

WELLNESS WORKS!

 HUMAN RESOURCES

LIVING WELL WITH DIABETES

CINDY QUINN

EVIDENCE-BASED PROGRAM COORDINATOR
TEXAS A&M EVIDENCE-BASED PROGRAMS



PUBLIC HEALTH
TEXAS A&M UNIVERSITY

Presented by
Texas A&M
Evidence-Based
Programs
Resource Center



ACKNOWLEDGEMENTS

Marcia Ory, Ph.D., M.P.H.

Associate Dean of Research/Regents & Distinguished Professor

Ronnie Gipson, Area Agency on Aging Director

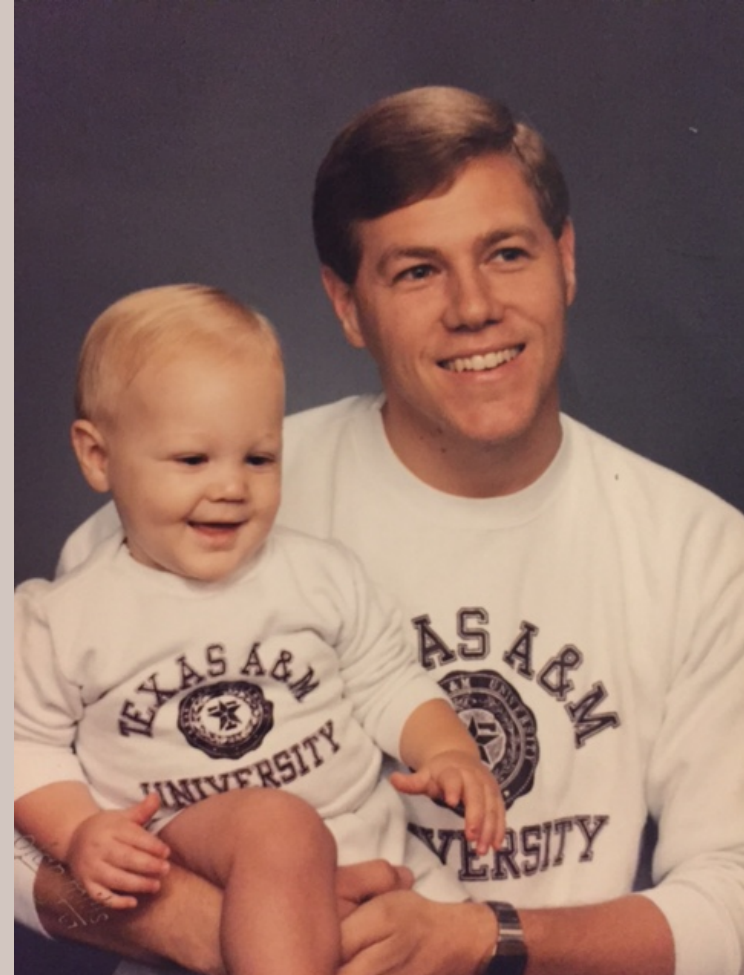
Ardis Reed, MPH, RD, LD, CDE Health Disparities-Certified Diabetes Educator,
Certified Community Health Worker Instructor, TMF Health Quality Institute

“If you want to go quickly, go alone. If you want to go far,
go together.” ~African proverb.

MY STORY

My background and my why.

- At the age of 22 months, our oldest child was diagnosed with Type 1 diabetes.
- It took 3 doctors to finally diagnose him, even after we described the classic symptoms of diabetes.
- By then, he was in the comatose stage of ketoacidosis.
- The doctors weren't sure if he would live.
- Fortunately, he did.



WHAT IS DIABETES?

- ❖ A metabolic disease in which the body's inability to produce any or enough insulin causes elevated levels of glucose in the blood. This is also called hyperglycemia.
- ❖ If you have diabetes, your body either doesn't make enough insulin or it can't use the insulin it does make very well, or both.

WHAT DO WE KNOW ABOUT DIABETES?

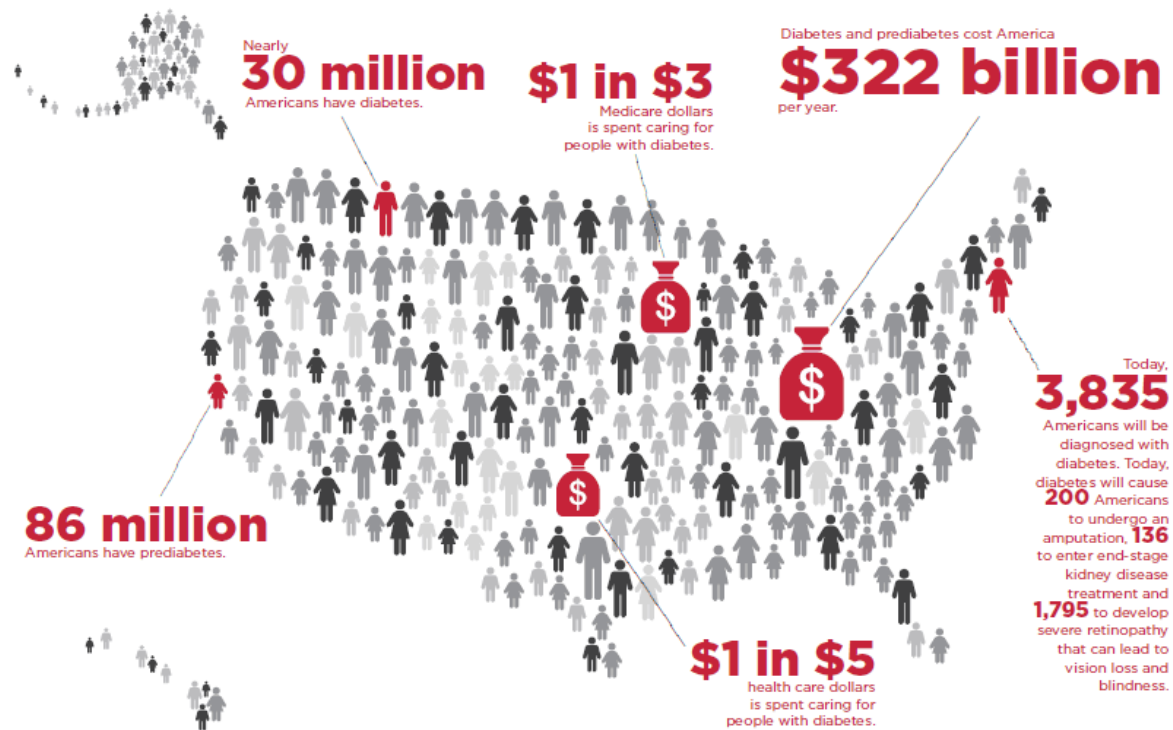
- ❖ Leading cause of kidney failure, non-traumatic lower limb amputations and new cases of blindness among U.S. adults
- ❖ Major cause of heart disease and stroke
- ❖ 7th leading cause of death in the U.S.

CDC, National Diabetes Fact Sheet, 2011



COSTS OF DIABETES IN THE US

THE STAGGERING COSTS OF DIABETES IN AMERICA



Learn how to fight this costly disease at diabetes.org/congress



PERSONAL EFFECTS OF DIABETES

❖ Individual

loss of quality of life; loss of productivity
loss of job security

❖ Family

stress on family dynamics and household income; more medical appointments

❖ Social

absenteeism, disability, premature death

TYPES OF DIABETES

Type 1

- Formerly insulin dependent diabetes or juvenile diabetes
- Pancreas is not able to produce any insulin

Type 2

- Formerly, non insulin dependent diabetes or adult onset diabetes
- Pancreas is not able to produce enough insulin

GDM

- Gestational diabetes
- Usually diagnosed between 24-28 weeks

WHAT IS TYPE 2 DIABETES?

- ❖ In type 2 diabetes, your body does not use insulin properly. This is called insulin resistance.
- ❖ At first, the pancreas makes extra insulin to make up for it.
- ❖ Over time your pancreas isn't able to keep up and can't make enough insulin to keep your blood glucose levels normal.
- ❖ Treatment includes **lifestyle changes**, oral medications (pills), and possibly insulin.

RISK FACTORS FOR TYPE 2 DIABETES

- ❖ History of hyperglycemia, prediabetes, and/or gestational diabetes (GDM)
- ❖ Overweight/obesity
- ❖ Physical inactivity
- ❖ Genetics
- ❖ Family history
- ❖ Race and ethnicity
- ❖ Age
- ❖ High blood pressure
- ❖ Abnormal cholesterol

PRE-DIABETES

- ❖ Pre-diabetes means a person's blood glucose (sugar) level is higher than normal, but not high enough yet to be diagnosed with type 2 diabetes.
- ❖ Pre-diabetes often can be reversed through lifestyle changes such as increased physical activity and weight loss.
- ❖ The earlier people are diagnosed with pre-diabetes, the more likely that they can reverse it and prevent type 2 diabetes.

Evidence-Based Health and Wellness Programs (EBPs)

❖ What are EBPs?

- ❖ EBPs are rigorously researched
- ❖ The EBPs research is shown to produce a positive result
- ❖ They are peer-reviewed by experts in the field
- ❖ The effects of EBPs is significant and sustainable for the participant
- ❖ EBPs are PROVEN!

Evidence-Based Health and Wellness Workshops (EBP)

DISEASE SPECIFIC

- ❖ Chronic Disease Self-Management (CDSMP)
- ❖ Diabetes Self-Management (DSMP)
- ❖ Chronic Pain Self-Management (CPSMP)
- ❖ Cancer Thriving and Surviving

FALL PREVENTION & PHYSICAL ACTIVITY

- ❖ A Matter of Balance (AMOB)
- ❖ Fit & Strong!

OTHER WELLNESS PROGRAMS

- ❖ HomeMeds
- ❖ Stress-Busting (for ALL caregivers)

STANFORD PATIENT EDUCATION CDSME

Chronic Disease, Diabetes, Cancer: Thriving and Surviving, Chronic Pain

Workshop Information

- ❖ 6-weeks, once a week
- ❖ 2.5 hour class
- ❖ 8-16 participants
- ❖ Learn practical ways to deal with pain, fatigue, and stress
- ❖ Set weekly action plans, problem solve, and utilize decision making
- ❖ Get much needed support!

SELF-MANAGEMENT SKILLS

Problem Solving

- Brainstorm and try a solution
- Accept problem may not be solvable

Decision Making

- List Pros and Cons
- Does it meet gut test?

Weekly Action Plan

- Achievable and doable
- Anything you want to do.

Health and wellness workshops give participants the tools they need to make healthy lifestyle changes!

DIABETES SELF-MANAGEMENT PROGRAM



Communication

Healthy Eating

Physical Activity

Monitoring

Using Your Mind

Stress Management

Not Smoking

Understanding Emotions

Medication

Working with Health Professionals

Avoiding Complications

DIABETES SELF-MANAGEMENT PROGRAM

- ❖ Workshops are interactive with lecturettes, brainstorming, group discussions, Pair and shares, shout outs, etc.
- ❖ Not a support group, but a group, support-like setting



TESTIMONIALS



TO BE CONTINUED...

My son's why.

28 years later...

- Our son continues to live a full life and enjoying a beautiful wife and son of his own.
- He graduated from Texas A&M and works on campus.

Life is not a race, but a journey to be savored each step of the way. Yesterday is history, tomorrow is a mystery and today is a gift. That's why we call it the present.



Brian Dyson

NEXT STEPS

- ❖ Attend a free community workshop
- ❖ Host a workshop at your workplace, church, etc.
- ❖ Tell your doctor
- ❖ Tell a friend
- ❖ Become a workshop facilitator

THANK YOU FOR ATTENDING



Cindy Quinn
quinn@tamhsc.edu
979-436-9337

Website:
<https://sph.tamhsc.edu/pha/>