm-12:45pm Pacific
time



THANK YOU FOR YOUR TIME TODAY!
