

Diabetes Update

News You Can Use About Diabetes

Toni Bloom, MS, RD, CDE
Gina Giambra, MS, RD

In This Issue:

- Results from Diabetes Education Survey
- First Diabetes Update Seminar
- Basic Guidelines for Diabetes Care
- Gaps In Diabetes Management
- Do you know your BMI?
- National Diabetes Information Clearinghouse
- Upcoming Employee Health Classes
- Win a weekend in San Francisco!

Survey Results: Diabetes Education, Needs & Interests

The results are in! In February we asked participants from various Employee Health Programs to respond to our Diabetes Education Survey. With the information gathered, we are now able to provide twice-yearly Diabetes Update seminars that focus on specific topics of concern to you and your family. The following is a summary of the survey results:

1. What are the three greatest challenges you currently face in living with diabetes?
 - a. Getting enough exercise
 - b. Diet and/or weight issues
 - c. Understanding medications (oral or insulin)

2. Rank each topic based upon your interest (1 being of greatest interest, 5 being of least interest). Your top five choices are:
 - #1 Carbohydrate Counting
 - #2 Alternative Therapies
 - #3 Diabetes Resources
 - #4 Neurological Conditions
 - #5 Latest Technology
3. The program length most suitable for your education needs and schedule:
 1. 90 minutes entirely on County time
 2. 2 hours entirely on County time
4. Further comments included a need for more information on diabetes and nutrition; classes for swing-shift employees; and a question was raised about stem cell implants.

Thanks to all of you who completed this survey. We are happy to report that Dr. Kim Kelly, Director of Diabetes Programs for LifeScan, will be our first speaker. His seminar will focus on the latest information on oral medications and insulin therapy.

First Diabetes Update Seminar has been Scheduled

Dr. Kim L. Kelly, Lifescan

Wednesday, July 31st
455 County Center, Redwood City
Room 101
12:00-1:30pm

To register, please call ext. 4846 by July 15.

Basic Guidelines for Diabetes Care

Did you know that your health plan and many medical groups are participating in a California Collaborative to Improve Diabetes Management? This Collaborative is composed of Provider Organizations and Health Plans including Mills-Peninsula Medical Group, Palo Alto Medical Group, Brown & Toland Medical Group, Hill Physicians Group, Aetna, Blue Shield, and the Kaiser Permanente Medical Group. The members of the Collaborative recently agreed to adhere to the same standards of care (called "Basic Guidelines for Diabetes Care") when treating diabetes. The message to consumers is clear: Be proactive and talk with your healthcare professional to make sure that you and your diabetes are being managed in this medically appropriate (and approved) manner.

Gaps in Diabetes Management

Twenty-five percent of diabetic patients still don't get the basic test that monitors blood sugar, and 30% don't have their cholesterol under control. Fewer than half are monitored for complications like blindness and kidney failure.

Percentage of diabetic patients who receive:

HbA1c	75.1%
Eye Exam	45.3%
Lipid Profile	69.1%
Lipid Control	36.7%
Monitoring diabetic nephropathy	36.1%

PHYSICAL & EMOTIONAL ASSESSMENT

Blood Pressure, Weight: Every visit. Blood pressure target goal <130/85 mmHg

Foot Exam: Thorough visual inspection every "diabetes visit"; pedal pulses, neurological exam annually.

Dilated Eye Exams: Type 1 (Insulin-Dependent Diabetes Mellitus): 5 years post diagnosis, then every year by a trained expert. Type 2 (Noninsulin-Dependent Diabetes Mellitus): shortly after diagnosis, then every year by a trained expert.

Depression: Probe for emotional/physical factors linked to depression annually; treat aggressively with counseling, medication and/or referral.

LAB EXAM

HbA1C

Quarterly, if treatment changes or is not meeting goals; 1-2 times/year if stable. Target goal <7.0% or <1% above lab norms.

Microalbuminuria (Albumin/Creatinine Ratio)

Type 1: 5 years post diagnosis, then every year.
Type 2: begin at diagnosis then every year.

Blood Lipids (for adults)

On initial visit, then annually for adults. Target goals: cholesterol, triglycerides (mg/dL) <200; LDL<130 unless CHD, then <100; HDL>35; Non-HDL cholesterol <160 unless CHD, then <130.

SELF-MANAGEMENT
TRAINING

Management Principles and Complications

Initially then annually: assess knowledge of diabetes, medications, self-monitoring, acute/chronic complications, and problem-solving skills. Each visit: screen for problems with and barriers to self-care: assist patient to identify achievable self-care goals.

Self Glucose Monitoring

Type 1: typically test 4 times a day; Type 2 and others: as needed to meet treatment goals.

Medical Nutrition Therapy

Initial: assess needs/conditions, assist patient in setting nutrition goals. Follow-up: assess progress toward goals, identify problem areas; by a trained expert.

Physical Activity – Assess patient initially; prescribe physical activity based on patient’s needs/condition initially and in follow-up visits.

Weight Management – Must be individualized for patient; initially and in follow-up visits.

INTERVENTIONS

Preconception Counseling and Management - Consult with high-risk perinatal programs where available.

Pregnancy Management – Consult with high-risk perinatal programs where available.

Aspirin Therapy – (81-325 mg/day) in adults as primary and secondary prevention of CHD, unless contraindicated.

Smoking Cessation – Screen, advise, and assist; initially, then annually.

Vaccinations – Influenza and Pneumococcal, per CDC recommendations.

Dental Exams – At least twice yearly.

These materials have been produced through the collaborative efforts of the Diabetes Coalition of California and the California Diabetes Control Program © 1999 * These guidelines are consistent with ADA Clinical Practice Recommendations.

Do You Know Your BMI?

BMI or Body Mass Index is used by health care professionals to determine body “fatness” for adults. A score of 20-25 is associated with the least risk of early death. Obesity is categorized by BMI according to three grades: grade I (25 to 29.9), grade II (30 to 40), and grade III (40+). In general, a BMI of 27 or more indicates obesity and an increased risk of developing serious health problems, such as diabetes. To determine your BMI, refer to the **BMI Quick Reference Table** on the next page.

National Diabetes Information Clearinghouse

If you have diabetes, the government will send you a free boxed set of 12 booklets about how to live with the disease. Just call the National Diabetes Information Clearinghouse at 800-860-8747. You can also get it online at <http://www.niddk.nih.gov/health/diabetes/pubs/dmpubs/dmform.htm>. Some of the booklets are also available in Spanish.

BMI Quick Reference Table

Weight (lbs.)	Height (in)																		
	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
100	21	20	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	13	12
105	22	21	21	20	19	19	18	18	17	16	16	16	15	15	14	14	14	13	13
110	23	22	22	21	20	20	19	18	18	17	17	16	16	15	15	15	14	14	13
115	24	23	23	22	21	20	20	19	19	18	18	17	17	16	16	15	15	14	14
120	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15
125	26	25	24	24	23	22	22	21	20	20	19	18	18	17	17	17	16	16	15
130	27	26	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16
135	28	27	26	26	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16
140	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18	17
145	30	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18
150	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19	18
155	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	20	20	19	19
160	34	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	20	20
165	35	33	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	20
170	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21
175	37	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22	21
180	38	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22
185	39	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23
190	40	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23
195	41	39	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24
200	42	40	39	38	37	36	34	33	32	31	30	30	29	28	27	26	26	25	24
205	43	41	40	39	38	36	35	34	33	32	31	30	29	29	28	27	26	26	25
210	44	43	41	40	38	37	36	35	34	33	32	31	30	29	29	28	27	26	26
215	45	44	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26
220	46	45	43	42	40	39	38	37	36	35	34	33	32	31	30	29	28	28	27
225	47	46	44	43	41	40	39	38	36	35	34	33	32	31	31	30	29	28	27
230	48	47	45	44	42	41	40	38	37	36	35	34	33	32	31	30	30	29	28
235	49	48	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29
240	50	49	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31	30	29
245	51	50	48	46	45	43	42	41	40	38	37	36	35	34	33	32	32	31	30
250	52	51	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30
255	53	52	50	48	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31
260	54	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	33	32
265	56	54	52	50	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32
270	57	55	53	51	49	48	46	45	44	42	41	40	39	38	37	36	35	34	33
275	58	56	54	52	50	49	47	46	44	43	42	41	40	38	37	36	35	34	34
280	59	57	55	53	51	50	48	47	45	44	43	41	40	39	38	37	36	35	34
285	60	58	56	54	52	51	49	48	46	45	43	42	41	40	39	38	37	36	35
290	61	59	57	55	53	51	50	48	47	46	44	43	42	41	39	38	37	36	35
295	62	60	58	56	54	52	51	49	48	46	45	44	42	41	40	39	38	37	36
300	63	61	59	57	55	53	52	50	49	47	46	44	43	42	41	40	39	38	37

Upcoming Employee Health Classes - for family members too!

For the most current schedule of classes, visit our website

http://www.co.sanmateo.ca.us/eps/ben/h_f/index.htm

Pre-registration is required for all classes no later than two weeks before class. To register, call Toni Bloom at (408) 808-1333.

Dr. Kim L. Kelly

"Diabetes Update: Latest Medication & Insulin Therapies"

Wednesday, July 31st.

455 County Center, Room 101
Redwood City
12:00-1:30pm

SEPTEMBER: Cholesterol Education Month

"You Can Control Your Cholesterol"

A heart healthy lunch will be provided

<u>Redwood City</u> Tues., Sept. 11 455 County Center Room 101 11am – 2 pm	<u>San Mateo</u> Tues., Sept. 17 225 W. 37 th Ave. Room B 10am – 1 pm
--	--

OCTOBER: Women's Health Month

"Demystifying the Menopause-Osteoporosis Connection"

A calcium-rich lunch is provided

<u>Redwood City</u> Tues., Oct. 1 455 County Center Room 101 9 am – 1:30 pm	<u>San Mateo</u> Wed., Oct. 9 225 W. 37 th Ave. Room B 9 am – 1:30 pm
---	--

South San Francisco
Fri., Oct. 18
1024 Mission Road
Probation Conf. Room
9 am – 1:30 pm

NOVEMBER: National Diabetes Month

"Living and Working with Diabetes"

A "diabetes savvy" lunch is provided (1st class)

<u>Redwood City</u> Tues., Nov. 5 & 12 455 County Center Room 101 Nov. 5: 11am – 2 pm Nov. 12: 9am – noon	<u>So. San Francisco</u> Fri., Nov. 8 & 15 1024 Mission Rd. Probation ConfRm Nov. 8: 10 -1 pm Nov. 15: 9 – noon
--	--

Weight Watchers at Work

Ten or twelve week sessions taught by trained Weight Watchers leaders.

Employees with BMI>25 are eligible for 50% reimbursement of fees paid to Weight Watchers.

For more information, go to:

http://www.co.sanmateo.ca.us/eps/ben/h_f/resources.htm#risk_reduc_reim_prm or call Pamela Gibson, x4344.

Belmont: 400 Harbor Blvd
Meets every Tuesday, 12 noon
Contact: Carla Damante, 802-5172.

Daly City: 271 - 92nd St
Meets every Thursday, 12 noon
Contact: Debbie Estrada, 301-8450.

Redwood City: 455 County Center
Meets every Tuesday, 12 noon
Contact: Mary Lou Douglas, 363-1873

San Mateo: 225 W. 37th Ave
Meets every Monday, 12 noon
Contact: Henry Lopez, 573-3508

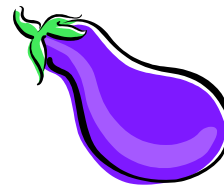
San Mateo: 35 Tower Road
Meets every Tuesday, 12noon
Contact: Tami Enderle, 312-5510

South San Francisco: 1050 Mission Road
TBA
Contact: Patty Courtney, 877-5708



SPRING INTO HEALTH!

and you could win either



A HEALTHY GOURMET WEEKEND IN SAN FRANCISCO FOR TWO

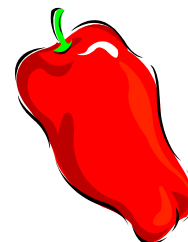
Relaxing weekend stay at a the San Francisco Marriott
2-day cooking/healthy lifestyles class with master chef Eric Tucker
4 gourmet meals at the world-renown Millennium Restaurant
Healthy Gourmet Cookbooks, Food Tours and much more!



OR

DINNER FOR FOUR AT a FRESH CHOICE RESTAURANT ONCE A MONTH FOR A YEAR

A total of 48 Fresh Choice meals!



American Cancer Society's Nutrition & Physical Activity Guidelines:

- ▶ Eat the majority of your foods from plant sources, such as fruits, vegetables and whole grains.
- ▶ Limit red meat, especially if high in fat or processed.
- ▶ Adopt a physically active lifestyle - 30 minutes or more of moderate activity, five or more days per week.
- ▶ Maintain a healthful weight throughout life.

**To enter this FREE drawing (and lower your risk for cancer!):
Pledge at least one healthy lifestyle change
and turn in this form by May 23, 2002.**

I promise to make the following healthy lifestyle choice(s):

- Eat at least 5 servings of fruits and vegetables per day.
- Increase my intake of whole-grains and low-fat foods.
- Decrease the amount of high-fat foods that I eat.
- Be physically active at least 30 minutes per day, 5 days per week.
- Other: _____

Name: _____

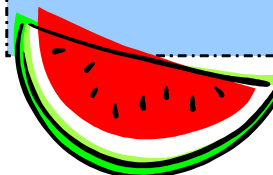
Daytime Phone Number (include prefix): _____

Return this entry to:

Laurie Record, ACS
1650 S. Amphlett Blvd.
Suite 110
San Mateo, CA 94402

Or fax: 650-578-9940

Or call: 650-578-9902
press 3



You will only be contacted if you win one of the prizes described above!
Drawing will be held on May 24, 2002. You must be over 18 to participate.

