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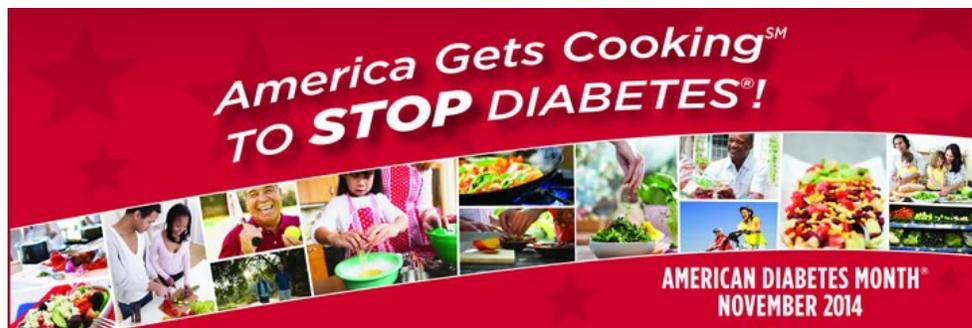
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Whether on tour, meeting her fans or relaxing at home with family, DJ Spinderella, member of the iconic hip-hop group Salt-n-Pepa, is passionate about ending diabetes once and for all. She has personally seen the severe consequences the disease has on not only the person with the disease, but an entire family. Her own mother passed away from complications of type 2 diabetes, and now she watches her brother live with type 2 and young nephew live with type 1 every day.

“Though I’ve experienced devastating loss from this disease, people need to know that diabetes doesn’t have to conquer you,” she said. “With a sensible diet and exercise, you can take charge of your diabetes and help prevent its deadly complications. For those at risk for type 2 diabetes, you can even prevent or delay the disease.”



To help spread this message, Spinderella is joining the American Diabetes Association this November during American Diabetes Month® by challenging New Mexico residents to begin living a healthier lifestyle through the *America Gets Cooking to Stop Diabetes* campaign, presented by Sun Life Financial.

This initiative is designed to engage and empower Americans to cook nutritious and delicious food, and encourage them to be more active. Through social media and an interactive landing page on DiabetesForecast.org, the Association will share healthy cooking tips, diabetes and nutrition facts, recipes and more, as well as ideas on how to raise funds to help Stop Diabetes. For American Diabetes Month and beyond is to show Americans that it’s not too late to start living a healthy active lifestyle and you can even have fun while doing it. “

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America Gets Cooking to Stop Diabetes, cont.

“Nearly 30 million children and adults in the United States are living with diabetes,” stated an Association spokesperson. “Our goal for American Diabetes Month and beyond is to show Americans that it’s not too late to start living a healthy active lifestyle and you can even have fun while doing it. “

New Mexico residents can take part in the challenge to start living a healthier lifestyle by participating in the American Diabetes Month’s weekly activities:



1. **Get Moving Mondays** – After the weekend, people are not as excited about getting up and going on a Monday. Get Moving Mondays will provide some easy tips to help Americans get moving and keep up an active lifestyle all week long.
2. **Tasty Tip Tuesdays** – Many people are afraid of losing the taste when they make a recipe healthier.

Every Tuesday, the Association will take a traditional recipe and teach people how to substitute certain ingredients for healthier options without losing the taste.

This American Diabetes Month 2014 Newsletter Insert was provided by the American Diabetes Association. Available at <http://www.diabetes.org/in-my-community/american-diabetes-month.html>.

3. **What’s Cooking Wednesdays** – With Thanksgiving kicking-off the holiday season, keeping yourself on track and eating healthy is very important. Each Wednesday, the public will vote on recipes that represent a healthy side dish, appetizer and/or dessert that they would like to see for a holiday meal. At the end of the month, we will unveil those winning dishes.

4. **Get Together Thursdays or Any Day!** – This engagement will offer ways for residents throughout New Mexico to implement healthy cooking activities into their daily lives through “Do-it-Yourself Fundraisers” called “Cook to Stop Diabetes.” These fundraisers will be fun parties that can incorporate healthy recipes for family and friends and will also raise money for the Association.

5. **Fact Check Friday** – Challenging the public’s knowledge about nutrition and diabetes, each Friday a question will be posted to test diabetes knowledge and encourage people to share it with their friends, family and/or co-workers.

6. **Weekend Challenge to Stop Diabetes** – Why not take the weekend and use it as an opportunity to get active and help raise funds to Stop Diabetes? We will provide fun fundraising activities for people to engage in and use their 48 hours to participate, or if they are too busy then do the 48 hours to donate!

Physical Activity Preserves Beta Cell Function

An article published last month in *Diabetologia* summarized conclusions from a review of over 700 articles on beta cells and exercise published in the last five years. The research supports that exercise preserves beta cell function in healthy individuals, people with impaired glucose tolerance, and patients with type 2 diabetes.

The article discussed possible mechanisms by which exercise may increase beta cell production and decrease beta cell death. The authors recommended testing

exercise on beta cell preservation in patients with new onset type 1 diabetes. Recommendations for exercise are at least 150 minutes of moderate-intensity and strengthening activities per week.

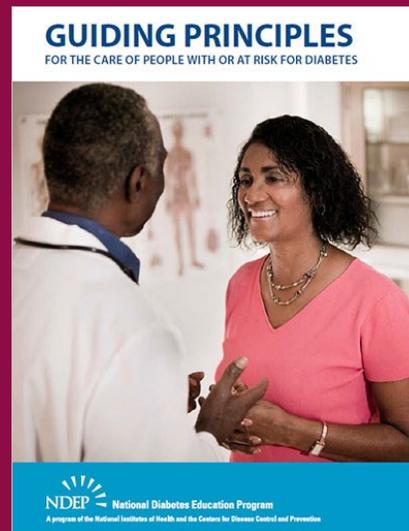


Source: Narendran P, Solomon TP, Kennedy A, Chimen M, Andrews RC. The time has come to test the beta cell preserving effects of exercise in patients with new onset type 1 diabetes. *Diabetologia* 2014;doi 10.1007/s00125-014-3412-8. Available at <http://www.diabetologia-journal.org/files/Narendran.pdf>.

Guiding Principles for the Care of People With or at Risk for Diabetes

Many health care organizations and government agencies have their own guidelines for caring for those with or at risk for diabetes. The National Diabetes Education Program (NDEP) has identified and synthesized areas where they generally agree and published the resulting 10 Guiding Principles to help health care teams deliver quality care to this population. The principles are listed below with select guidance for each. Much more information is available on each principle from the NDEP website.

- 1. Identify people with undiagnosed diabetes and prediabetes.** Screening should be considered in all people ages 45 years or older and in adults of any age who are overweight or obese and have one or more additional risk factors. Testing should be repeated every one to three years, depending on the results and the degree of risk.
- 2. Manage prediabetes to prevent or delay the onset of type 2 diabetes.** Lifestyle intervention that includes regular physical activity and dietary changes leading to sustained weight loss should be the cornerstone of treatment for people with prediabetes. Metformin may also be considered, especially among those who have limited capacity to exercise or have been unable to lose 7% of their weight.
- 3. Provide ongoing self-management education and support for people with or at risk for diabetes and its complications.** People's needs, priorities, and situations change. Diabetes educators and others in the health care team can help people with or at risk for diabetes to make informed decisions and assume responsibility for the day-to-day management of their disease or risk factors.
- 4. Provide individualized nutrition therapy for people with or at risk for diabetes.** Health care team members providing nutrition therapy should have adequate training and work within the scope of their practice and state regulations. All nutrition therapy should involve a nutrition assessment, nutrition diagnosis, individualized nutrition interventions, and nutrition monitoring and evaluation with ongoing follow-up.
- 5. Encourage regular physical activity for people with or at risk for diabetes.** It helps improve insulin sensitivity and glycemic control, positively affects lipids and blood



The National Diabetes Education Program has published a set of 10 Guiding Principles for use in diabetes management and prevention.

The U.S. agencies and organizations listed below support the use of the *Guiding Principles for the Care of People With or at Risk for Diabetes*.

- Academy of Nutrition and Dietetics
- Agency for Healthcare Research and Quality
- American Academy of Ophthalmology
- American Academy of Physician Assistants
- American Association of Clinical Endocrinologists
- American Association of Diabetes Educators
- American Association of Nurse Practitioners
- American College of Obstetricians and Gynecologists
- American Diabetes Association
- American Heart Association
- American Optometric Association
- American Podiatric Medical Association
- Department of Defense
- Endocrine Society
- Health Resources and Services Administration
- Indian Health Service
- National Council of Asian Pacific Islander Physicians and AANPHI Diabetes Coalition
- Office of Minority Health

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Guiding Principles for the Care of People With or at Risk for Diabetes, cont.

pressure, assists with weight maintenance, and reduces the risk for cardiovascular disease (CVD). It can improve psychological well-being, health-related quality of life, and depression in individuals with type 2 diabetes. Muscle-strengthening activity can increase bone strength and muscular fitness and help maintain muscle mass during a program of weight loss.

6. **Control blood glucose to prevent or delay the onset of diabetes complications and avert symptoms of hyperglycemia and hypoglycemia.** Treatment of adults with type 2 diabetes with poor glucose control to lower A1C to a mean of 7.5% has been shown to improve quality of life and work productivity.
7. **Provide blood pressure and cholesterol screening and control, smoking cessation, and other therapies to reduce CVD risk.** Strategies include reducing sodium intake and excess body weight through healthy eating and increased physical activity. Statins, low-dose aspirin, or other medicines may be considered. All forms of tobacco, including smokeless tobacco, should be discouraged.
8. **Provide regular assessments to detect and monitor diabetes microvascular complications and treatment to slow their progression.** Particular attention should be given to nephropathy, neuropathy, and retinopathy.
9. **Consider the needs of special populations—children, women of childbearing age, older adults, and high-risk racial and ethnic groups.** This principle provides specific guidelines for each population, as well as additional resources from professional organizations.
10. **Provide patient-centered diabetes care.** Shared decision making—eliciting patient perspectives and presenting options and information so patients can participate more actively in care—is a key component. Applying the medical home model also furthers patient-centered care.

Source: National Diabetes Education Program. Guiding principles for the care of people with or at risk for diabetes. 2014. Available at <http://ndep.nih.gov/hcp-businesses-and-schools/guiding-principles/index.aspx>.



Six Holiday Tips

These tips from the American Diabetes Association can help you stay healthy while enjoying the holidays and food:

1. **Focus on friends and family.** Slow down and catch up with your loved ones, focusing on them instead of food. Play games, volunteer, or spend time outdoors together.
2. **It's a party, but don't overdo it.** Eat slowly, really enjoying the foods. Try to eat the same amount of carbohydrate you normally would at your meals. If you plan to have a portion of dessert, cut back on another carbohydrate food during the main course. Keep portions reasonable and avoid second helpings.
3. **Bring what you like.** Offer to bring a favorite dish to share. Check how many carbohydrates are in one serving and the size of a serving.
4. **Drink in moderation.** Always eat something before drinking alcohol to prevent low blood glucose levels later. Limit drinks to one for women and two for men.
5. **Stay active.** Plan time into each day for exercise and keep your routine. Go for a walk after eating, or offer to help clean up the meal to get you moving around.
6. **Overindulged? Get back on track.** If you eat more than you planned, stop eating for the night and focus on spending the rest of your time with the people around you. Include extra exercise, monitor your blood glucose levels, and get back on track with your usual eating habits the next day.

Source: American Diabetes Association. Six holiday tips. 2014. Available at <http://www.diabetes.org/food-and-fitness/food/planning-meals/holiday-meal-planning/six-holiday-tips.html>.