

College of Agricultural, Consumer and Environmental Sciences

NEW MEXICO DEPARTMENT OF HEALTH Paths to Health

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Dispelling Myths about Diabetes Management

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The College of Agricultural, Consumer and Environmental Sciences is an engine for economic and community development in New Mexico, improving the lives of New Mexicans through academic, research, and Extension programs.

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I have no financial interests or relationships to disclose.

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Objectives

At the conclusion of this presentation, participants will be able to:

1. Identify at least three myths about diabetes management.
2. Explain at least one method of meal planning to appropriately manage diabetes.
3. Share resources for accurate diabetes management information with clients/patients.

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Red

Green

Christmas

Sans chile

What is your chile preference?

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Statement evaluation

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Truth

Myth

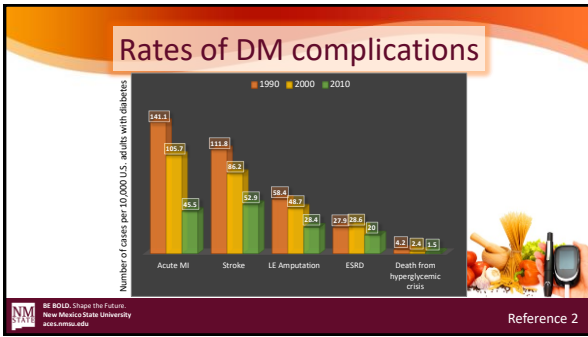
I think this is a trick

Diabetes is the leading cause of kidney failure, lower-limb amputations, and adult blindness.

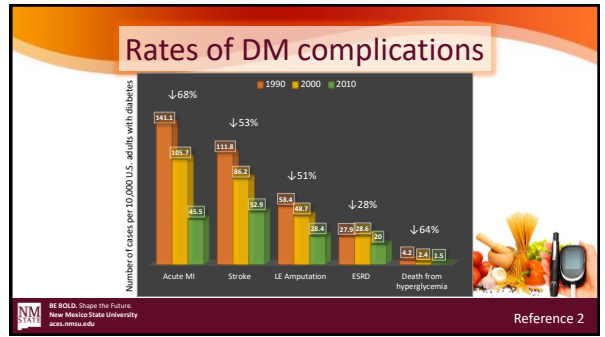
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Reference 1

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7



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Clarification

“To a large extent, it is *poorly controlled* diabetes that is the leading cause of adult blindness, amputation, and kidney failure.”

Reference 3

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Further clarification

“This doesn’t mean: good care will guarantee that you will not develop complications.”

This does mean: With good care, odds are good you can live a long, healthy life with diabetes.”

Reference 3

10

What is good care?

Reference 4

11

How to manage DM through nutritional needs

Will you come give us a 60-minute presentation on how to compound medications specific to individual needs?

Reference 4

12

Truth

Myth

People with diabetes need to avoid or minimize carbs.

Reference 5

13

Excellent sources of carbs

Portion sizes Carbs → Nutrient-rich

glucose

Reference 5

14

Truth

Myth

Type 2 diabetes only affects people who are overweight.

Reference 6

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Other considerations

About 20% of people with type 2 diabetes are normal weight or underweight.

Weight loss of 5%-10% aids diabetes management.

Heart healthy eating

Mono/polyunsaturated fats ↓ sodium ↑ fiber

Reference 7

16

Mediterranean

Low-carb

Vegan

DASH

Which diet is best for people with diabetes?

Reference 5

17

The best diet

Appropriate portions Variety Balance

What a person will follow long-term

Reference 5

18

50/50 Plate

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Diabetes Plate

Eat What You Love. Love What You Eat with Diabetes Plate

From Eat What You Love, Love What You Eat with Diabetes by Michelle May MD and Magrette Fletcher MS, RD, CDE

Reference 8

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What would you change? Why?

<p>1,150 calories 27g fat 9g saturated fat</p>	<p>2 beef enchiladas 1 c. refried beans 1 c. Spanish rice 1 sopapilla 16 oz. soda</p>	<p>3,100mg sodium 184g carbohydrate</p>
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One possibility

<p>390 calories 6g fat 1g saturated fat</p>	<p>2 chicken enchiladas ½ c. refried beans 2 c. side salad 16 oz. water/diet soda</p>	<p>1,120mg sodium 48g carbohydrate</p>
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Recipe modifications

<p>Refried beans</p> <ul style="list-style-type: none"> • ↓ 1g fat • ↓ 540mg sodium 	<p>Chile relleno casserole</p> <ul style="list-style-type: none"> • ↓ 200 calories • ↓ 25g fat
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Resources

The amount of time a person with diabetes spends with a healthcare professional annually

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www.diabetesfoodhub.org

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Reference 9

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Medical Nutrition Therapy

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Reference 10

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pathstohealthnm.org

Paths to Health NM
Tools for Healthier Living

- Blood Pressure Self-Monitoring Program
- Chronic Disease Self-Management Program
- Diabetes Self-Management Program
- Chronic Pain Self-Management Program
- Cancer: Thriving and Surviving Program
- Positive Self-Management Program for HIV
- National Diabetes Prevention Program
- Falls Prevention Programs:
 - Tai Chi for Arthritis
 - Tai Ji Quan: Moving for Better Balance
 - A Matter of Balance: Managing Concerns about Falls
 - Otago
- Kitchen Creations

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Reference 11

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Kitchen Creations Participants

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Reference 12

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Truth

Myth

People with diabetes are no more likely to get a cold, flu, COVID-19, or other illness than people without diabetes.

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Reference 13

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Questions