Diabetes: Manage Well, Live Well!

- 85+ years, started by Railway Mail Carriers
- 2+ million members worldwide
- Membership in FEHBP and FEDVIP
- Exclusively for federal and postal workers, annuitants and military retirees
- Extensive international network of doctors, dentists, hospitals and other providers

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Today's presenters

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Manager, Health Engagement | GEHA

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Agenda

- Diabetes
- Different types of diabetes
- Risk factors
- What to do
- What to eat
- Resources
- Q & A

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Diabetes

What is it?

What can happen?

Understand, manage or prevent diabetes

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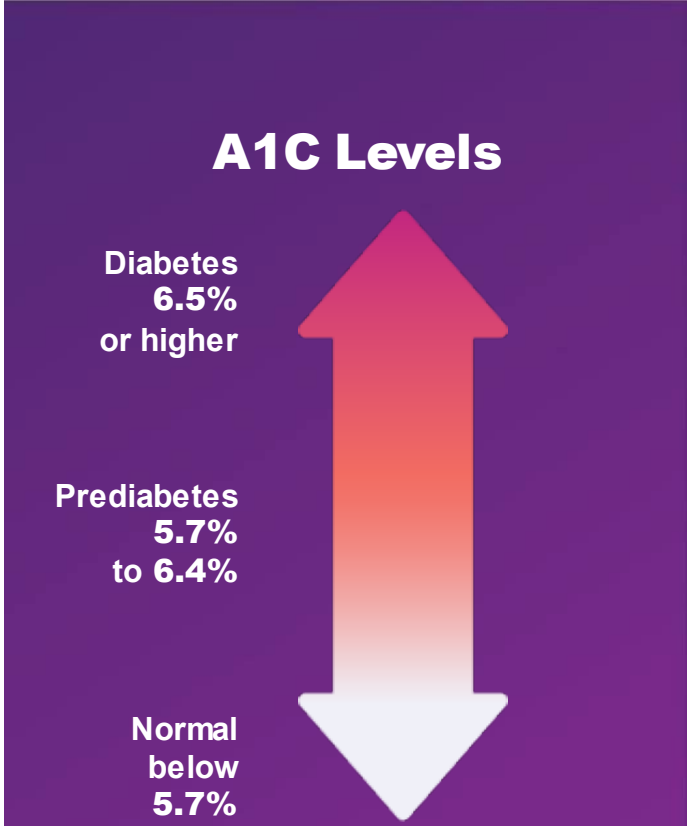
What is diabetes?

- A metabolic disease where the body doesn't produce insulin or use insulin correctly
- Results in high blood sugar
- Determined by hemoglobin A1C levels
- 37.3 million U.S. adults have diabetes*
- 96 million people aged 18 or older have prediabetes*
- 1 in 5 don't know they have diabetes*

*Source: **cdc.gov/diabetes/basics/diabetes.html**



A1C to blood sugar comparison

- A1C goal — often less than **7%**
- A1C test results are reported as a percentage

A1C to blood sugar conversion

	HbA1C test score	Mean blood mg/dl
Excellent	5.0	80
	6.0	115
Good	7.0	150
	8.0	180
Poor	9.0	215
	10	250
	11	280
	12	315
	13	350
	14	380

Source: **diabetes.org/diabetes/a1c** Picture: **diabetesinc.net**

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Potential complications

- Risk of cardiovascular disease
- Increased risk of stroke and cerebrovascular disease
- Neuropathy (nerve damage)
- Retinopathy
- Risk of kidney failure
- Dental issues

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Prediabetes

- **5.7%** to **6.4%** blood sugar concentration
- Lower your risk
- Get checked every year
- 96 million adults have prediabetes*
- More than **80%** of adults don't know they have it (1 in 3 adults)*

Source: **cdc.gov/diabetes/basics/diabetes.html**

Types of diabetes

Type 1 | Type 2 | Gestational

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Understanding Type 1 diabetes

- No insulin production
- The exact cause of Type 1 diabetes is unknown but is thought to be caused by an autoimmune reaction (the body attacks itself by mistake) that destroys the cells in the pancreas that make insulin
- Type 1 diabetes happens most often in children and young adults but can appear at any age

Source: **diabetes.org/diabetes**

Type 1 diabetes

- Autoimmune disease
- Family history
- Age

Source: cdc.gov/diabetes/basics/diabetes.html

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Understanding Type 2 Diabetes

- Most common form of diabetes
- The body produces insulin but is unable to use it effectively

Source: **diabetes.org/diabetes**

Type 2 diabetes risk factors

- Prediabetes
- Overweight/obesity
- Age
- Family history
- Physical activity
- Gestational diabetes
- Ethnic background
- Non-alcoholic fatty liver disease

Source: **cdc.gov/diabetes/basics/risk-factors.html**

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Understanding gestational diabetes

- Diabetes occurring with pregnancy
- Managed by your health care provider

Source: **diabetes.org/diabetes**

Gestational diabetes risk factors

- History of gestational diabetes
- History of previous delivery over 9 pounds
- Overweight
- Advanced maternal age
- Family history
- Polycystic ovary syndrome (PCOS)
- Ethnic background

Source: **cdc.gov/diabetes/basics/risk-factors.html**

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Diabetes monitoring options

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Two types of diabetes monitors

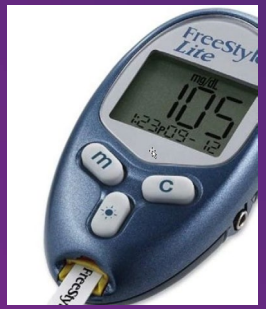
BGM
(blood glucose monitors)

- Requires a lancing device to obtain a small drop of blood on a strip
- Results usually within about 5 seconds

CGM

(continuous glucose monitor)

- Uses a tiny catheter inserted into the top layer of skin every 10-14 days
- Provides regular automatic blood sugar readings



Controlling blood sugars

- Make a realistic plan
- Food choices
- Keep active
- Stay hydrated
- Monitor your blood sugar
- Medications
- Reduce stress
- Stay positive!

Source: **diabetes.org**

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Managing your diabetes

- Healthy nutrition
- Activity
- Attitude

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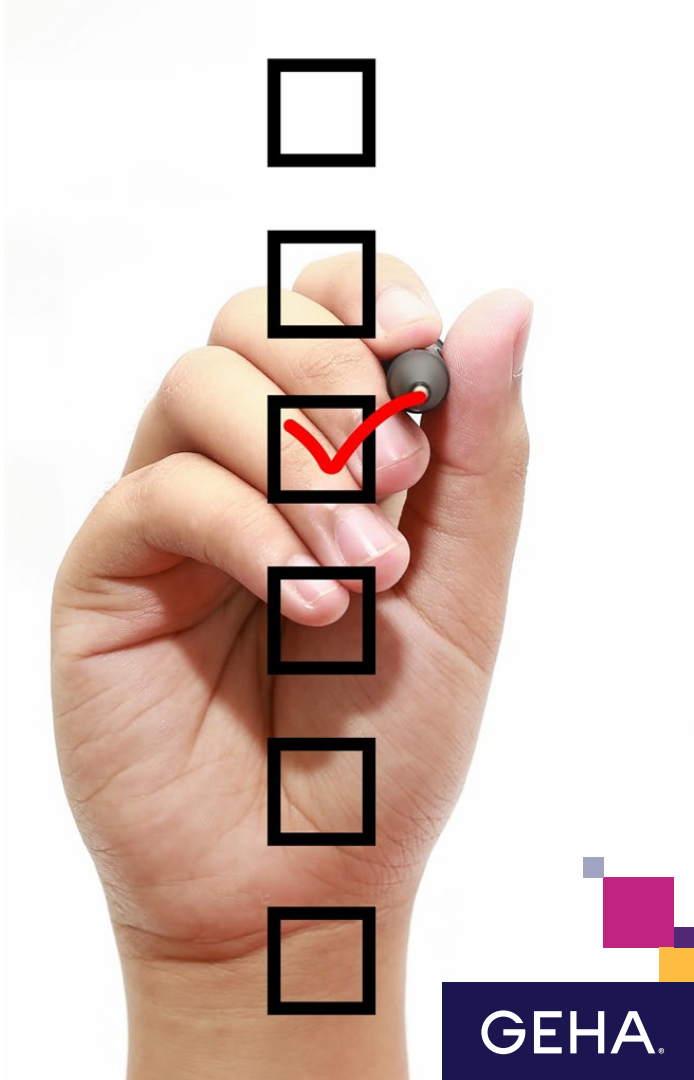
Polling question #1

True or false: When you have diabetes, you can't eat fruit.

a) True
b) False



What can I eat?

- Choose whole, unprocessed foods
- Eat non-starchy vegetables
- Limit or avoid foods with added sugars and refined grains
- Drink water instead of soda, diet soda or sugary drinks
- Low-carb, vegetarian and Mediterranean diets have shown a positive effect on managing A1C levels

Source: **diabetes.org/blog/what-can-i-eat**

Recipe: Mexican power bowl

- Coat the bottom of the bowl with dark green leafy veggies like spinach
- Add protein of choice — chicken, seafood, steak, tofu, etc.
- Top with tomatoes, bell peppers, onions, radishes, etc.
- Garnish with salsa
- Serve with avocado or guacamole

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When should I eat?

- Close the kitchen
  - Don’t eat 3 hours before bedtime
- Heavier meals earlier in the day, lighter later in the day
- Listen to your body

Source: **diabetes.org/blog/what-can-i-eat**

Polling question #2

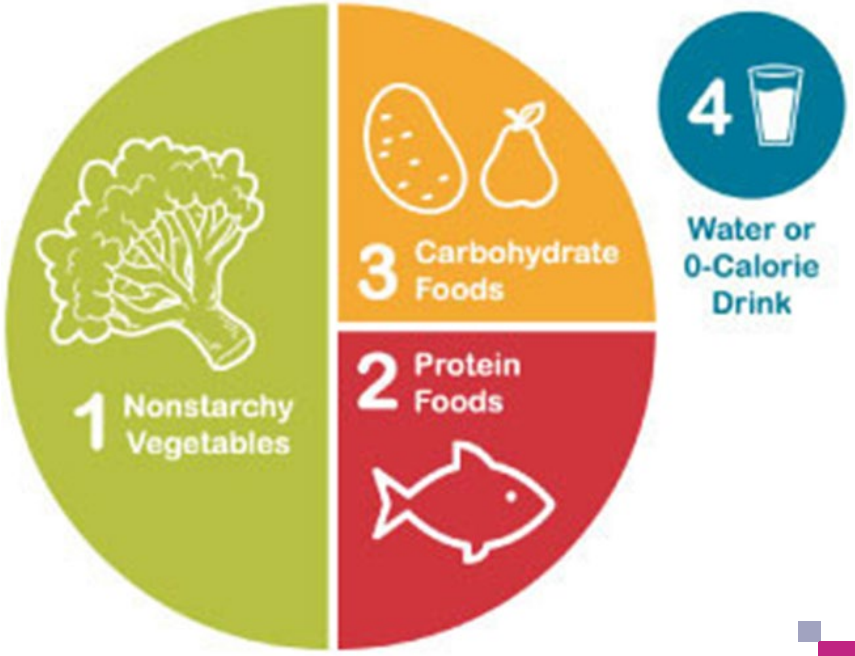
How many fruits and vegetables should you eat on average each day?

a) 0–2
b) 3–4
c) 5–6
d) 6+

Diabetes plate method

Use the diabetes plate method to help create balance for each meal.

- ½ vegetables
- ¼ whole grains
- ¼ lean protein
- Water or zero-calorie drink
- Low-fat dairy options



Source: **diabetes.org/healthy-living/recipes-nutrition/eating-well**
Picture: **Recipes & Nutrition | ADA (diabetes.org)**

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Weight loss works

- Not everyone with diabetes needs to lose weight but for some it helps
- Losing weight (start with **5%**) can improve blood sugar
- Changing diet, getting more exercise, taking medications or even surgery can help with weight loss
- Focus on making it a lifestyle change

Source: **diabetes.org/ADV_2019_Consumer_Nutrition_One Pager.pdf**

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Eating Healthy: Track your Intake

Tracking apps:

- MyPlate calorie counter
- MyFitnessPal
- CalorieKing food search

The Association of Diabetes Care and Education Specialists is also a great resource. diabeteseducator.org

American Diabetes Association diabetes.org/healthy-living

Meal choices

- Eating at home more
- Eating out less
- Fast food on rare occasions
- Restaurants at a minimum

Source: **diabeteseducator.org**

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Label reading

- Serving sizes
- Calories per serving
- Total carbohydrates
- Protein and fat
- Fiber

Polling question #3

How much exercise should you get on average, each day?

a) None
b) About 15 minutes a day
c) About 30 minutes a day
d) More than 30 minutes

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Stay active

At least 30 minutes of moderate exercise 5 days a week

- Brisk walking
- Cycling
- Swimming
- Weightlifting/resistance training
- Playing with your dog

Source: **cdc.gov/physicalactivity**

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Stay positive

Diabetes distress

- Anxiety
- Depression
- Worsening condition

Mental health care

- Counselor
- Support groups
- Meditation

Source: **cdc.gov/diabetes/managing/mental-health.html**

Polling question #4

Given today's information, how likely are you to make some positive changes to manage your diabetes?

a) Not likely
b) More than likely will make a few changes
c) I'm planning to start today
d) I'm already doing what I can to keep my heart healthy

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GEHA member resources

- Elevate plans
  - Rally digital health platform
    - Register with Rally® for the Real Appeal Weight Management
  - Learn more at **geha.com/Elevate-Rewards**
- HDHP, Standard and High plans
  - Health Balance digital health platform
  - Visit **geha.com/HB-Rewards** to learn more
- All GEHA benefit plans
  - For healthy recipes, health and wellness articles, visit **geha.com/Blog**
- GEHA website for benefit information **geha.com**
- Resource: **geha.com/Diabetes-Resources**

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Wrap-up

- Types of diabetes
- Risk factors for diabetes
- Diabetes management
- Q & A

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Q&A

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Thank you

Scan the QR code to register for future events

For more information

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