

Diabetes Self- Management

**Be Informed and
Empowered to live
your best life!**





What is Diabetes?

- ▶ Diabetes is a disease that happens when blood glucose (blood sugar) is too high.
- ▶ Blood glucose is our main source of energy and comes from the food we eat.
- ▶ Insulin, a hormone made by the pancreas helps glucose from the food we eat get into our cells so it can be used for energy.
- ▶ Sometimes our body doesn't make enough or any insulin, or it doesn't use the insulin we have well. Glucose then builds up in our blood and doesn't reach the cells.



Two Types of Diabetes: Type 1 and Type 2

- ▶ **Type 1 Diabetes** - also called Insulin Dependent Diabetes
 - ▶ It occurs when the body does not make enough insulin.
 - ▶ People with Type 1 Diabetes must inject insulin every day to live.
- ▶ **Type 2 Diabetes** - 95% of people with diabetes have Type 2 Diabetes
 - ▶ A person with Type 2 Diabetes may produce some insulin, but is unable to properly use it.
 - ▶ Most people with Type 2 Diabetes can manage their diabetes with
 - ▶ Diet
 - ▶ Exercise
 - ▶ Use of Oral Medicines

Diabetes Trends



1 OUT OF **3** PEOPLE
has prediabetes.

- ▶ About 30.3 million people, or 9.4% of the US population, had diabetes in 2015.
- ▶ This total included 30.2 million adults aged 18 or older, or 12.2% of all US adults.
(About 7.2 million of these adults had diabetes but were not aware that they had the disease or did not report that they had it.)
- ▶ It is also estimated that 84.1 million adults have prediabetes (1 in 3 people).
(90% of them don't know they have it.)

*Resource: Centers for Disease Control and Prevention
2017 Diabetes Report Card*

Be Aware of Diabetes Symptoms

- ▶ Urinating (pee) a lot (often at night)
- ▶ Feel Very Thirsty
- ▶ Feel Very Hungry - even though you are eating
- ▶ Extreme Fatigue
- ▶ Blurry Vision
- ▶ Cuts or Bruises that are Slow to Heal
- ▶ Lose Weight Without Trying
- ▶ Tingling, Pain or Numbness in the Hands and/or Feet
- ▶ Have very dry skin
- ▶ Have sores that heal slowly
- ▶ Have more infections than usual

SYMPTOMS



**Finding diabetes early and getting treatment can reduce your risk of developing complications from diabetes.
Share your symptoms and concerns with your health provider!**

Complications of Diabetes

Over time, having too much glucose in your blood can cause health problems.
People with diabetes can develop:

- ▶ high blood pressure and
- ▶ high cholesterol and triglycerides (lipids)

High blood sugar, especially when combined with high blood pressure and high cholesterol (lipids), can lead to:

- ▶ Heart Disease
- ▶ Stroke
- ▶ Blindness
- ▶ Kidney Disease and Failure
- ▶ Nerve Damage or Neuropathy
- ▶ Amputations of the Legs and Feet
- ▶ Early Death

Diabetes is the seventh leading cause of death in the United States.

Resource: Centers for Disease Control and Prevention 2017 Diabetes Report Card



Why is Self-Management Important



- ▶ Self-management means we all make choices and decisions about how to manage our lives and our diabetes. Through good self-management, people can improve their quality of life and reduce their risk of developing complications from their diabetes.
- ▶ Diabetes is an ongoing or chronic illness. How we manage our diabetes day to day matters.

Take Control! It is much better to become a good self-manager and take control of your diabetes instead of having it take control of you.

The American Diabetes Association Notes:

Diabetes Self-Management Education and Support has been shown to:

- ▶ **Be cost-effective by reducing hospital admissions and readmissions as well as estimated lifetime health care costs related to a lower risk for complications.**
- ▶ **Improve hemoglobin A_{1c} (HbA_{1c}) by as much as 1% in people with type 2 diabetes.**
- ▶ **Reduce the onset and/or advancement of diabetes complications.**
- ▶ **Improve quality of life and lifestyle behaviors such as having a more healthful eating pattern and engaging in regular physical activity.**
- ▶ **Enhance self-efficacy and empowerment.**
- ▶ **Increase healthy coping.**
- ▶ **Decrease the presence of diabetes-related distress and depression.**

These improvements clearly reaffirm the importance and value-added benefit of Diabetes Self-Management Education.

Resource: The American Diabetes Association

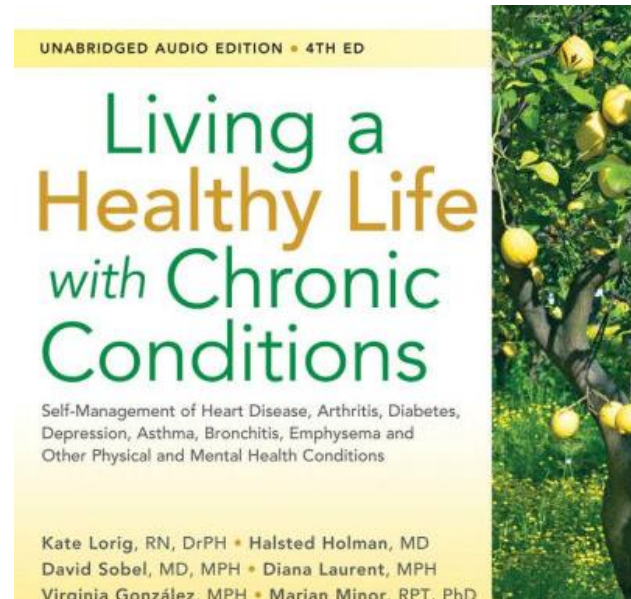
<https://www.professional.diabetes.org/diabetes-self-management-education>



What is the Diabetes Self-Management Program Like? What will I be experiencing?

- ▶ Evidence-Based Program
- ▶ Developed by Stanford University
- ▶ Small group workshop
- ▶ 2 1/2 hours per session
- ▶ 1 session per week for 6 weeks

It is the process in which the program is taught that makes it effective. **Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.**



"The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming."

EVERYDAY REALITY

When you
have diabetes,

you become as
relentless as the
disease you're
fighting.

Tracey Brown,
type 2 diabetes

 American
Diabetes
Association.

What will I learn in a Diabetes Self-Management Program?

- ▶ Learn to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration.
- ▶ Appropriate exercise for maintaining and improving strength and endurance.
- ▶ Healthy eating.
- ▶ Appropriate use of medication.
- ▶ Working more effectively with health care providers.
- ▶ Participants will make weekly action plans, share experiences, and help each other solve problems encountered in creating and carrying out their self-management program.





Example: Healthy Eating

- ▶ Healthy Eating Guidelines
- ▶ MyPlate for Diabetes
- ▶ Menu Planning
- ▶ Label Reading
- ▶ Carbohydrates:



- ▶ Our main source of energy - they keep our brains going.
- ▶ Carbohydrates have the greatest effect on our blood sugar - almost all of them breakdown into glucose.
- ▶ No Matter What You Heard - Carbohydrates are not bad, but managing the amount you eat is critical for people with diabetes.

American Diabetes Association Plate



1 serving fruit



1 serving non-fat or low-fat dairy
(8 oz. glass of milk)

Example: Exercise

Information and discussions about:

- ▶ How exercise affects my diabetes?
- ▶ The 3 types of physical activities.
- ▶ What exercises are for me?
- ▶ How long do I have to exercise to help my diabetes?
- ▶ When is the best time for people with diabetes to exercise?
- ▶ What does exercising do to my blood sugar?



Diabetes Self-Management Tool Box



The program helps you take charge of your health and gives you the skills and tools you need to become a better manager of your diabetes and your health.

How to Stay Healthy? Manage Your Diabetes!

Diabetes has no cure, but we can take steps to manage our diabetes and stay healthy.

- ▶ Are you age 60 or older and have diabetes or care for someone age 60 or older with diabetes?
- ▶ Would you like to live healthier managing your diabetes or help someone you care for manage their diabetes, feel better and enjoy life?
- ▶ Then . . . The Diabetes Self-Management Program is right for you.
- ▶ Don't miss the opportunity to attend this proven evidence-based program developed at Stanford University and used internationally to help and empower others just like you. Contact your local Area Agency on Aging to find programs in your community.

- ▶ *The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming.*





Testimonial

“This program has been a life changer. . . Questions regarding my type 2 diabetes were talked about with a clear understanding of this disease. Reading labels and understanding what was read was very helpful to a diabetic. I’m making better decisions regarding my health. I’m making informed treatment decisions, exercising, and communicating how I feel. Reading labels and understanding what’s read. The most important part of this six weeks is fellowshiping with those who have the same conditions and are in the same position with questions, and received many answers to my questions.”

Contact your local Area Agency on Aging



**Thank you,
Congress,**
for supporting the

#OlderAmericansAct!

- ▶ The Pennsylvania Department of Aging in collaboration with your local Area Agency on Aging provide Health and Wellness Programs, like Diabetes Self-Management to promote healthier lifestyles among older Pennsylvanians so that there is a measurable improvement in their quality of life and a reduction in overall healthcare costs.
- ▶ Don't miss the opportunity to attend the Diabetes Self-Management Program, a proven evidence-based program developed at Stanford University and used internationally to help and empower others just like you.
- ▶ This program as well as other evidence-based programs are offered across Pennsylvania in a collaborative effort between PA Department of Aging and your local Area Agency on Aging. To find your local Area Agency on Aging see <https://www.aging.pa.gov/local-resources/Pages/AAA.aspx>



pennsylvania
DEPARTMENT OF AGING



THANK YOU!

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COSA

 County of Delaware Services for the Aging

“Believe that you can and you’re
halfway there.”

Theodore Roosevelt