

**A COMMUNITY  
CONVERSATION**

LET'S **TALK** ABOUT  
**HEALTH**



UNIVERSITY of MARYLAND  
MEDICAL SYSTEM

**Diabetes**

**November 16, 2022**

## Today's Speaker



### **PRESENTER NAME: Angela Ginn-Meadow RN, RD, LDN, CDCES**

Currently the Director of Baltimore Metropolitan Diabetes Regional partnership for UMMC. As a Diabetes Care and Education expert over the past 15 years she has improved clinical outcomes for patients. She is passionate about health, wellness and obesity prevention. As a community change agent for the development of wrap around services to improve social inequalities of health. Ginn-Meadow is a scientific advisor for the Grain Foods Foundation as she serves as a Diabetes Expert. She graduated with honors from Morgan State University with a Bachelor of Science in Food & Nutrition.

As a media expert & Past National Spokeswoman for the Academy of Nutrition & Dietetics she has been featured in Marie Claire, Food Network, Everyday Living, Prevention and Better Homes & Gardens, Essence and Dr. OZ , just to name a few.

#### **Areas of Expertise:**

Diabetes Food Preparation, Meal Planning, Behavior & Lifestyle Changes, Culinary Nutrition



# A Way to Take Charge- Use Ask Me 3<sup>®</sup>

Ask Me 3 is a program that suggests using three simple, straightforward questions when talking to your doctor, nurse, pharmacist or health care provider about your health:

1. **What is my main problem?**
2. **What do I need to do?**
3. **Why is it important for me to do this?**

Every time you talk with a health care provider  
**ASK THESE 3 QUESTIONS**



**1**  
**What is my main problem?**

**2**  
**What do I need to do?**

**3**  
**Why is it important for me to do this?**

**When to ask questions:**  
You can ask questions when:  

- You see a doctor, nurse, pharmacist, or other health care provider.
- You prepare for a medical test or procedure.
- You get your medication.

**What if I ask and still don't understand?**  

- Let your health care provider know if you still don't understand what you need.
- You might say, "This is new to me. Will you please explain that to me one more time?"
- Don't feel rushed or embarrassed if you don't understand something. Ask your health care provider again.

**Who needs to ask 3?**  
Everyone wants help with health information. You are not alone if you find information about your health or care confusing at times. Asking questions helps you understand how to stay well or to get better.

**Ask Me 3**  
Good Questions  
for Your Good Health

To learn more, visit [ihi.org/AskMe3](http://ihi.org/AskMe3)

Ask Me 3 is a registered trademark of the Institute for Healthcare Improvement. All rights reserved. Available for distribution. Use of this site is made under the following registration information as defined and approved by IHI.



A COMMUNITY CONVERSATION **LET'S TALK ABOUT HEALTH**

# Building a Better Plate for Diabetes Prevention & Management

Fat, Salt, Sugar & Our waistline!



A COMMUNITY CONVERSATION *LET'S TALK ABOUT HEALTH*

# Using Ask Me 3<sup>®</sup>

## Statement (problem)

**Q: I have a dark patch on my neck what could that be?**

*A: That can be a sign of Prediabetes/Insulin resistance. Prediabetes is a condition when the blood sugar is higher than normal but not high enough to be diagnosed with Type 2 Diabetes.*

**Q: What do I need to do to prevent diabetes?**

*A: In order to lower the risk of diabetes, you should lose at least 5% body weight and get active 150 minutes per week.*

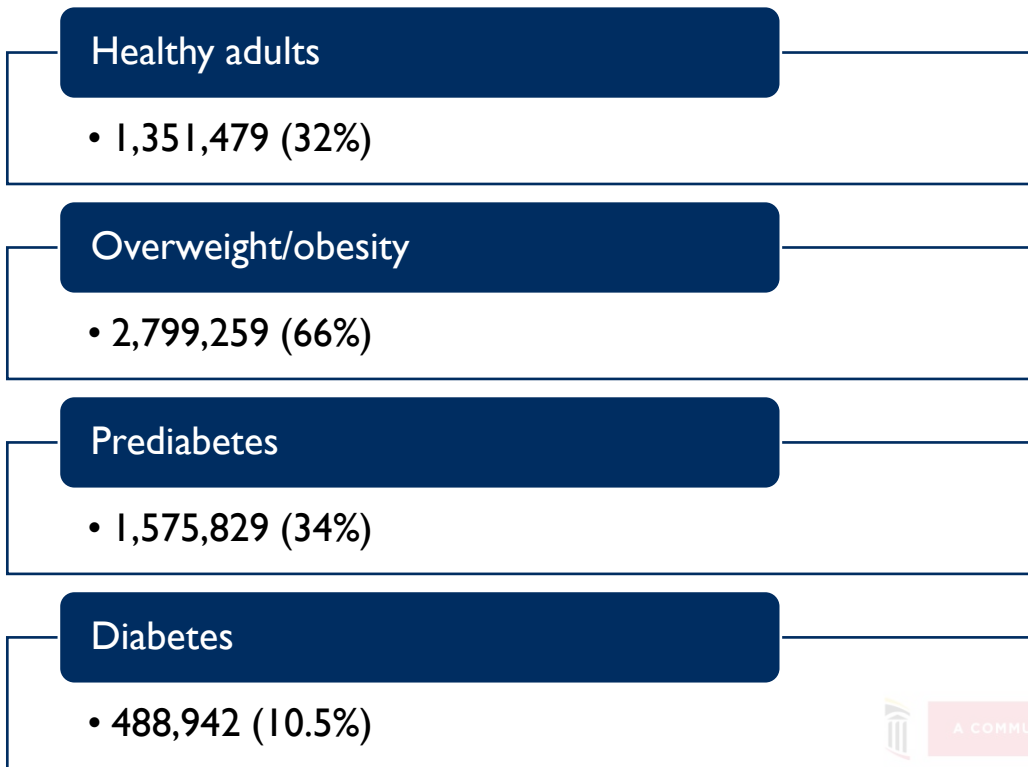
**Q: Why is it important for me to do this?**

*A: Prediabetes can increase your risk of Type 2 diabetes, Stroke, Heart Disease and Neuropathy. You can prevent Prediabetes!*



# Prediabetes & diabetes

## *Public Burden in Maryland*



# Public Health Burden of Prediabetes

- Prediabetes: 38% of US adults (~96 million!)
- 15-30% of people with prediabetes today will develop diabetes in the next 5 years
- Prediabetes increases risk of premature mortality, CVD, neuropathy
- ~80% with prediabetes are unaware of their status



# Prediabetes & Diabetes

## Prediabetes:

- A1c: 5.7-6.4%
- Fasting: 100-125mg/dl

## Diabetes:

- A1c: >6.5%
- Fasting: >126mg/dl





# Are you at risk for Type 2 diabetes?

- Have prediabetes.
  - Are overweight.
  - Are 45 years or older.
  - Have a parent, brother, or sister with type 2 diabetes.
  - Are physically active less than 3 times a week.
  - Waist line: > 40 inches (Men)  
> 35 inches (Women)
  - Have ever had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed over 9 pounds.
  - Are an African American, Hispanic or Latino, American Indian, or Alaska Native person. Some Pacific Islanders and Asian American people are also at higher risk.
- If you have non-alcoholic fatty liver disease you may also be at risk for Type 2 Diabetes.



# Ways to Prevent Type 2 Diabetes & Manage Diabetes

- Lifestyle Changes- Diet & Exercise
- Lifestyle Change Program (DPP Program)
- Diabetes Self-Management Training



# Fad Diets vs. Lifestyle

- Carnivore Diet
- Whole 30
- Keto Diet
- Atkins
- Paleo
- Mediterranean Diet
- WW
- Vegetarian Diet
- Flexitarian Diet
- DASH Diet
- Low Fat



# Recipe for disaster

- Dyslipidemia
- Hypertension
- Impaired Glucose Tolerance
- Insulin resistance
- Excessive insulin production



# Nutrients of Concern

- Saturated Fat
- Sodium
- Simple Carbohydrates



# Nutrients for Disaster

## Saturated Fat

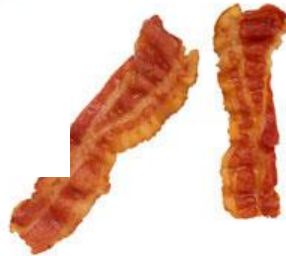
- Solid at room temperature
- Animal Fat
- Contribute to dyslipidemia
- Goal: <10% of total caloric intake from saturated fat



# Nutrients for disaster

## Saturated Fat

Common food items:



# Nutrients for disaster

## Sodium



- Found in a variety of sources
- Americans average about 3,300 milligrams of sodium per day, about 75 percent of which comes from processed foods
- Aim for 2,300 mg (1 teaspoon of salt)
- Existing Hypertension: Aim for 1,500 mg (1/4 tsp salt)





# Nutrients of disaster

Sodium

Common sources:



# Nutrients for disaster

## Simple Carbohydrates



- Added Sugar
- Excessive calories
- The average American consumes 22 teaspoons of added sugar a day, which amounts to an extra 350 calories.
- Low in Fiber
- Excessive insulin production
- Aim for 100 calories per day ( 6 teaspoons)



# Nutrients for Disaster

## Simple Carbohydrates

### Common forms of added sugar

Agave nectar	Evaporated cane juice	Malt syrup
Brown sugar	Fructose	Maple syrup
Cane crystals	Fruit juice concentrates	Molasses
Cane sugar	Glucose	Raw sugar
Corn sweetener	High-fructose corn syrup	Sucrose
Corn syrup	Honey	Syrup
Crystalline fructose	Invert sugar	
Dextrose	Maltose	



# Your Recipe for success

Dietary Changes

+

Physical activity

= Quality of Life



# Eating Healthy



# My Plate Planner

## A Healthy Meal Tastes Great



The Plate Method is a simple way to plan meals for you and your family. You don't have to count anything or read long lists of foods. All you need is a 9-inch plate.



1/4 protein. 1/4 starch. 1/2 vegetables.

9-inch plate



PHOTO: SHUTTERSTOCK



A COMMUNITY CONVERSATION LET'S TALK ABOUT HEALTH

# Macronutrients for success

Carbohydrates

Protein

Fat

Carbohydrates



Fats

Proteins

We need all 3 for a balanced diet!



# Carbohydrates

## Fiber



Vegetables  
Fruit  
Whole grains  
Beans  
Nuts

## Starch



Potatoes  
Corn, Peas  
Grains, Pastas  
Breads, Crackers  
Chips, Cookies

## Sugar



Desserts  
Sweets, Candies  
Pastries  
Ice Cream  
Juice, Soda

Not all carbohydrates are equal!





# Fruits & Vegetables

**Make 1/2 your plate vegetables.**

Choose a variety of colors – eat the rainbow!

- Aim for **3 vegetable** servings per day
- Aim for **2 fruit** servings per day

Great source of fiber, vitamins and minerals!



A COMMUNITY CONVERSATION

LET'S TALK ABOUT HEALTH

# Protein ¼ of your plate

- Chicken, turkey
  - Breast or wing, no skin
- Lean beef or pork
- Seafood
- Eggs
- Dairy
  - Low-fat
- Beans and peas
- Soy products
- Nuts
- Seeds



# Fats

## Monounsaturated Fats

### Include in Small Portions

- Olives
- Avocado
- Oils
  - Olive
  - Canola
  - Peanut
- Nuts
  - Almonds
  - Cashews
  - Peanuts
  - Pecans
  - Pistachios
- Nut butters

## Polyunsaturated Fats

- Fish
- Walnuts
- Oil
  - Flax
  - Grapeseed
  - Safflower
  - Sunflower
- Flax, pumpkin, sunflower, sesame seeds

## Saturated Fats

### Limit

- Cheese
- Cream
- Butter
- Red meat
  - Steak
  - Lamb
- Processed meat
  - Hot dogs
  - Bacon
  - Sausage
  - Deli meat
- Sweets, desserts

## Trans Fats

### Avoid All

- Made by food manufacturers
- Partially hydrogenated oil



# Aim for Foods High in Fiber



Eating more fiber can help you:

Feel more satisfied after eating

Lower blood cholesterol

Keep blood glucose on target

Help you go to the bathroom more regularly

Reduce your risk for colon cancer

Women

25 grams/day

Men

38 grams/day



A COMMUNITY CONVERSATION *LET'S TALK ABOUT HEALTH*

# Tools for Learning Portion Control

Measure portions until you can “eyeball” serving sizes

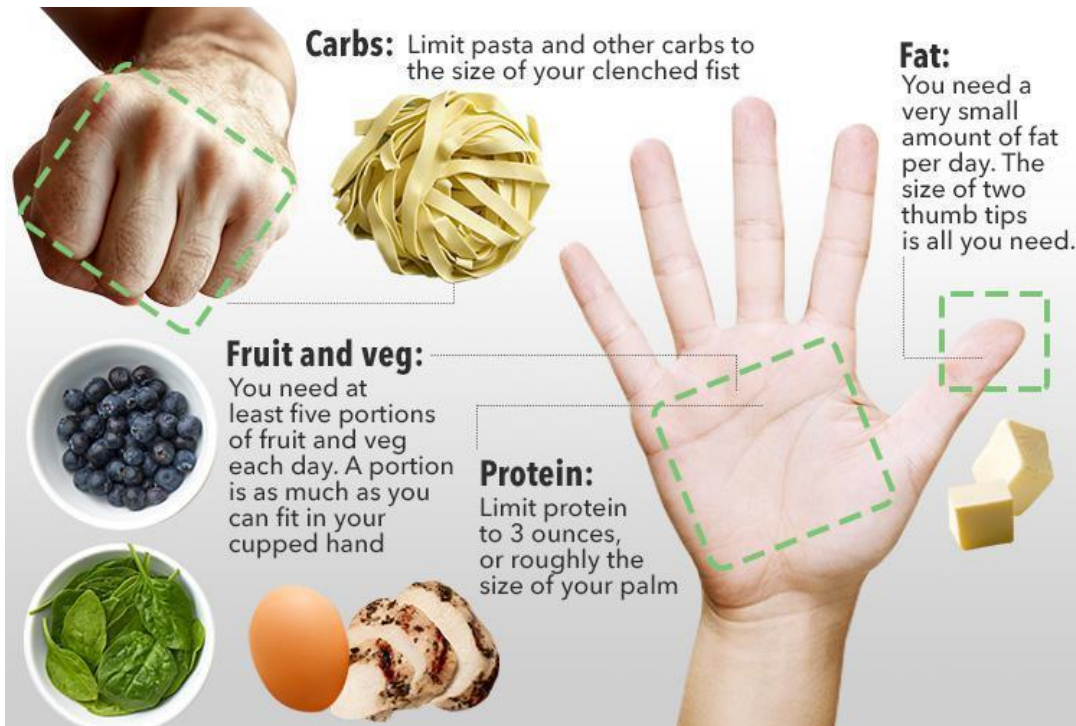
Scale



Measuring Cups and Spoons



# Portion Sizes



# Healthy Cooking Methods



# Healthy Menu Options

## Choose

- Baked, broiled or grilled poultry, fish, or lean meat
- Tomato sauces
- Leafy green salad with vinaigrette
- Brown rice or baked potato
- Broth or veggie soups
- Fruit-based dessert or sherbet
- Water, coffee, tea, diet beverage or nonfat milk



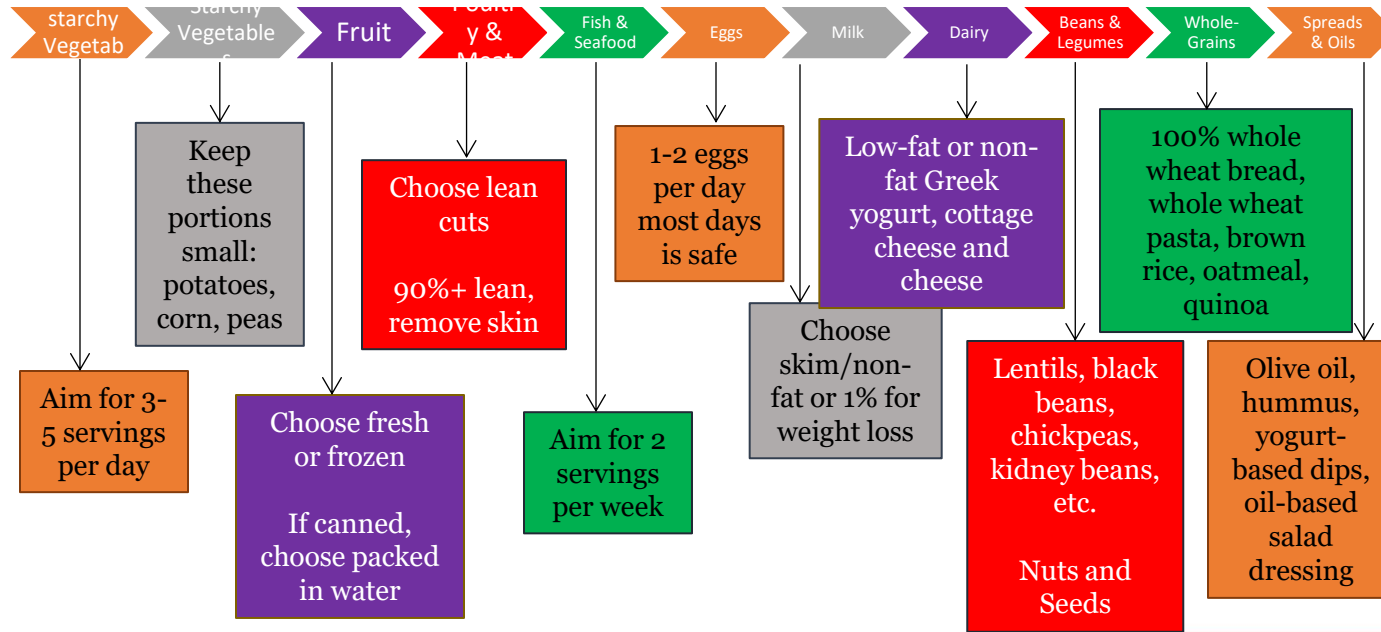
## Instead of

- Fried, buttered, sautéed, marbled, or breaded meats
- Cream or butter sauces (ex. alfredo)
- Caesar, potato, or pasta salad
- French fries, mashed potatoes
- Creamy soups
- Cake or pie
- Soda, lemonade, sweet tea, mixed coffee beverages, alcoholic drinks





# Grocery Shopping



# Stretch Your Food Budget

Keep a running grocery list & stick to it.

Look for deals and sales at grocery stores.

Save with store brands.

Use coupons only when they save money.

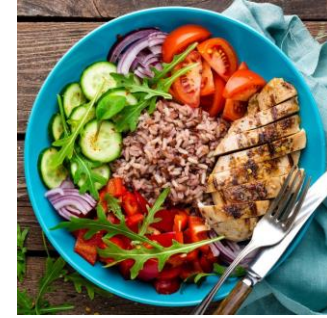
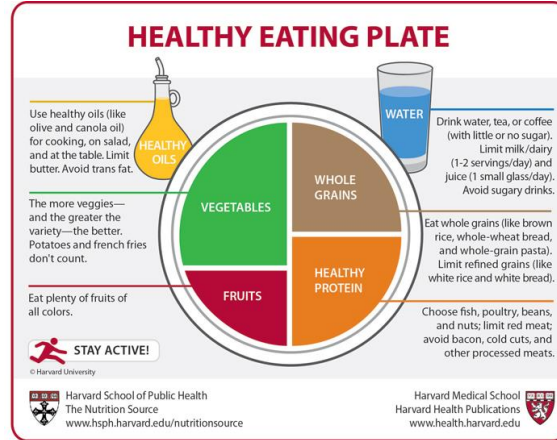
Canned and frozen fruits and vegetables count.

Buy fish frozen

Drink Tap water



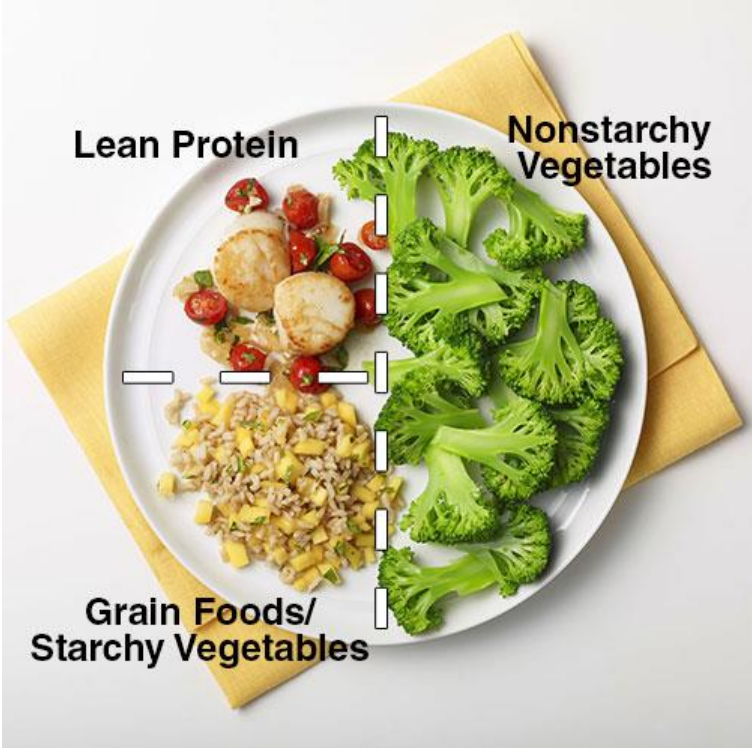
# Portions and Healthy Plate



Choose a 9 inch plate for portion control!



# Picture Your Plate



# Picture your plate



# Picture Your Plate



# Physical Activity

Aim for 150 minutes per week.



# Good News About Physical Activity

Regular physical activity can help you:

**Lose weight**

**Lower risk for heart disease**

**Reduce need for medication, possibly**

**Reduce symptoms of depression and anxiety**



**Gain energy**

**Increase well-being**

**Improve sleep quality**

**Increase strength, mobility, and stamina**





# Physical Activity: Keep it Fun



Choose  
activities you  
enjoy



Enjoy activity with a  
partner



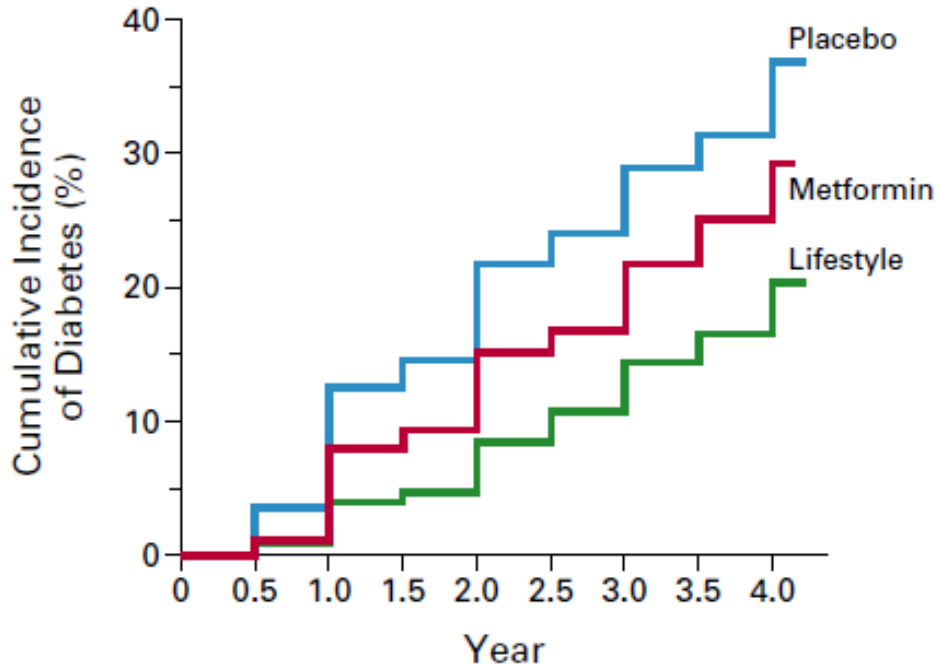
Add variety to your  
daily routine



# Diabetes Prevention Program



# Diabetes Prevention Program – Randomized controlled trial in 3,234 participants at risk for diabetes



## Goals of Intensive Lifestyle Intervention

- 7% weight loss
- 150 min/wk moderate intensity exercise

## Intervention contacts

- Trained interventionists
- Weekly to monthly contacts
- Goal-setting
- Self-monitoring
- Motivational interviewing

# DPP

**Program Goals: Physical activity  $\geq 150$  min/week, weight loss  $\geq 5\%$**

- Prediabetes AND BMI  $\geq 25$  kg/m<sup>2</sup>

Eligibility



- CDC-certified DPP coaches
- CDC curriculum

Instructors



- Group
- In-person or telemedicine

Format



- Nutrition
- Physical activity
- Self-monitoring
- Calorie balance
- Stress/triggers
- Healthy habits
- Diabetes & CVD

Topics



# DPP

Lower  
diabetes risk

Weight loss

Improve  
healthy  
behaviors

Improve  
quality of life

Improve blood  
pressure

Improve sleep

Decreased  
healthcare  
costs



# Join a Program Today!

- Diabetes Prevention Program:  
[ummidtown.org/dpp](http://ummidtown.org/dpp)
- Diabetes Self-Management Program:  
[ummidtown.org/dsmt](http://ummidtown.org/dsmt)



# Recipe for success

- 3 servings of whole grains daily
- 3 cups of beans/legumes each week
- ½ plate of vegetables 2x/day
- 3 servings of fruit each day
- 6oz-8oz of lean protein per day (1/4 of your plate)
- 3 servings of low-fat dairy/calcium rich items
- Snack on ¼ cup of nuts daily
- 8 (8 oz) of water daily
- Sprinkle on the spice for flavor
- Walk/play for 150 minutes a week (20 minutes a day)



# Diabetes is a Journey...

- Diabetes can be controlled!
- You can thrive when living with diabetes!
- You are not alone!
- Type 2 Diabetes can be prevented!
- Get a team to partner with you to manage your diabetes!





# Questions & Answers



A COMMUNITY  
CONVERSATION

LET'S TALK ABOUT  
HEALTH

A recording of this webinar will be posted within 48 hours at [www.umms.org/letstalk](http://www.umms.org/letstalk)

*Previous webinars including Technology/Telehealth, Accessing Care/Ask Me 3®, Children's Health/Safety, Men's Health, Women's Health, Diabetes, Lung Disease, COVID-19 Vaccines, Heart Health, Advance Directives, Asthma and Stroke Prevention, Fall Prevention, Alzheimer's/Dementia, Long COVID & Pediatric COVID Vaccine, Pharmacy/Medication Management, Colon Cancer, Healthy Aging, PTSD Post Traumatic Stress Disorder, Vaping, Sickle Cell, Sudden Cardiac Arrest are also available for viewing.*



A COMMUNITY CONVERSATION LET'S TALK ABOUT HEALTH

Join us in December 21, 2022, 12:00 pm

**A COMMUNITY  
CONVERSATION**

LET'S **TALK** ABOUT  
**HEALTH**



UNIVERSITY of MARYLAND  
MEDICAL SYSTEM

**Safe Toys and Gifts**

**Thank you!**

