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Family & Consumer  
Sciences

*Diabetes: You Are In Control*





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# Diabetes: You Are In Control

Slide presentation for the Kansas State Research and Extension 2021 Annual Lesson Series Publications # 3484 and #3485

Sara Sawer, MPH, RD, LD  
Extension Agent- Nutrition, Health and Wellness  
Kansas State University-Sedgwick County

Barbara Ames  
Extension Agent- Nutrition, Food Safety and Health  
Kansas State University- Wildcat Extension District

M. Gayle Price, MS, RDN, LD  
Professor and Extension Specialists  
Kansas State University Research and Extension

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# Diabetes: You Are In Control

## Lesson Objectives:

- Discuss facts about diabetes.
- Identify risk factors/symptoms of type 2 diabetes.
- Identify lifestyle choices and behaviors that may prevent or delay diabetes.



# Understanding Diabetes

- Food consumed is converted to glucose (sugar) by the body.
- **↑** in blood glucose signals the pancreas to produce and release insulin.
- Insulin is a hormone that helps glucose be used as energy by the body.



# What is Diabetes?

Click on black screen in full view. Internet required to view.



# Are you at risk?

- Overweight
- Age 45 or older
- Parent or sibling with type 2 diabetes
- Inactive lifestyle
- Had diabetes while pregnant
- Gave birth to baby > 9#



# Are you at risk?

## Groups of people at higher risk are:

- African Americans
- Hispanic/Latino Americans
- American Indians
- Alaska Natives
- Pacific Islanders
- Asian Americans



American Diabetes Association 60 second  
Risk-Test at : [diabetes.org/risk-test](https://diabetes.org/risk-test)





# Diabetes Self-Management

- Eat appropriate amounts of nutritious foods.
- Get the recommended amount of physical activity.
- Take medications as directed.
- Check your blood glucose regularly.
- Maintain blood glucose levels in the normal range.



# Self-Care Behaviors

## Seven health behaviors to consider are:

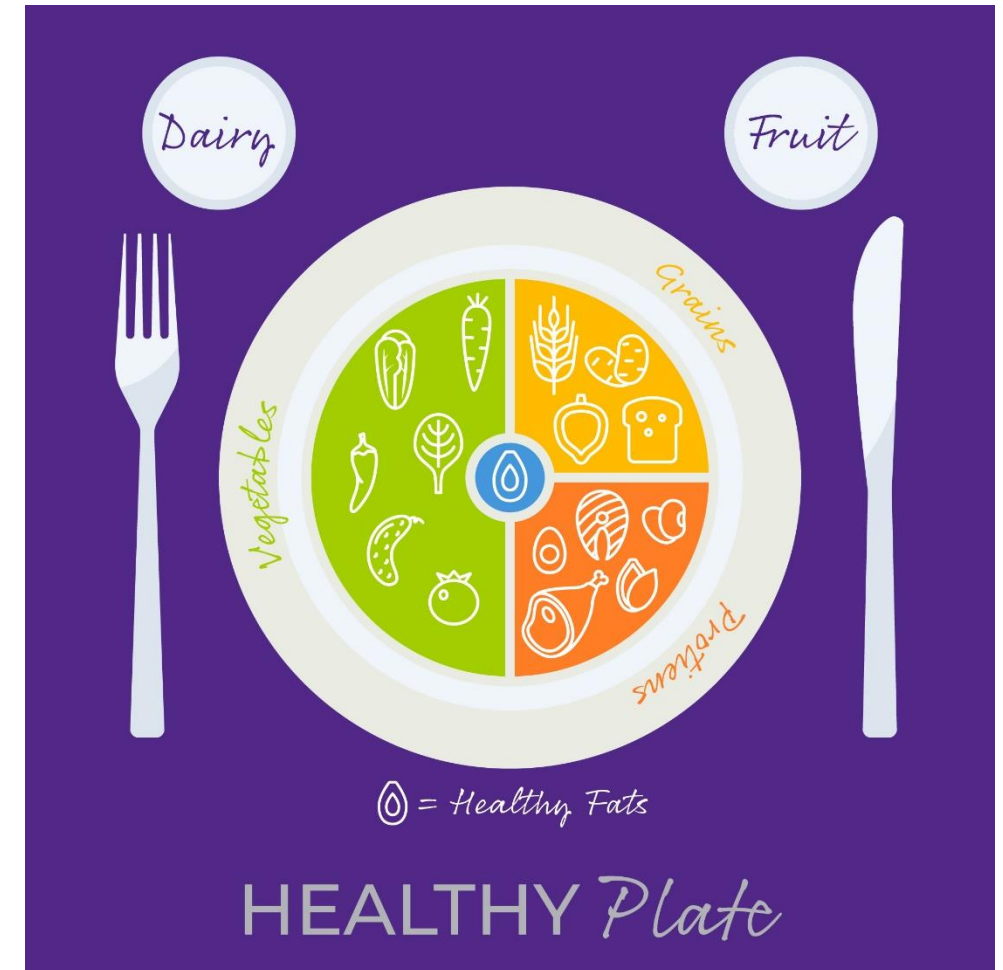
- Healthy Eating
- Being Active
- Monitoring
- Taking Medication
- Problem Solving
- Reducing Risks
- Healthy Coping



# Healthy Eating

**Includes eating a variety of foods by following the plate planning method:**

- Vegetables
- Fruits
- Low-fat dairy
- Lean protein
- Whole grains



# Being Active

## Physical activity helps:

- Weight management
- Glucose control
- ↓ Lower blood pressure
- ↓ Control cholesterol
- Reduce stress
- Improve mood
- ↑ Energy level



# Monitoring



Regular monitoring is important for keeping blood glucose within your target range.

# Taking Medication

- Medication and insulin may be necessary.
- Follow your health care providers recommendations.



# Problem Solving



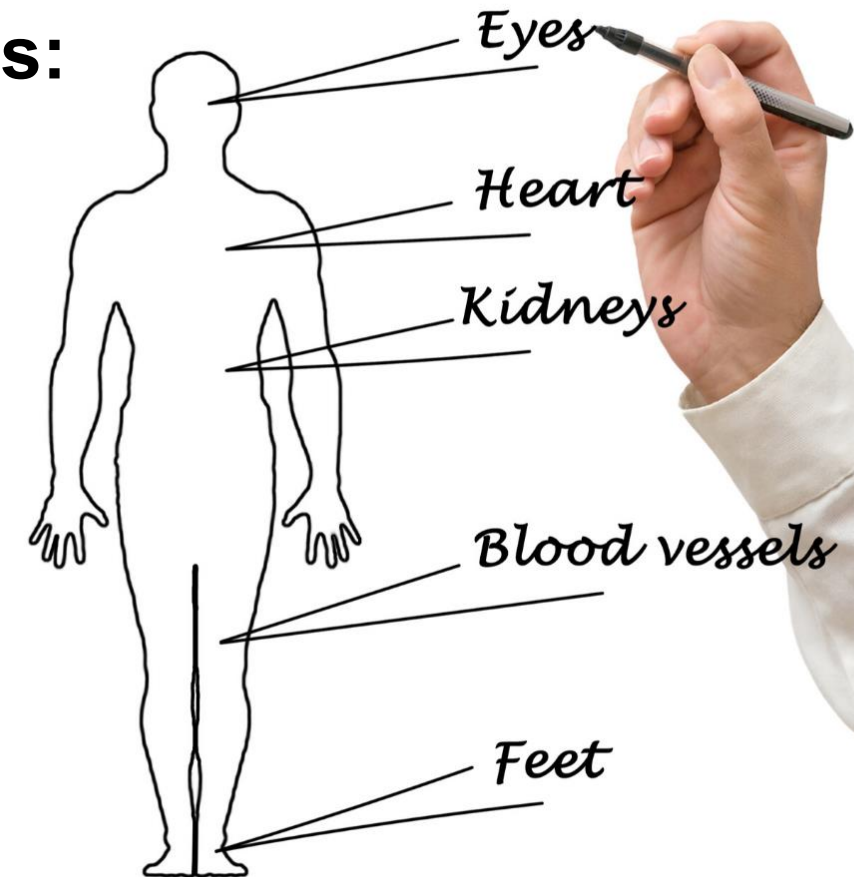
**Be aware of situations that impacts your blood glucose levels such as:**

- Illness (Flu)
- Stress
- Vacations/traveling

# Reducing Risk

**Self-managing behaviors can help reduce the risk of “Diabetes Complications” such as:**

- Heart Disease
- Stroke
- Kidney damage
- Nerve damage
- Foot problems
- Loss of Vision





# Healthy Coping



## Useful Phone Apps:

- My Fitness Pal, (Basic app, free)
- Blood Sugar Monitor by Dario Diabetes Management
- Diabetes Connect, (Basic app, free)
- Glucose Buddy Diabetes Tracker, (Basic app, free)
- MySugr, (logging/tracking functions are free)
- Sugar Sense Diabetes App (free)
- Calorie King (free)



# Resources and Support

## Informational Resources:

- American Diabetes Association. [www.diabetes.org](http://www.diabetes.org)
- Academy of Nutrition and Dietetics Association. [www.eatright.org](http://www.eatright.org)
- American Heart Association. [www.heart.org](http://www.heart.org)
- Diabetes Food Hub (Recipes). [www.diabetesfoodhub.org](http://www.diabetesfoodhub.org)
- National Diabetes Education Program. [www.cdc.gov/diabetes/ndep/index.html](http://www.cdc.gov/diabetes/ndep/index.html)
- Healthy Dining Finder. [www.healthydiningfinder.com](http://www.healthydiningfinder.com)
- Calorie King Food Database. [www.calorieking.com](http://www.calorieking.com)
- National Institute of Diabetes and Digestive and Kidney Diseases. [www.niddk.nih.gov/health-information/diabetes](http://www.niddk.nih.gov/health-information/diabetes)
- University of Georgia – Diabetes Resources. [www.fcs.uga.edu/extension/food-diabetes](http://www.fcs.uga.edu/extension/food-diabetes)
- USDA Dietary Guidelines. [www.choosemyplate.gov/](http://www.choosemyplate.gov/)



# *Diabetes: You Are In Control*



# Questions?

# *Diabetes: You Are In Control*

## Evaluation



Link to me:

<https://bit.ly/2ymMYb4>

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## Contact Information

Sara Sawyer, MPH, RD, LD  
[sarasawer@ksu.edu](mailto:sarasawer@ksu.edu)  
316.660.0118

Barbara Ames  
[bames@ksu.edu](mailto:bames@ksu.edu)  
620.331.2690

M. Gayle Price, MS, RDN, LD  
[gprice@ksu.edu](mailto:gprice@ksu.edu)  
620.820.6123





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