

Diabetes: You Are in Control

Sara Sawer, MPH, RD, LD

Barbara L. Ames

M. Gayle Price, MS, RDN, LD

Diabetes is a common, costly, and serious disease. More than 34 million adults in the United States have diabetes and one in four of them doesn't know they have the disease. A diagnosis of diabetes can be scary, but studies have shown that with healthful eating and modest regular physical activity, type 2 diabetes can be delayed, controlled, and even prevented.

Lesson Objectives/Outcomes

Participants will:

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

Intended Audiences

The general public, especially:

- Older adults
- People newly diagnosed with type 2 diabetes and their family members
- Caregivers
- Ethnic groups at higher risk for diabetes, including American Indians, Hispanic/Latino Americans, African Americans, Asian Americans, Alaska Natives, and Pacific Islanders

Preparation

- Review the Diabetes: You Are in Control fact sheet (MF3484) and review this leader's guide for suggested activities. If desired, review the website resources listed in these materials.
- Order copies or make photocopies of the fact sheet and participant survey for each audience member.



- Gather items and make preparations needed for any presentation activities chosen to share with the lesson.
- Have pens or pencils available.
- Obtain Powerpoint to support the *Diabetes: You Are in Control* fact sheet from the Family and Consumer Sciences webpage at: ksre.k-state.edu/fcs/agent-resources/lesson-series/index.html

Presenting the Information/Suggested Activities

1. Give each participant a copy of the Diabetes: You Are in Control fact sheet and teach the concepts outlined.
2. It is highly suggested to begin by providing a copy of, or the link to, the American Diabetes Association 60-Second Type 2 Diabetes Risk Test at diabetes.org/risk-test mentioned in the fact sheet for completion and discussion.
3. If using a phone app listed in the fact sheet under informational resources, download and become familiar with the app prior to the lesson. Provide instructions to participants for downloading the app.
4. At the end of the lesson, encourage participants to identify one or two of the seven self-care behaviors mentioned in the fact sheet to focus on for a couple of weeks. Continue focusing on each behavior individually until all behaviors have been addressed.

5. Use the Plate Planning Method link in the fact sheet listed under “Healthy Eating” and complete a meal planning example as a group.
6. Lead a 10-minute physical activity such as brisk walking, stretching exercises, an instant recess video available at <https://www.walkkansas.org/activity/recess.html>, or an activity of your choice.
7. Use the suggested social media posts to promote and support the lesson as you find appropriate.

Community Awareness Activities

- Present this program to already established community groups such as social clubs, service organizations, or church groups.
- Sponsor a booth or display at a local county fair, health fair, Walk Kansas activity, or other upcoming community event.
- Encourage participation in a local Dining with Diabetes course if offered.
- Use fact sheet key points in social media posts.

Suggested Social Media Posts

The following social media posts support the seven self-care behaviors identified and supported by the Association of Diabetes Care and Education Specialists (ADCES).

The self-care behaviors are key to helping manage diabetes. Consider customizing these by inviting the public to register for your event at the end of your post.

Healthy Eating

Do you struggle with planning meals, especially breakfast? Often, traditional breakfasts consist of foods that are high in carbohydrates. As you consider your diabetes care, this may lead you to skip breakfast or eat very little. So what type of foods should you be eating in the morning? Here are a few simple tips to start your day off right! <https://tinyurl.com/voxgu98>

Being Active

Do you find yourself coming up with excuse after excuse to avoid physical activity? Check out these workable solutions to some common excuses. Remember, changing your habits takes time, so be patient with yourself! <https://tinyurl.com/y8sjbt5n>

Prediabetes is a serious health condition in which blood glucose levels are higher than normal, but not high enough for a diagnosis of type 2 diabetes. A person with prediabetes is at high risk of type 2 diabetes, heart disease, and stroke. To learn more about prediabetes refer to; Prediabetes: Are you one of the Millions?; (MF3449), bookstore.ksre.ksu.edu/pubs/MF3449.pdf

Type 1 diabetes is usually diagnosed in children and young adults but can appear at any age. In this type of diabetes, the cells in the pancreas that are responsible for making insulin, have been destroyed. No insulin is produced by the body of a person with this type of diabetes so type 1 diabetes is always treated with insulin.

Type 2 diabetes is the most common type of diabetes, making up over 90% of all diagnosed cases. Type 2 is usually diagnosed in adults, but in more recent times, it is also found in children, teens, and young adults. Type 2 diabetes occurs when the body can't use the insulin that it produces. Over time, the pancreas can't produce enough insulin to keep the blood glucose level in control. Being overweight is a risk factor in type 2 diabetes because insulin does not efficiently enter cells in the presence of fat, creating insulin resistance. Often, a person can lose just a small amount of weight and lower their risk for the disease.

Diabetes in pregnancy (Gestational diabetes) occurs during mid to late pregnancy. The symptoms of diabetes normally go away after the birth of the baby. The body doesn't produce or use all the insulin it needs during pregnancy. A woman diagnosed with diabetes in pregnancy is more likely to have type 2 diabetes later in life. Maintaining a healthy weight, not smoking, and being physically active can help manage the risk of getting type 2 diabetes.

Monitoring

“Why is my blood glucose always high in the morning?” If you have been experiencing high blood sugar levels consistently in the mornings, it could be related to eating too many carbohydrates (starchy or sugary foods) before bedtime. Speak with your health-care provider to help determine the cause of your elevated morning blood glucose levels. To learn more, visit <https://tinyurl.com/rhl5sbg>.

Taking Medication

Are you struggling with remembering to take your medication or insulin at the appropriate times? Proper medication timing is essential to managing blood glucose levels effectively and reducing the risk of diabetes-related complications. Consider setting an alarm on your smartphone or electronic watch. An app may be helpful, too. Check out this article for some suggestions on which app might be right for you.

<https://tinyurl.com/r5smnjz>

Problem Solving

Does managing your blood glucose ever seem overwhelming? One way to take control of this feeling could be to start keeping a journal. Journaling can help you pinpoint a source of stress that might be causing those blood sugar levels to creep up and point out your strengths and weaknesses when it comes to managing blood glucose. Keeping a journal can also help you process your thoughts in order to cope with this chronic disease. To learn more, visit the American Diabetes Association's community page and search "journaling." <https://tinyurl.com/t7vl6mq>

Reducing Risks

Did you know that adults with diabetes are two to four times more likely to die from heart disease than adults without diabetes? But you can fight back! Managing your ABCs (Hemoglobin A1C, Blood Pressure, Cholesterol, No Smoking) can help lower your risk for heart disease. To learn more about reducing your risk of diabetes-related complications, visit: <https://tinyurl.com/t5xou4z>.

References for social media posts

[CDC.gov/diabetes](https://www.cdc.gov/diabetes)

[Diabetes.org](https://www.diabetes.org)

[Diabetesforecast.org](https://www.diabetesforecast.org)

[Heart.org](https://www.heart.org)

Informational Resources

American Diabetes Association. www.diabetes.org

Academy of Nutrition and Dietetics Association. www.eatright.org

American Heart Association. www.heart.org

Healthy Dining Finder. <https://www.healthydiningfinder.com>

Calorie King Food Database. www.calorieking.com

Diabetes Food Hub (Recipes). <https://www.diabetesfoodhub.org>

National Diabetes Education Program:

<https://www.cdc.gov/diabetes/ndep/index.html>

National Institute of Diabetes and Digestive and Kidney Diseases.

<https://www.niddk.nih.gov/health-information/diabetes>

University of Georgia – Diabetes Resources.

<https://www.fcs.uga.edu/extension/food-diabetes>

USDA Dietary Guidelines.

<https://www.choosemyplate.gov/>

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)

References

Academy of Nutrition and Dietetics Complete Food and Nutrition Guide. 5th Edition, 2017.

American Association of Diabetes Educators <https://www.diabeteseducator.org/living-with-diabetes/aade7-self-care-behaviors>

American Academy of Family Physicians www.familydoctor.org/diabetes-and-nutrition/

American Diabetes Association www.diabetes.org/diabetes

Center for Disease Control and Prevention, Chronic Disease Prevention and Health Promotion <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/diabetes-prediabetes>

National Diabetes Prevention Program www.cdc.gov/diabetes/prevention/

Evaluation

A participant evaluation is available in the Program Evaluation and Reporting System (PEARS) and at the following webpage:

<https://www.ksre.k-state.edu/fcs/agent-resources/lesson-series>

Evaluation

Diabetes: You Are in Control

Local Unit where program was offered: _____

Date _____ Instructor _____

We appreciate your opinions! Please help us make our programs better by taking about 5 minutes to answer the following questions. Your participation is completely voluntary, and you may skip answering one or more questions if you wish. The information that you share will be held in the strictest confidence. We will summarize it in reports, in order to evaluate our program. We greatly value your participation. Thank you!

Assessment

1. As a result of this program, I improved my knowledge of diabetes.
 Strongly Agree Agree Neither Agree or Disagree Disagree Strongly Disagree
2. Do you have prediabetes or type 2 diabetes?
 Yes No I don't know
3. As a participant of this program, I completed the American Diabetes Association Type 2 Diabetes Risk Test.
 Yes No
4. If you answered "YES" to the above question, please indicate your risk below.
 5 or higher (increased risk) Less than 5 (lower risk)
5. Which of the 7 self-care behaviors listed below do you plan to focus on to better manage your health and/or diabetes?
Select all that apply.
 Health Eating Being Active (Physical Activity) Monitoring (Blood Glucose)
 Taking Medication Problem Solving Reducing Risks Healthy Coping
 I do not plan to focus on the self-care behaviors
6. Do you plan to use 1 or more of the informational resources listed in the fact sheet?
 Yes No
7. If you replied "Yes" to the above question, please list the resource(s) you plan to use below.
8. If you are willing to participate in a 3 to 6 month follow-up survey, please provide your email address.
Thank you. _____@_____
9. Additional Comments:

Demographics

10. What is your age?
 18-29 30-39 40-49 50-59 60-69 70+
 Prefer not to respond
11. My Gender
 Male Female Prefer not to respond
12. My race
 American Indian or Alaska Native Black or African American Native Hawaiian or Pacific Islander
 Asian White Prefer not to respond
12. My ethnicity
 Hispanic/Latino Non-Hispanic/Non-Latino Prefer not to respond

Acknowledgment

Some content of this publication was first written by Mary I. Meck Higgins, PhD., R.D., L. D., CDE, Diabetes Awareness and Management, Leaders Guide (MF2477).

Reviewers

Sandy Procter PhD, RD/LD, Extension Specialist and Asst. Professor, Department of Food, Nutrition, Dietetics and Health, College of Health and Human Sciences, K-State Research and Extension

Linda Yarrow, PhD, RDN, LD, CDE, Instructor, Department of Food, Nutrition, Dietetics and Health, College of Health and Human Sciences, Kansas State University

Publications from Kansas State University are available at:
bookstore.ksre.ksu.edu

Brand names appearing in this publication are for product identification purposes only. No endorsement is intended, nor is criticism implied of similar products not mentioned.

Contents of this publication may be freely reproduced for educational purposes. All other rights reserved. In each case, credit Sara Sawer, et. al., *Diabetes: You Are in Control, Leader's Guide*, Kansas State University, June 2020.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, J. Ernest Minton, Director.