

BECOME AN ADA AMBASSADOR FOR YOUR COMMUNITY

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OUR MISSION

to prevent and cure diabetes
and to improve the lives of all
people affected by diabetes.

TODAY'S AGENDA

- Describe the ADA Ambassadors initiative
- Review the ADA “Diabetes 101” presentation
- Share key diabetes resources for Ambassadors

THANK YOU NORTHWEST KIDNEY CENTERS!

- Support for the ADA Ambassadors program comes from our generous partner, the Northwest Kidney Centers!



WHAT ARE ADA AMBASSADORS?

- Support people with diabetes in their communities by connecting people with education and resources from the ADA
- Serve as a bridge between their communities and the ADA by communicating local needs and gaps to the ADA to inform our work
- Program started as a pilot at 2017 CHW conference; currently have almost 100 Ambassadors statewide

ADA AMBASSADOR RESPONSIBILITIES

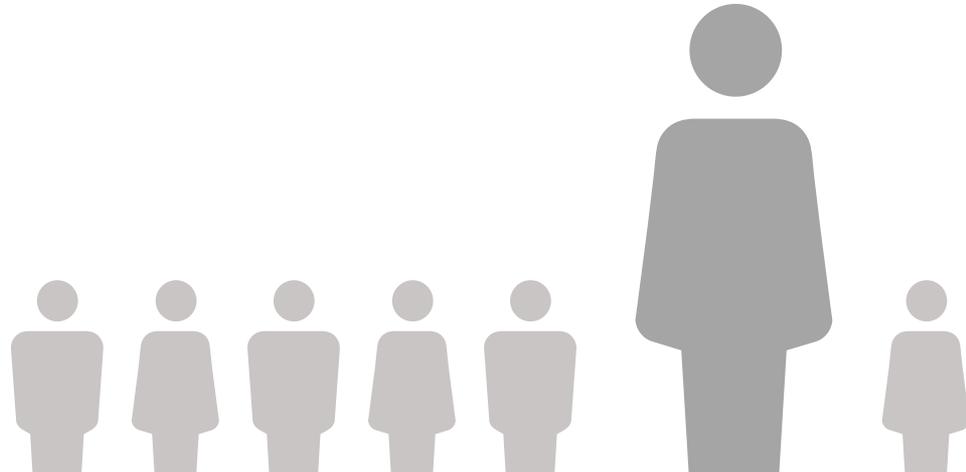
- Complete a training reviewing the ADA's "Diabetes 101" workshop and our available community resources (happening during this session!)
- Present the "Diabetes 101" workshop in their area as available/needed
- Attend local events as available/needed
- Share diabetes resources with their communities
- Communicate local needs and gaps back to the ADA
- Attend bimonthly (every 2 months) conference calls

ADA AMBASSADOR BENEFITS

- Receive training on topics related to diabetes and new initiatives from the ADA and our partners
- Stay up-to-date on resources available from the ADA and other organizations
- Connect community members with diabetes education and resources
- Share your knowledge of community needs with the ADA to inform our work
- Network with other Ambassadors from across the Northwest Region to share successes and challenges

DIABETES 101

Your name here



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TRUE OR FALSE?

If you are overweight or obese, you will get type 2 diabetes.

FALSE

Most overweight people never develop type 2 diabetes, and many people with type 2 diabetes are at a normal weight or only moderately overweight.

TRUE OR FALSE?

Eating too much sugar causes diabetes.

FALSE

While a diet high in sugar may put someone at increased risk for type 2 diabetes, it is not the only factor. Type 1 diabetes is caused by genetics and other unknown causes.

TRUE OR FALSE?

If you have type 2 diabetes and you need to start using insulin, it means you're not taking care of yourself.

FALSE

Type 2 diabetes is often a progressive disease. Eventually, lifestyle change and oral medications may not be enough to keep blood glucose levels in range.

WHAT HAPPENS WHEN WE EAT?

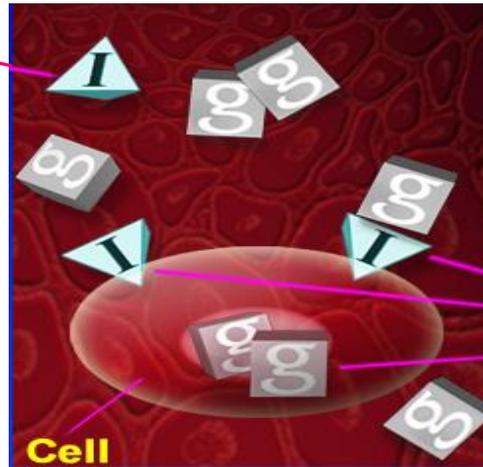


After eating, most food is turned into glucose, the body's main source of energy.

NORMAL BLOOD GLUCOSE CONTROL

In people without diabetes, glucose stays in a healthy range because:

1) Insulin is released at the right times and in the right amounts

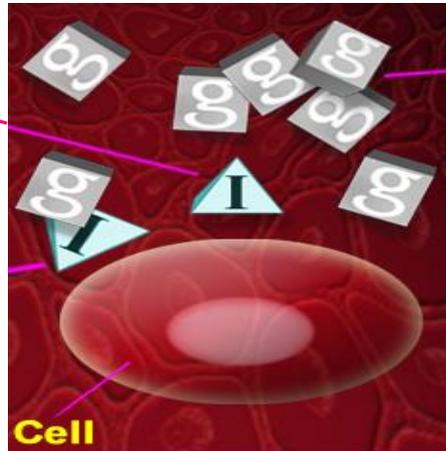


2) Insulin helps glucose enter cells

HIGH BLOOD GLUCOSE (HYPERGLYCEMIA)

In diabetes, blood glucose builds up
for several possible reasons...

1) Too little
insulin is made



2) Cells can't use
insulin well

SYMPTOMS OF HYPERGLYCEMIA



- Increased thirst
- Increased urination
- Blurry vision
- Feeling tired
- Slow healing of cuts or wounds
- More frequent infections
- Weight loss
- Nausea and vomiting

TWO MAIN TYPES OF DIABETES

Type 1 diabetes

- ~ 5% of all cases
- Pancreas makes little to no insulin
- Managed with insulin

Type 2 diabetes

- ~ 90% of all cases
- Cells do not use insulin well (insulin resistance)
- Ability for pancreas to make insulin decreases over time
- Managed with lifestyle change, oral medications, and/or insulin

TYPE 2 DIABETES



- Risk factors
 - Family history of type 2
 - Age
 - Ethnic/racial background:
 - Overweight/obesity
 - Physical inactivity
 - History of gestational diabetes

WHAT IS PREDIABETES?



- More than 1 in 3 American adults (84 million) have prediabetes
- Occurs before type 2 diabetes
- Blood glucose levels are higher than normal but not yet diabetes
- Most people with prediabetes don't know they have it

BURDEN OF DIABETES IN THE UNITED STATES

- Someone is diagnosed with diabetes every 21 seconds in the U.S.
- 30 million people in the U.S. have diabetes
 - 9.4% of the U.S. population
 - 7.2 million people with diabetes are undiagnosed
- More than 1 in 4 seniors have diabetes (more than 11 million)
- 1.5 million Americans are diagnosed with diabetes every year

BURDEN OF DIABETES IN THE UNITED STATES

- The leading cause of:
 - New blindness among adults
 - Kidney failure
 - Amputations
- Increases the risk of heart attack and stroke by 2-4 fold
- 7th leading cause of death
- Diabetes kills more Americans every year than AIDS and breast cancer combined
- Most costly chronic illness in the U.S., with diagnosed diabetes expenses totaling \$327 billion in 2017



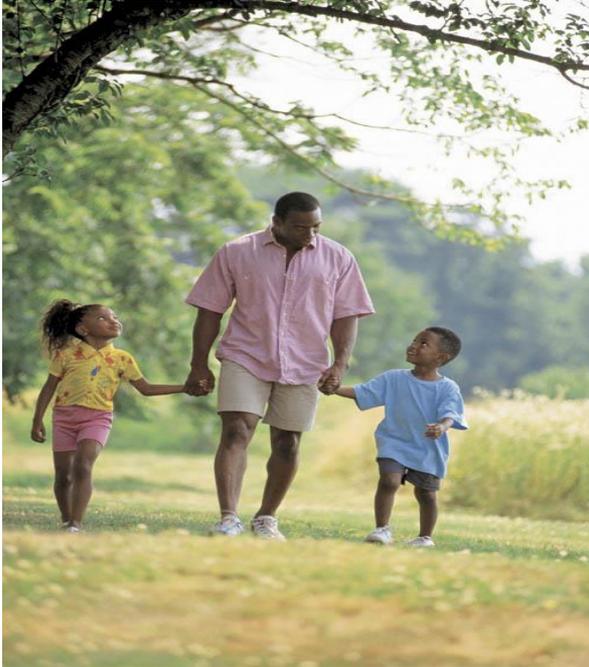
So we know diabetes is **common, serious,**
and **expensive.**

Is there any good news?

IS THERE ANY GOOD NEWS?

- Yes, we can reduce the chances of developing type 2 diabetes in high-risk people (weight loss, exercise, medications)
- Yes, we can reduce the chances of developing diabetes complications through:
 - Blood glucose control (diet, monitoring, medication)
 - Blood pressure control
 - Cholesterol control
 - Regular visits to healthcare providers
 - Early detection and treatment of complications

PREVENTION EFFORTS ARE KEY



- Most of the diabetes costs are due to end-stage complications
- Investment of resources into early diagnosis, patient education, prevention and treatments pays off in:
 - Longer lives
 - Increased productivity
 - Reduced costs over the long term

IF YOU HAVE PRE-DIABETES...



- Diabetes management techniques (e.g. Plate Method, increasing physical activity, etc.) can help
- See a doctor regularly
- Consider the Diabetes Prevention Program

HEALTHY EATING



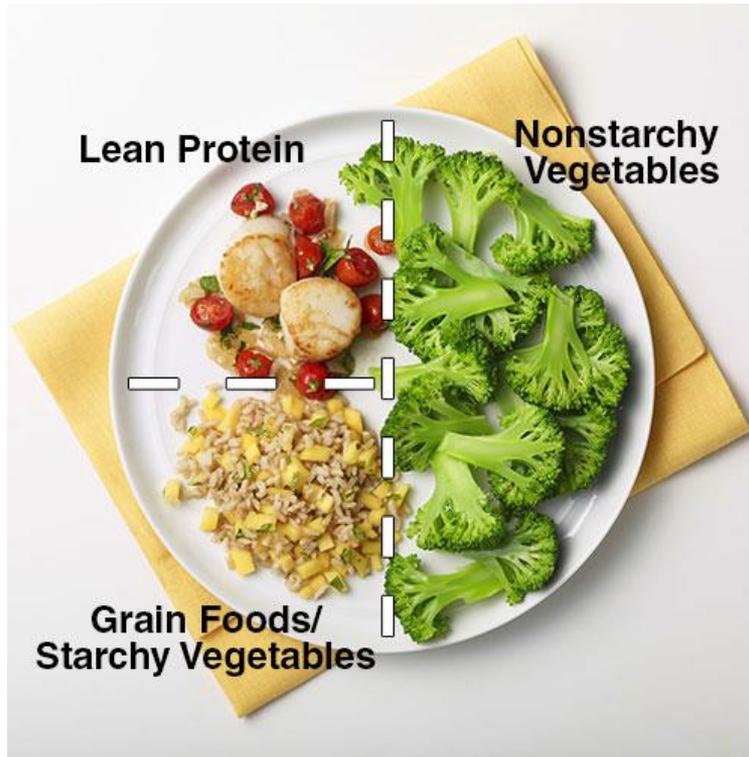
Meals based on:

- Lean protein
- Non-starchy vegetables
- Whole grains
- Healthy fats
- Fruit

Most food should be:

- Low in saturated and trans fat
- Low to moderate in salt and sugar

PLATE METHOD



Dairy



Fruit

PHYSICAL ACTIVITY



- **Aerobic exercise:** 30 minutes 5x per week
- **Strength training:** Twice per week
- **Stretching:** As often as possible
- **Balance exercises:** 3 or more days per week

LET'S PRACTICE!



MEDICATION ADHERENCE AND MEDICAL CARE

- Diabetes medications may change over time
- Be sure to pay attention to current doses and create a system to track when meds are taken
- Crosscheck medications with healthcare provider
- See a healthcare provider for regular checkups, and be sure to get recommended immunizations (e.g. flu and pneumonia shots)

KNOW THE STEPS TO DECREASE RISK OF DIABETES COMPLICATIONS

- A1c < 7
- Blood pressure < 130/80 (< 120/80 if possible)
- Cholesterol (LDL) < 100, statin therapy for high risk
- Quit smoking
- Be active
- Make healthy food choices
- Take care of feet
- Get recommended screenings and early treatment for complications

AMERICAN DIABETES ASSOCIATION: WHAT WE DO

- **Drive discovery:** Fund millions in diabetes research (\$37.4 million in 2017); set the standards of care for diabetes nationally.
- **Raise voice:** Advocate for policies that support people affected by diabetes, and provide legal advocacy assistance for people facing discrimination.
- **Support people:** Lead programs such as Camp, ADA Ambassadors, and Living with Type 2 Diabetes, and provide digital, print, and phone resources for people with diabetes and their healthcare providers.

MORE INFORMATION

- Center for Information
 - 1-800-DIABETES
 - AskADA@diabetes.org / Preguntas@diabetes.org
- Social media:
 - www.facebook.com/AmericanDiabetesAssociation
- Web:
 - www.diabetes.org
 - www.diabetes.org/washingtonstate

NOTES ON GIVING A PRESENTATION

- Please do not modify the slides without talking to me first
- Avoid giving medical advice unless you're a medical professional and it's within your scope of practice
- If an audience member has a question and you don't know the answer, **that's okay!**
 - Tell them you don't know but will find out, then refer them to me or the Center for Information (1-800-DIABETES)

HIGHLIGHTED RESOURCES FOR ADA AMBASSADORS

- Patient Education Materials
- Diabetes Food Hub
- Living with Type 2 Diabetes
- Wellness Day Toolkits
- Website and Center for Information
- State 2-1-1 Programs
- State Departments of Health

PATIENT EDUCATION MATERIALS

SU CONSEJERO American Diabetes Association. DE DIABETES

A1C/eAG

¿QUÉ ES A1C?

El A1C es una prueba de glucosa en la sangre que también puede denominarse promedio aproximado de glucosa (en inglés conocido como estimated average glucose o eAG).⁰ Indica el promedio de glucosa en la sangre durante los últimos dos o tres meses. Hace esto midiendo cuánta glucosa se adhiere a los glóbulos rojos. Debido a que siempre se producen glóbulos rojos nuevos para sustituir los viejos, el A1C puede variar con el tiempo con los cambios en el nivel de glucosa en la sangre.

¿CON QUÉ FRECUENCIA DEBO HACERME LA PRUEBA A1C/EAG?

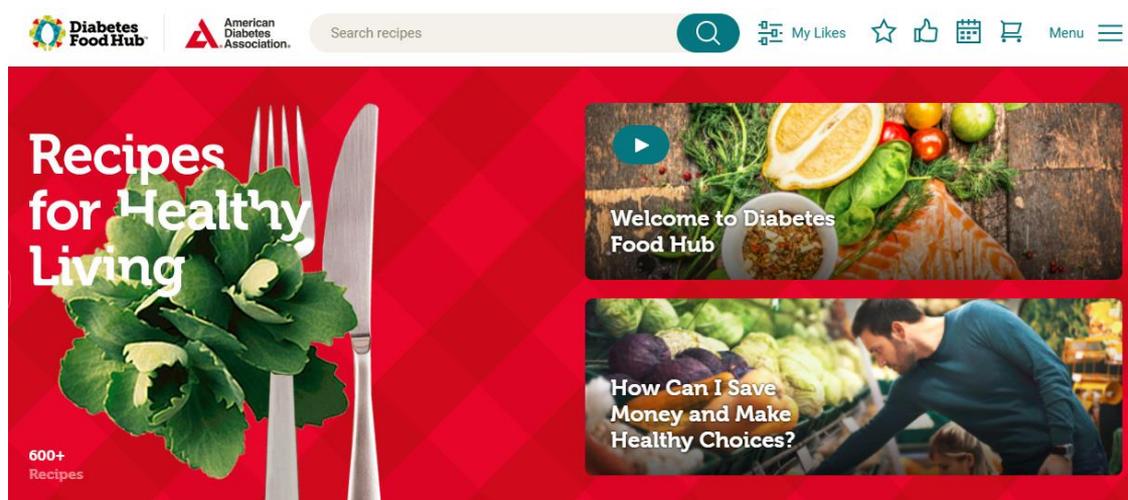
Recuérdale a su equipo de atención médica que le mida el A1C por lo menos dos veces al año. Si está cambiando de medicamentos o haciendo otros cambios en su cuidado, es posible que deba hacerse la prueba con más frecuencia.

¿CUÁLES SON LOS LÍMITES DESEADOS DE A1C/EAG?

El objetivo general para A1C de la Asociación es 7% (eAG de 154 mg/dl). Es posible que su médico le recomiende un nivel más alto o bajo según su edad y otros factores. Sea cual sea su número, cuanto más se acerque a resultados de menos de 7%, mayor su probabilidad de prevenir o retrasar

- Nearly 200 printable PDF materials available on a range of diabetes-related topics
- Languages include Arabic, Chinese, English, French, Haitian Creole, Korean, Portuguese, Russian, Spanish, Tagalog, and Vietnamese
- Available [here](#)

DIABETES FOOD HUB



- Digital cooking and recipe destination designed by the American Diabetes Association for people living with diabetes, their families, and caregivers
- Allows users to plan weekly meals, create an editable shopping list to prepare those meals, and get healthy tips from ADA dietitians
- Online at <https://www.diabetesfoodhub.org>

LIVING WITH TYPE 2 DIABETES PROGRAM

 **American Diabetes Association.**
Living With Type 2 Diabetes

When you're first diagnosed with diabetes, you have a lot of questions. Get the answers you need from experts you can trust. **Living With Type 2 Diabetes** is a free, 12-month program for people newly diagnosed with type 2 diabetes. Members choose to get their information online or in the mail, in English or Spanish.

Where Do I Begin?
Get started with this free resource. This booklet will tell you what you need to know about diabetes now.

Then enroll in the free **Living With Type 2 Diabetes** program to get more information, tools, and resources.

Order your free copy today. Call 1-800-DIABETES (342-2383).



- Free 12-month program for people newly diagnosed with type 2 diabetes
- Available in English and Spanish
- Enrollees receive 5 information packets, monthly e-newsletters, and 3 issues of Diabetes Forecast magazine
- More information at diabetes.org/lwt2

WELLNESS DAY TOOLKITS

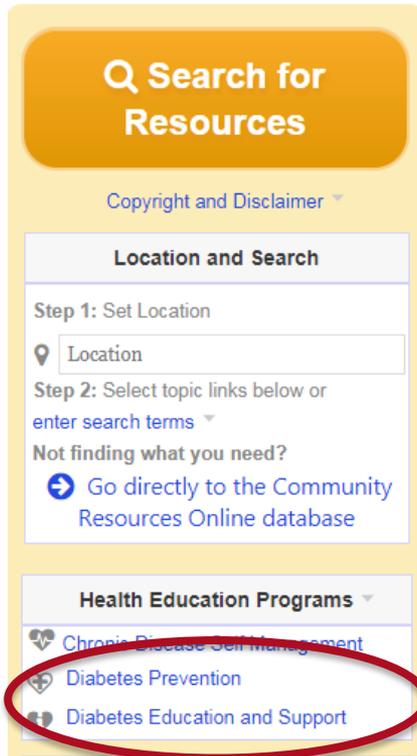


- Three Wellness Days throughout the year:
 - Alert Day (March 27)
 - Get Fit Don't Sit Day (May 2)
 - National Healthy Lunch Day (September 18)
- Digital toolkits with communications materials, engagement ideas, and more
- Available at diabetes.org/wellnessdays

WEBSITE AND CENTER FOR INFORMATION

- Website: www.diabetes.org
- Center for Information
 - Toll-free phone number: 1-800-DIABETES
 - Online chat
 - Email: askada@diabetes.org / Preguntas@diabetes.org

STATE 2-1-1 PROGRAMS



The screenshot shows a search interface with an orange header button that says "Q Search for Resources". Below it is a link for "Copyright and Disclaimer". A section titled "Location and Search" contains "Step 1: Set Location" with a "Location" input field, and "Step 2: Select topic links below or enter search terms". A link "Go directly to the Community Resources Online database" is also present. A section titled "Health Education Programs" lists three options: "Chronic Disease Self Management", "Diabetes Prevention", and "Diabetes Education and Support". The "Diabetes Prevention" and "Diabetes Education and Support" options are circled in red.

- Great resource for finding diabetes information and programs
- Call 2-1-1 or visit your state's website:
 - Alaska: www.alaska211.org
 - Idaho: 211.idaho.gov
 - Oregon/ SW WA: 211info.org
 - Washington: win211.org

STATE DEPARTMENTS OF HEALTH

STATE OF ALASKA
Alaska Department of Health and Social Services
Division of Public Health

Home Divisions and Agencies Services News Contact Us

Health and Social Services > Public Health > Chronic Disease Prevention and Health Promotion > Home | Diabetes Prevention and Control

Diabetes Prevention and Control

- > Diabetes Home
- > Prevention & Self-Management Programs
- > Diabetes Data & Statistics
- > Clinical Tools
- > Diabetes Education
- > Partnerships
- > News & Events

Types of Diabetes

- > Type 1 Diabetes
- > Gestational Diabetes
- > Diabetes and the Elderly

Are you at risk for diabetes?
Know your score. Take the **diabetes risk test** now:

Alaska Diabetes Prevention and Control Program - Home

DIABETES NEWS & ANNOUNCEMENTS

March is National Kidney Month

- > The National Kidney Foundation >
- > CDC Initiatives: Chronic Kidney Disease >
- > March 8 is **World Kidney Day**
 - > CDC Features: Get tested for Chronic Kidney Disease >
- > March 27 is **American Diabetes Alert Day**
 - > American Diabetes Association >
 - > National Institute of Health >
- > **Are you at risk for Diabetes? Take the test>**

Enroll in the FREE on-line diabetes prevention program: TurnAround Health! Alaska residents with prediabetes can take advantage of a **FREE 1 year subscription using PROMO Code: Alaska2015**. Download the flyer, or **SIGN UP Today!**

- Includes information, reports and upcoming events
- Click below to visit your state's website:
 - [Alaska Diabetes Prevention and Control Program](#)
 - [Idaho Diabetes Prevention and Control Program](#)
 - [Oregon Diabetes Program](#)
 - [Washington Diabetes Connection](#)

TO RECAP

- As an ADA Ambassador you will:
 - Connect your community with information and resources related to diabetes
 - Serve as a voice for people affected by diabetes in your community
 - Tell the ADA what needs and gaps you see to inform our resources and programs
 - Network with others who care about diabetes

Sign up using the sheet at the back of the room!

Questions?

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