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
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
THANK YOU NORTHWEST KIDNEY CENTERS!

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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.
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.
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.
DIABETES 101

American Diabetes Association.
After eating, most food is turned into glucose, the body’s main source of energy.
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

American Diabetes Association
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

American Diabetes Association.
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

American Diabetes Association.
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

PREVENTION EFFORTS ARE KEY
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

Lean Protein

Nonstarchy Vegetables

Grain Foods/Starchy Vegetables

Dairy

Fruit

American Diabetes Association.
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

- 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

• 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

American Diabetes Association.
STATE 2-1-1 PROGRAMS

• 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

- 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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