



A program of the National Institutes of Health and the Centers for Disease Control and Prevention

DIABETES and your HEART



2 out of 3 people with diabetes die of heart disease or stroke.¹

If you have diabetes, you are **2-4 times** more likely to have heart disease or a stroke than if you do not have diabetes.¹

Smoking doubles the risk of heart disease in people with diabetes.²

According to the CDC, up to **20%** of deaths from heart attack



and **13%** of deaths from stroke are related to diabetes or prediabetes.



ABCs of Diabetes

- A for the A1C test.** The **A1C test** shows you what your blood sugar (glucose) has been over the last three months. High blood sugar levels can harm your heart and blood vessels, kidneys, feet, and eyes.
- B for blood pressure.** **High blood pressure** makes your heart work too hard. It can cause heart attack, stroke, and kidney disease.
- C for cholesterol.** One kind of **cholesterol**, called LDL, can build up and clog your blood vessels. It can cause heart attack or stroke. Ask what your cholesterol numbers should be.



Ask your health care team:

What your A1C, blood pressure, and cholesterol numbers are;

What your ABC numbers should be; and

What you can do to reach your ABC goals.

Tips to reduce your risk for heart disease.



Maintain a Healthy Weight



Make Healthy Food Choices

Stay Active



Quit Smoking



Know Your **ABCs** of Diabetes

Talk to your health care team about how to manage your A1C, blood pressure, and cholesterol. This will help lower your chances of having a heart attack, a stroke, or other diabetes problems.

To learn more, visit www.YourDiabetesInfo.org or call 1-888-693-NDEP (1-888-693-6337).

¹Centers for Disease Control and Prevention. *National Diabetes Fact Sheet: National Estimates and General Information on Diabetes and Prediabetes in the United States, 2011*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011.

²National Diabetes Information Clearinghouse, National Institute of Diabetes and Digestive and Kidney Diseases. *Diabetes, Heart Disease, and Stroke*. Bethesda, MD: U.S. Department of Health and Human Services, National Institutes of Health, 2012.

Create Your Plate

An Easy Way To Eat Well

Having diabetes may mean making changes in what and how much you eat. But that doesn't mean you have to dump all the foods you know and love. With a little planning, you can still include your favorite dishes.

One easy way to do this is by using the "Plate Method." You don't need any special tools and don't need to do any counting. You just need to focus on filling your plate with more non-starchy vegetables and less starchy foods and meats. It is simple and it works, whether you are cooking at home or eating out.



Create Your Plate!

- 1** Imagine drawing a line down the middle of your dinner plate. Then on one side, cut it again so you will have 3 sections on your plate like the picture on your right.
- 2** Fill the largest section with non-starchy vegetables like salad, green beans, broccoli, cauliflower, cabbage, carrots, and tomatoes.
- 3** Now in one of the smaller sections, put starchy foods such as noodles, rice, corn, or potatoes.
- 4** The other small section is for meat, fish, chicken, eggs, or tofu.
- 5** Add an 8 oz glass of milk and one small piece of fruit or 1/2 cup of fruit salad and you've got a great meal. (If you don't drink milk, you can add an extra piece of fruit, light yogurt, or a small roll.)

Grains and Starchy Vegetables

- whole grain breads, such as whole wheat or rye
- whole grain, high-fiber cereal
- cooked cereal such as oatmeal, grits, hominy, or cream of wheat
- rice, pasta, barley, tortillas
- cooked beans and peas, such as pinto beans or black-eyed peas
- potatoes, green peas, corn, lima beans, sweet potatoes, winter squash
- low-fat crackers and snack chips, pretzels, and fat-free popcorn



Protein

- chicken or turkey (without the skin)
- fish such as tuna, salmon, cod, or catfish
- other seafood such as shrimp, clams, oysters, crab, or mussels
- lean cuts of beef and pork such as sirloin or pork loin
- tofu, eggs, low-fat cheese



Milk

- skim, 1/2%, or 1% milk
- low-fat or fat-free yogurt
- plain soy milk

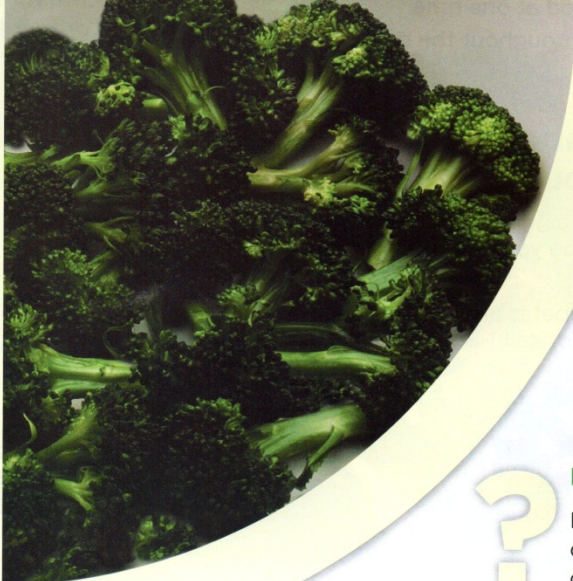
Fruit

- fresh, frozen, or canned in juice or light syrup
- peach, pineapple, banana, apple, pear, mango, grapes, berries, melon, papaya, apricot, orange, grapefruit



Non-Starchy Vegetables

- fresh, frozen, or canned
- spinach, carrots, lettuce, greens, cabbage, bok choy, green beans, broccoli, cauliflower, tomatoes, vegetable juice, salsa, onion, cucumber, beets, okra, mushrooms, peppers, turnip



How Deep?

For the plate method, your food can be piled about the thickness of a deck of cards or the palm of your hand.

Next Steps

Once you've mastered the plate method, you can begin to make your meals even healthier.

The next thing to think about is the types of fat you use on your food. This includes what you use for cooking and the spreads or dressings you add at the table too. Keep your portions small and try these tips:

- For cooking: use liquid vegetable oils instead of butter, margarine, shortening or lard.
- For spreads: use light or reduced fat spreads without trans fat.
- For dressings: use reduced fat or light salad dressings. Vinaigrette are a better choice than creamy dressings because not as much sticks to the salad. Or try flavored vinegar and oil on a salad.

What About Desserts?

Yes, you can still eat dessert sometimes. You can keep blood glucose on track by eating a small portion of sweets in place of other starchy foods, fruit or milk. But remember, sweets don't have the vitamins and minerals in these foods. Save desserts for special occasions.

Things to Remember:

- Try not to eat too much food at one time.
- Space your meals evenly throughout the day.
- Don't skip meals

The American Diabetes Association is Here to Help You

Healthy eating is one of the biggest challenges you face in managing diabetes. Let us be your source of up to date information and support.

For more information on diabetes and nutrition go to www.diabetes.org/nutrition or call 1-800-DIABETES (1-800-342-2383)

Ask for a free copy of our 32 page booklet, *What Can I Eat? The Diabetes Guide to Healthy Food Choices.*



GOOD WAYS TO CUT BACK

• • •


Sugary drinks are wasted calories. Avoid regular soda, fruit punch, sweet tea and other sugary drinks. Choose water and calorie-free drinks instead.

• • •

Snacks and desserts don't have to be diet-busters. Try having popcorn for a snack or fruit for dessert.

• • •



 American Diabetes Association.
MyFoodAdvisor[®]



FREE resources to help you
make smart food choices
and plan meals.

ONLINE

Recipes for Healthy Living

New recipes, tips, and a
meal plan each month.
Register for FREE today!

MyFoodAdvisor tool

Track what you eat, analyze
your own recipes, and compare
foods to find healthier options.

Visit www.diabetes.org/myfoodadvisor

IN PRINT

What Can I Eat?

Your guide to eating well with diabetes.

Call **1-800-DIABETES** for your FREE copy

Beata Samosiuk

Community Clinical

Professor Forbes

October 22, 2013

Diabetes Nutrition

- I. American Diabetes Association – MyFoodAdvisor
 - A. An Easy Way to Eat Well
 1. Plate Method
 - a. Not just for people living with diabetes!
 - b. Don't have to change much of what you already eat!
 - c. No special tools
 - d. No counting
 - e. Focus on filling your plate with
 - (1) More non-starchy vegetables
 - (2) Less starchy foods and meats
 - f. Works at home or eating out
 - B. Create Your Plate!
 1. 3 imaginary sections on plate
 - a. One down middle
 - b. Other half
 - (1) Divide into two smaller halves
 2. Largest half/section
 - a. Non-starchy vegetables
 - (1) Salad
 - (2) Green beans
 - (3) Broccoli
 - (4) Cauliflower
 - (5) Cabbage
 - (6) Carrots
 - (7) Tomatoes
 3. One of the smaller halves/sections
 - a. Starchy foods
 - (1) Noodles
 - (2) Rice
 - (3) Corn
 - (4) Potatoes
 4. Other smaller halve/section

- a. Protein
 - (1) Meat
 - (2) Fish
 - (3) Chicken
 - (4) Eggs
 - (5) Tofu
 - 5. Sides
 - a. 8 oz glass of milk + one small piece of fruit OR ½ cup fruit salad
 - b. If don't drink milk
 - (1) Add an extra piece of
 - (a) Fruit
 - (b) Light yogurt
 - (c) Small roll
 - (2) Avoid regular soda, fruit punch, sweet tea and other sugary drinks
 - (a) Choose water or calorie-free drinks
 - 6. How deep should your plate be?
 - a. Food should be piled up
 - (1) Thickness of a deck of cards
 - (2) Palm of your hand
 - 7. Other substitute options around picture of plate
- C. Next Steps
- 1. Types of fat you use on food
 - a. Use for cooking and spreads or dressings you add
 - b. Keep portions small
 - (1) For cooking
 - (a) liquid vegetable oils instead of butter, margarine, shortening or lard
 - (2) For spreads
 - (a) light or reduced fat spreads WITHOUT trans fat
 - (3) For dressings
 - (a) reduced fat or light salad dressings
 - i. Vinaigrette = better, compared to creaming dressings
 - ii. OR flavored vinegar and oil on a salad
 - 2. Desserts
 - a. Sometimes
 - (1) Small portions of sweets
 - (a) In place of other starchy foods, fruit or milk
 - (2) EXAMPLE: Try popcorn for a snack
 - (3) Sweets ≠ vitamins and minerals
 - (4) Special occasions

D. Things to Remember

1. Don't eat too much food at one time
2. Space meals throughout day
3. Don't skip meals

E. For more FREE information

1. On diabetes and nutrition
 - a. www.diabetes.org/nutrition
 - b. 1-800-DIABETES

Rubina Aktar

Monitoring Your Blood Glucose

It is important for people with diabetes to have their blood glucose checked regularly and by keeping a log so their physician can see how they are controlling their diabetes.

Who Would Benefit from Monitoring Their Blood Glucose

- Those taking insulin
- Those that have difficulty controlling their levels
- Those that have low levels
- High blood glucose levels resulting to ketones

Steps to Take to Check Your Blood Glucose Level

- First wash and dry hands
- Insert the test strip into the meter
- Use the lancing device and place it on the side of your fingertip and get a drop of blood (rotate fingertips to avoid discomfort)
- Wait for the result by touch and holding the edge of the test strip to the drop of blood
- The meter will display the blood glucose level

Target Ranges

According to the American Diabetes Association the target ranges for most adults who suffer from diabetes are:

- A1C: 7%
- Before a meal (preprandial plasma glucose): 70-130 mg/dl
- 1-3 hours after beginning of the meal (Postprandial plasma glucose): Less than 180 mg/dl

What does Your Blood Glucose Levels Mean?

- It is important to record your blood glucose levels
- Monitor how food, activity, stress and illness affect the levels
- If the levels are significantly high or low, it is important to review your levels with your physician and change in plan

Beata Samosiuk

Community Health Nursing NUR 4010: HD21

Professor Elaine Leinung

Service Learning Project – Stein Senior Center – Diabetes Nutrition

Part V – Planning and Implementation

E. Implementation

1. Discuss how project was implemented/conducted

After forming a group, we interviewed the seniors in the center about what they were interested in hearing more about. Collaboratively, after discussing the feedback, our group decided on the topic of diabetes nutrition. Then we researched the topics that we believed were important and that the seniors wanted to hear about – statistics, myths and truths, creating a healthy plate, and measuring blood glucose. Each of the four group members researched one part each and found free flyers and brochures. One of the group members brought in her father's blood glucose monitor to demonstrate how to check one's blood glucose. We printed out flyers and brochures from NYCCT and picked up some from the American Diabetes Association. Before the presentation we handed out the materials. As each group member presented their part they instructed the audience at where and which flyer or brochure to look at. After everyone in the group presented, we offered the audience time for questions and answers. Shortly after, we handed out left over information to other seniors who did not attend the presentation.

2. Discuss publicity attained/acquired for event(s) coverage

We attained no publicity or event coverage for our presentation. Our classmates, the seniors of the community center, and employees attended our presentation.

3. Discuss activities engaged/carried out/presented

Each member of the group presented a part of the presentation within an activity room. Each member engaged the audience by asking them to look at specific flyers or brochures. For example, my part was showing the audience how to divide their plates into healthy portions, what foods, sides, and desserts were appropriate substitutes, and where to find and receive more free resources about diabetes and nutrition. Aside from engaging with the audience when presenting, we engaged with the senior community by giving out free information about diabetes and proper nutrition.

4. Discuss means of advertisement (flyers, blogs, tweets, media, etc.)

We advertised through flyers, pamphlets, and word of mouth. We spoke with the community center's supervisor a week in advance to notify him that we were going to be presenting. This way since our clinical group is only there once a week, the employees would be able to continue to inform the community members of this upcoming presentation. Before we presented we made an announcement in the dining room, where the majority of the seniors gather.

F. Cost of Project

1. Describe all costs encountered for project

Since we worked with the American Diabetes Association (ADA), a non-profit organization, as well as, the use of the internet at the Stein Senior Center and NYCCT,

there were no costs. The ADA provided us with free of charge resources such as flyers, pamphlets, and brochures.

2. No receipts

Narrative Self-Reflection

Rubina Aktar

New York City College of Technology

NUR 4010 Section HD04 Community Health Nursing

Professor Elaine Z. Leinung

19 November 2013

The clinical objective that was achieved was to introduce a nutritious diet with people who are diagnosed with diabetes. This semester, we had our clinical at the Stein Center on 23rd street and Lexington Avenue. My group and I presented to the senior citizens on a diet to control their diabetes. Our group consisted of four members - Jose, Jozette, Beats, and me. Jose introduced facts and a brief background on the disease. He explained how diabetes is considered a "silent disease" where symptoms may not show. It would gradually occur such as blindness, infections on the foot that can lead to an amputation, and kidney disease. Jozette introduced common myths about diabetes and how people can still continue to eat foods they love but have to take into account on the portions and have small meals instead of large meals. Beats presented a meal plan and foods that can be substituted and enjoyable at the same time. She gave a pamphlet that had list of foods that can be served. I presented on how to monitor blood glucose levels and showed step by step. I showed what levels are considered normal and when to talk to the physician when insulin is not managing the levels and a new plan of care must be introduced. I informed them how it is important to check levels when exercising, when ill or stress, and after consuming meals. I felt that the senior citizens enjoyed the presentation and saw that even with this disease; they could still enjoy their meals and manage their blood glucose levels. I gained personal and professional growth by educating the senior citizens and give them a chance to hear their concerns. In a way I gained back to this community about a disease that can cause great damage to a person's life. For a community health nurse, it is priority to assess the community and understand what is assessable to them and to look for what is needed to improve the lives of the patients. We need to look at the diseases that are most prevalent and find ways to manage them and educate the community about it. From this service learning project, I saw how it was important that the senior citizens were educated on nutrition for diabetes patients.

Beata Samosiuk

Community Health Nursing NUR 4010: HD21

Service Learning Project – Stein Senior Center

Part VI – Evaluation

My clinical group presented diabetes nutrition to the senior population of Gramercy Park and Murray Hill. The goals we wanted to accomplish were to increase awareness about diabetes, the myths and facts about diabetes nutrition, how to create your own healthy plate, and the importance of measuring your blood glucose, as well as, how to measure it correctly.

Collaborative, each of us spoke to the senior population at the center and asked them what they believed was important as part of diabetes nutrition. From this information we composed our four goals or points we wanted to cover in our presentation. Each member of our group took one part of each of our goals, researched it, and presented it to the audience who attended. We took a majority of our information and research from the American Diabetes Association, a non-profit organization. This organization provided us with free flyers and brochures to illustrate how to create a healthy plate and where to receive more information about diabetes and proper nutrition. We also gave out other flyers on diabetes statistics, myths and facts, a blood glucose log. To ensure that our goals were met, we answered any questions that the senior population had. In addition, if some of the seniors were unable to attend our presentation we gave out the pamphlets and flyers we spoke about in our presentation, so that they were informed.

The main benefit of the project to the community of Gramercy Park and Murray Hill was helping to prevent diabetes and improve the lives of all people affected by diabetes. In today's healthcare society, many patients only get a few minutes to talk to their providers. By presenting

this project, we were able to give a community of seniors more than a few minutes in a much more relaxed stress-free environment. The senior community was able to also ask as many questions as they had.

Throughout the semester, many clinical objectives were met. I was able to demonstrated individual professionalism through personal behaviors and appearance by completing my assignments on time, dressing professionally, attending clinical on time, seeks the professions guidance when needed, and maintaining confidentiality. I employed analytical reasoning and critical thinking skills when providing care in the senior center through client interviews, assessing the impact of the community, cultural, and beliefs on the client's health, collecting community based data, and establishing and evaluating care plans. I effectively communicated with diverse groups using different strategies in regards to the health needs of individuals in the community setting, through various communication techniques and documentation. I established a favorable learning environment based on evidence-based practice through teaching the community about diabetes nutrition. I utilized informational technology based on the community of Gramercy Park and Murray Hill through nursing informatics and internet research. I demonstrated a commitment to professional development by means of updating myself on the current issues within the community, self-evaluation, and being able to take on the challenges of community health nursing. I incorporated the American Nurses Association Standards into my clinical practice, as well as, the Stein Senior Center's standards of practice and mission. I collaborated with clients of the community center, in addition to, the community team and support systems to address problems, progress, interventions, and resources. I recognized and advocated for the appropriate delivery of health care services and resources based on the impact of financial, political, public and demographic forces.

Self Reflection

Jose Chu 9396

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NUR 4010

Professor Elaine, Leinung

December 4, 2013

Self Reflection

During my time at the Stein Senior Center, my classmates and I always came to class professionally dressed and showed utmost respect to the seniors at the center. We made ourselves available to the members of the center physically and emotionally. Everyone in the clinical class participated in taking the blood pressure of the seniors weekly. We took turns in assessing the seniors that participated in the blood pressure taking. During the semester we did not encounter any blood pressures readings that were out of the norm but we still provided education to each senior regarding how to manage their blood pressures.

While researching topics for our group presentation, we conducted surveys and interviewed a few of the members in order to decide which topics they were interested in. Through the use of empathetic listening and focusing, we were able to identify topics that would benefit the members of the senior center. With the help of our professor we decided to present on diabetes nutritional management, shingles disease and home safety measures. To find information on these topics, we used nursing databases such as CINAHL and Medline, internet sources and clinical nursing books from the library. Information found in nursing database were up to date and used evidence based practice.

My group and I decided to do a presentation on diabetes nutritional diet because we found that more than half the members at the senior center suffered from diabetes. Many of the seniors at the center verbalized to us that they were taking medications in order to control their blood sugar levels. During our interviews with the members, they put emphasis on medications to manage their disease but no one mentioned nutrition or exercise. Our group wanted to educate the seniors that there is more than one way to manage their diabetes. We maintained confidentiality of all the information provided to us by the seniors.

My part of the presentation consisted of introducing my group members and sharing facts about the disease. I wanted to get everyone's attention by introducing the fact that diabetes is currently affecting 25 million Americans and there is another 79 million that are considered pre-diabetics. This was my first presentation outside of a classroom and I felt that my group and I maintained professionalism throughout the whole process. This experience has been rewarding because I felt that I had a chance to grow as a nurse and a leader. When working in groups one must assume a leadership role in order for assignments to be done on time. While attending the Stein Senior Center we followed the mission statement of the center. The mission of the center is to lift the seniors of New York City. We as professional nurses utilized the American Nurses Association Standards to guide us during our practice. During our research of the lower east side community we recognized health gaps that were mentioned in our windshield survey.

Photos from Diabetes Nutrition
Presentation

Presented by:

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