



WORKing on Diabetes Self-Care!

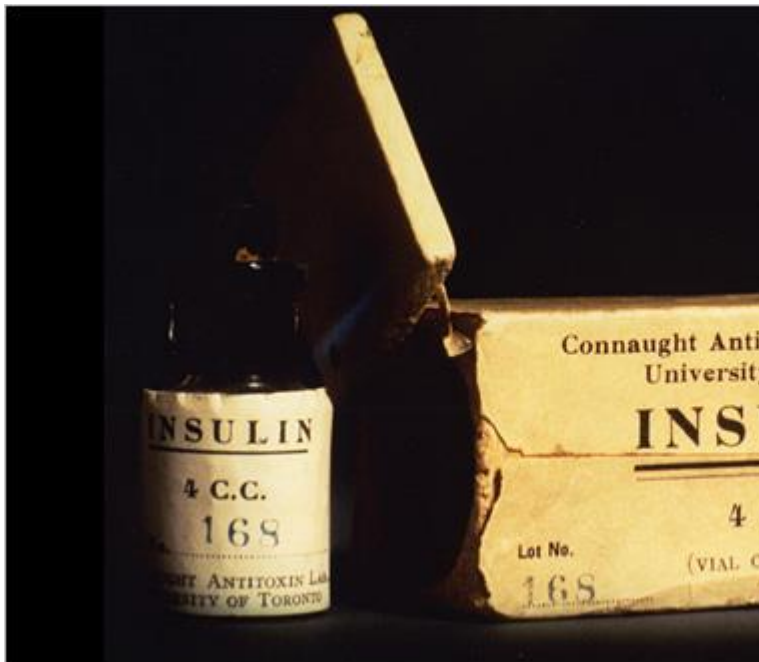
A Worksite/Employee Wellness Webinar

From the Montana DPHHS
Worksite Wellness and Diabetes Programs

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Diabetes: group of conditions that all have high blood sugar levels in common

- **Type 1** – formerly known as “juvenile diabetes”
 - Autoimmune condition where the immune system attacks the insulin-producing cells in the pancreas



Patient JL, 15 pounds

December 15, 1922



Patient JL, 29 pounds

February 15, 1923

Photo from Eli Lilly & Co archives



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- **Type 2** – formerly known as “adult onset diabetes”
 - Genetic factors drive insulin resistance
 - 3 problems in type 2 diabetes: cells resistant to insulin, pancreas poop-out over time, overactive liver
 - Lifestyle factors can contribute too – sedentary, diet
- **Gestational diabetes** – during pregnancy
 - Hormones of pregnancy make the body resistant to insulin
- **Prediabetes** – elevated blood sugars but not quite high enough to be diabetes yet

Diabetes in the US & MT:

- Over 34 million Americans have diabetes, and 1 in 5 don't know they have it
- In 2019, 66,000 adult Montanans reported having been told they had diabetes
- Diabetes has tripled in MT since the '90's
- Currently about 1 in 11 Montanans have diabetes
- 1 in 3 adults have prediabetes
- By the year 2050, 1 in 3 adults will have diabetes

Just the facts, Jack!



- 7th leading cause of death and is underreported (think cardiovascular disease!)
- Twice as likely to have heart disease or stroke...and at an earlier age
- 85% of people with diabetes die of heart attack or stroke
- Leading cause of kidney disease, lower limb amputations, and adult-onset blindness
- \$327 Billion annually – medical costs, lost work and wages

But what *IS* diabetes?

- **Lock and Key explanation of diabetes:**



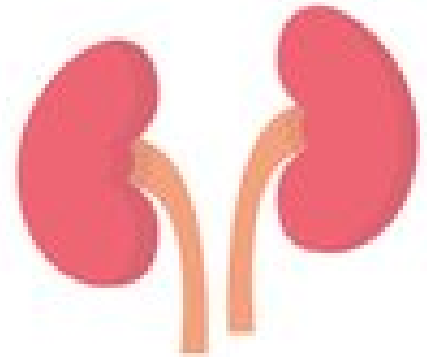
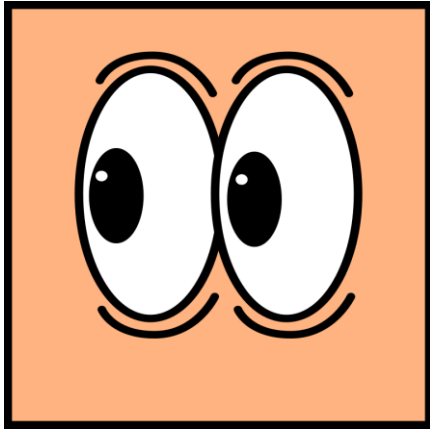
Key = insulin

Lock = receptors on the cell

- Type 1 diabetes – there are no keys (insulin)
- Type 2 diabetes - there are keys (insulin) at first, but they aren't fitting into the lock correctly (the lock becomes resistant to the key). Over time, the keys disappear.

Blood baggie demo!

What's the big deal about high blood sugar?



“Diabetes only affects the organs that are fed by blood.”

ABC's of diabetes:

- A is for A1C
- B is for Blood Pressure
- C is for Cholesterol

Diabetes is a cardiovascular disease.

The “A” of the ABC’s

Why do we care about keeping our blood sugar in a healthy range?

- More energy
- Better outlook on life (less sad and crabby)
- Feel well
- Decreased risk of complications of diabetes

Ways to check blood sugar:

- Monitoring blood sugar at home (meter) – gives information at that second (“immediate” view)
- Continuous glucose monitor (CGM) – immediate and trends
- A1C – the amount of sugar that’s on the red blood cells (“long view”)

Where do you go to find out your A1C?

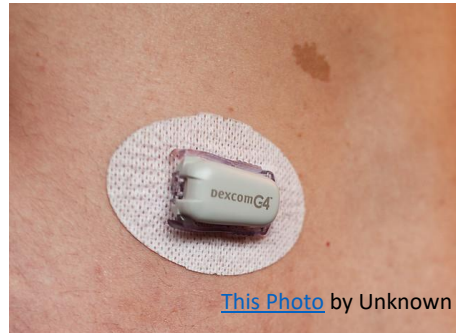


Self-monitoring blood glucose:

Reasons for not using a monitor?

- Didn't know about it
- Never been shown how to use it
- Cost

There are many options!

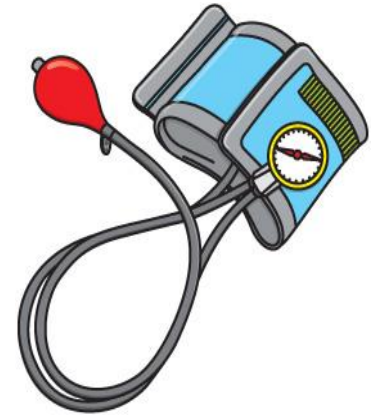


- Who can help you pick out a monitor and show you how to use it?
- Who can help you determine what is a good blood sugar range for you?

The “B” in the ABC’s:

Why do we care about keeping blood pressure in a healthy range?

- Improve heart health
- Decrease chance of stroke
- Protect your kidneys
- Improve your quality of life and increase life span
- Reduce out of pocket expenses



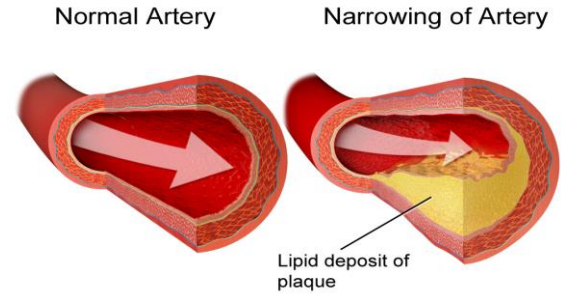
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Only about half of adults with high blood pressure have it under good control.

Who do you see to get your blood pressure checked and find out where your blood pressure should be?

The “C” in the ABC’s:

Why do we care about keeping cholesterol levels in a healthy range?



Coronary Artery Disease

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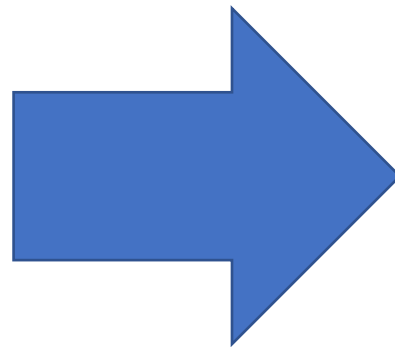
- Improve heart health and decrease chance of stroke
- Too much of the ‘bad’ cholesterol raises the risk of heart attacks and strokes (LDL = “lousy” cholesterol) 😞
- Too little of the ‘good’ cholesterol raises the risk for heart attacks and strokes (HDL = “healthy” cholesterol) 😊
- Diabetes can lower the ‘good cholesterol’ and raise the ‘bad’ cholesterol

How is diabetes managed?

- Healthy eating
- Physical activity
- Monitoring blood glucose
- Medications
- Problem solving
- Healthy coping
- Reducing risks for short-term and long-term complications

What do people with diabetes have to do to manage their condition?

- Check blood glucose levels
- Take medications
- Exercise
- Eat healthfully
- Count carbohydrates
- Work toward a healthy weight
- Go to doctor appointments
- Keep track of everything
- Work toward reducing stress
- Try to get good sleep
-



JOB!!!

Q: Who can help you to tailor a plan to manage your diabetes?

A: Diabetes Care and Education Specialists!

Diabetes Self-Management Education & Support (DSMES) works!

- Lowers A1C
- Lowers Blood Pressure
- Lowers Cholesterol
- Helps to lower the cost of diabetes-related care

Works even better when you go regularly (the more the better!)



4 key times to see a Diabetes Care and Education Specialist:

1. At diagnosis
2. Annually, or when not meeting treatment goals
3. When your diabetes or your health changes
4. When your life changes – life transitions

Association of Diabetes Care & Education Specialists Video!

<https://www.diabeteseducator.org/practice/practice-tools/app-resources/a-consensus-report>



Be your own diabetes advocate!

- **Ask your health care provider for a referral to a diabetes program**
- Insurance pays for DSMES
 - Medicare
 - Medicaid
 - Private insurance
- Can get DSMES via telehealth
- Family member(s) are welcome and are encouraged
- Where do I go to find a diabetes program?
 - Ask your provider for a referral to a diabetes care and education specialist <https://diabetes-mtdphhs.hub.arcgis.com/##DSMES>



resources you need so that you can find help, fast.

DSMES

5

Diabetes Self-Management Education and Support (DSMES) - A critical element of care for all people with diabetes. DSMES is the ongoing process of facilitating the knowledge, skills, and ability necessary for prediabetes and diabetes self-care as well as activities that assist a person in implementing and sustaining the behaviors needed to manage his or her condition on an ongoing basis, beyond or outside of formal self-management training [5]. [Learn more about self-care at the Association of Diabetes Care and Education Specialists.](#)

[DSMES and COVID-19 Resources](#)



About Diabetes Self-Management Education and Support

Diabetes Self-Management Education and Support (DSMES)- A critical element of care for all people with diabetes.

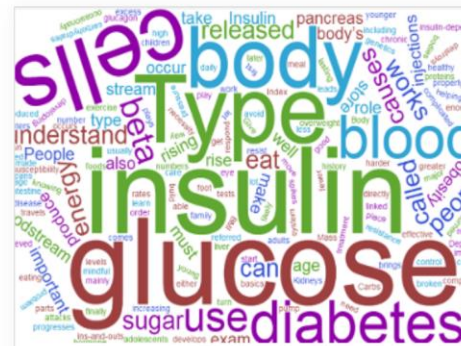
[Go to App](#)



Diabetes Self-Management Education Sites

Use this map to find a diabetes program in your area with contact and address information.

[Go to App](#)



Healthcare Provider Resources

A Story Map packed full of diabetes resources such as Incidence rate by county, Healthy People 2020 Goals, ways to become a certified diabetes...

[Go to App](#)

https://diabetes-mtdphhs.hub.arcgis.com/app/32639301c98e407d80aa32afaadba...



What if I have prediabetes?

- Prediabetes is when blood sugars are elevated, but not quite high enough to be considered diabetes
- Up to 35% of the adult population in the US is estimated to have prediabetes
- Prediabetes is not a benign condition – the cardiovascular changes are already starting to happen
- Progression to diabetes is not inevitable, however!

Montana Diabetes and Cardiovascular Disease Prevention Program (MT DPP)

- Year-long, evidence-based, lifestyle change program that has been shown to reduce the risk of type 2 diabetes by 58%, more in older adults
- 16 weeks of weekly classes, and then monthly classes through the rest of the year
- Classes focus on:
 - behavior change
 - healthful eating
 - increasing physical activity to at least 150 minutes/week - 30 minutes/day on most days
 - losing a moderate amount of weight
 - controlling blood pressure and cholesterol



Montana DPP:

- <https://dphhs.mt.gov/publichealth/Diabetes/DPP> (video)

How do I find out if I'm at risk for prediabetes/diabetes?

Link to the RISK TEST:

<https://prediabetes-mtdphhs.hub.arcgis.com/>

Ask your provider for a referral or you can self-refer to the DPP: <https://chronicdiseasedata.undeerc.org/dpp-selfreferral/default.aspx>

COVID and diabetes, overweight, cardiovascular risks:

- Type 2 diabetes increases your risk of severe illness from COVID-19
- Based on what we know at this time, having type 1 or gestational diabetes might increase your risk of severe illness from COVID-19
- **If you have diabetes, NOW is the time to get your diabetes under control.** People with diabetes who have good blood glucose control seem to do better, should they get COVID, than those whose blood glucose levels are higher.

COVID and diabetes

- Make and keep regular appointments with your health care provider who manages your diabetes
- Meet with your Diabetes Care and Education Specialist (DCES)!
- Take your medications as prescribed
- Have at least 30 days of all diabetes supplies and medications
- If your financial or insurance situation has changed, please see your DCES – they can help!
- Have a sick-day plan (see your DCES to make this plan)

Diabetes may be the leading cause of:

- Chronic Kidney Disease
- Heart Disease
- Stroke
- Eye disease
- Amputations

BUT....

Diabetes is also the leading cause of:

- Courage
- Self-awareness
- Persistence
- Resilience
- Empathy
- Appreciation
- Enlightenment
- Understanding
- Compassion
- Bravery
- Fortitude
- Substance
- Daring
- Strength
- Grit
- Guts



Key take-away's:

- You can LIVE WELL with diabetes!
- Self-management is very POWERFUL!!
- Remember the ABC's of diabetes.
- You have a health care TEAM to help you.
- Your Diabetes Care and Education Specialist is there to help you fit your diabetes self-care into your life.
- Keep **WORKING** on diabetes self-care! **YOU GOT THIS!!**



What diabetes topics are you interested in next?

- Nutrition and healthy eating for diabetes
- Being active/exercise for diabetes
- Monitoring blood sugars – technology (CGM, apps)
- Medications for diabetes
- Healthy coping and diabetes – diabetes distress and mental health
- Reducing risks for diabetes complications
- More on resources for PWD – peer support, affordability options for medications, etc
- Caregivers/family members of those with diabetes
- Other?

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Thank you!

