



sharecare

Diabetes: Common Misconceptions

Overview

- Healthy Eating
- Being Active
- Monitoring
- Planning Ahead
- Reducing Risks



What is Diabetes

- Diabetes is a chronic (long-lasting) disease that affects how your body turns food into energy
- There are three main types of diabetes: Type 1, Type 2, and Gestational Diabetes (diabetes while pregnant)



Create Your Plate

**50% Non-Starchy
vegetables**
(1/2 of your plate)



25% Protein
(1/4 of your plate)

**25% Grains and
starchy foods**
(1/4 of your plate)

Making Healthy Choices

- Grains and Starchy vegetables
- Protein
- Dairy
- What Can I Drink?
- Fats
- Alcohol

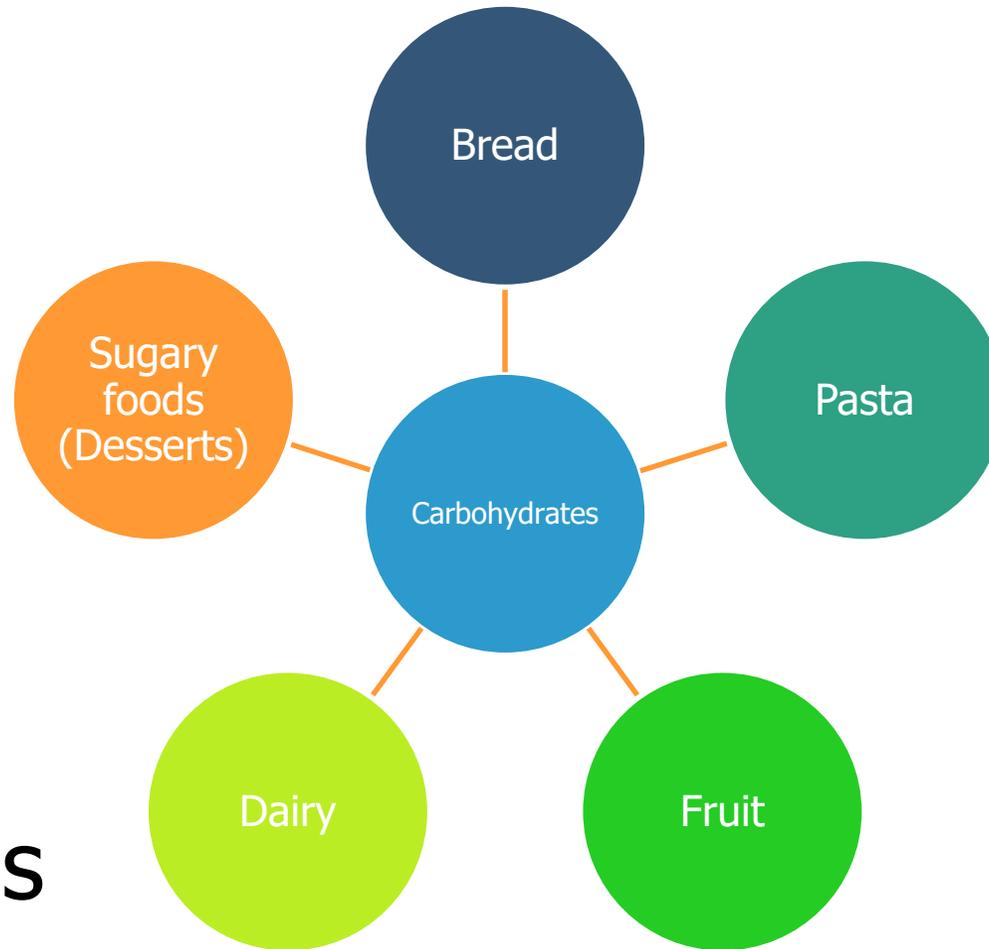


Carbohydrate: Did You Know?

Read your food labels

Measure your serving size

Set Healthy Goals



Develop an eating plan

Monitor Blood Sugar

What Does 15 Grams of Carbs Look Like?



1 Small piece fresh fruit



1 Slice bread or ½ burger bun



5 Crackers



1 Tablespoon syrup, jam, jelly, sugar or honey



6 Chicken nuggets



¼ Large baked potato
(1 potato = 60 g carbs!)



½ Cup pasta or rice



½ Cup oatmeal



½ Cup beans



¾ Cup plain/light fat-free yogurt



1 Cup soup

Carbohydrates affect blood sugar more than protein and fats, so keeping track of them can be helpful. For packaged foods, look at the nutrition facts label for carb content.

Go for the
GOAL

45-60 G CARBS/MEAL
is a good goal for many people. Ask your doctor what's best for you.

General Exercise Recommendations

At Least

30

of moderate-intensity aerobic activity

minutes

At Least

25

of vigorous aerobic activity

minutes

Moderate, to

HIGH INTENSITY

Muscle-strengthening activity

at least

5

days

at least

3

days

at least

2

days

per week, for a...

per week, for a...

Per week for additional health benefits

total of

150

minutes

total of

75

minutes

OR

Or, a combination of the two

AND

Note: Be sure to consult your physician prior to starting an exercise program.

True or False??

Waiting 2 hours after eating a meal will give you an accurate value of what your blood sugar response is.

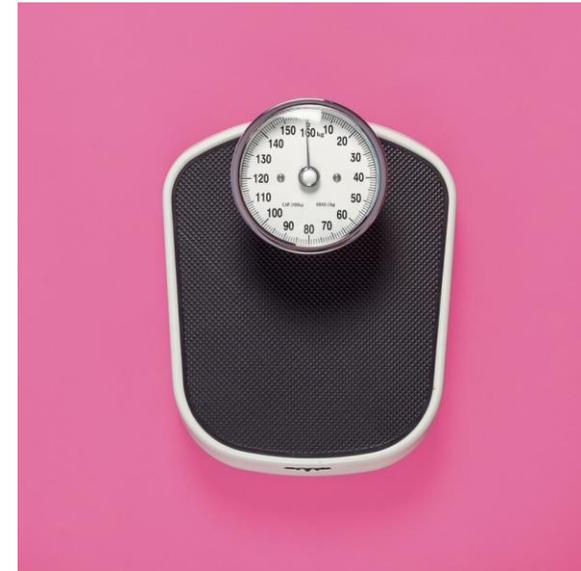
Monitoring

- Helpful to show you what your base values are
- Shows what foods trigger a higher response
- Allows you to see if you are making progress
- Keeps you in check with your diet and medications.
- Those that are already on insulin, monitoring may help to determine dosing.



Monitoring

- Keeping your blood sugar numbers under control helps to:
 - Manage long term blood sugar numbers (such as A1C value)
 - Manage blood pressure and weight
 - Manage kidney health
 - Manage eye health
 - Manage foot health



Questions to think about....

Q: Does being overweight mean you will develop Type 2 Diabetes?

A: There are several risk factors for developing diabetes, and being overweight is one of them. Others include physical activity level, age, family history and ethnicity.

Questions to think about....

Q: If I eat too much sugar I will develop diabetes.

A: A high caloric diet from any type of food (including sugar) can play a role in increasing weight gain. Weight gain is a risk factor for developing diabetes.

Questions to think about....

Q: If I have diabetes do I have to eat a special diet.

A: A typical diet for someone with diabetes is, for the most part, the same as someone without diabetes. They need to focus on a diet that is low in saturated fats, limit the salt and sugar consumption. Diets overall need to focus on lean proteins, non-starchy vegetables, whole grains and fruit (fruit should be fresh fruit or canned/frozen).

Knowing which foods affect your blood sugar more are going to be vital to someone who has diabetes.

Questions to think about....

Q: If you have diabetes, do you have limit he amount of bread, potatoes and pasta?

A: Portion size is key for someone with diabetes. Breads, cereals, pasta, rice and other starchy vegetables like potatoes, yams, peas, and corn can be included in your meals and snacks.

Knowing which foods affect your blood sugar more are going to be vital to someone who has diabetes.

Health Coaching

What is it?

- Working with a health coach provides personalized support to help set goals, lower your risks, manage your conditions, and change behaviors
- No pre-existing conditions necessary to participate for wellness coaching
- Each coaching program will be created and personalized to your unique needs and goals

To get started, call 1-866-556-2288 and select Option 2

Resources

- State of Ohio – *Take Charge! Live Well!*
 - <http://tclw.das.ohio.gov/>
- Mayo Clinic
 - <http://www.mayoclinic.org>
- American Diabetes Association
 - <http://www.diabetes.org>
- American Association of Diabetes Educators
 - <http://www.diabeteseducator.org/>



Confidentiality

Enjoy all of these benefits knowing your privacy is protected.

The State of Ohio has partnered with Healthways to provide you well-being improvement resources through *Take Charge! Live Well!* Healthways is committed to protecting the confidentiality of your personal information and will only share individual data with the State of Ohio that's required to administer rewards. In addition, Healthways does not sell your data.



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Thank You!

1-866-556-2288, ohio.gov/tclw