

# Know Your Risks: Preventing Diabetes Health Problems

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**WELLDOM**

*Bringing Wellness to You*



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# Welcome Message



Hi, I am Keisha, an occupational therapist and certified diabetes care and education specialist.

Welldom's mission is to eliminate barriers for older adults and individuals with diabetes by bringing mobile health and wellness and educational services to where our clients live, work, and gather.

**Founder**



How many people were diagnosed with diabetes in 2021?

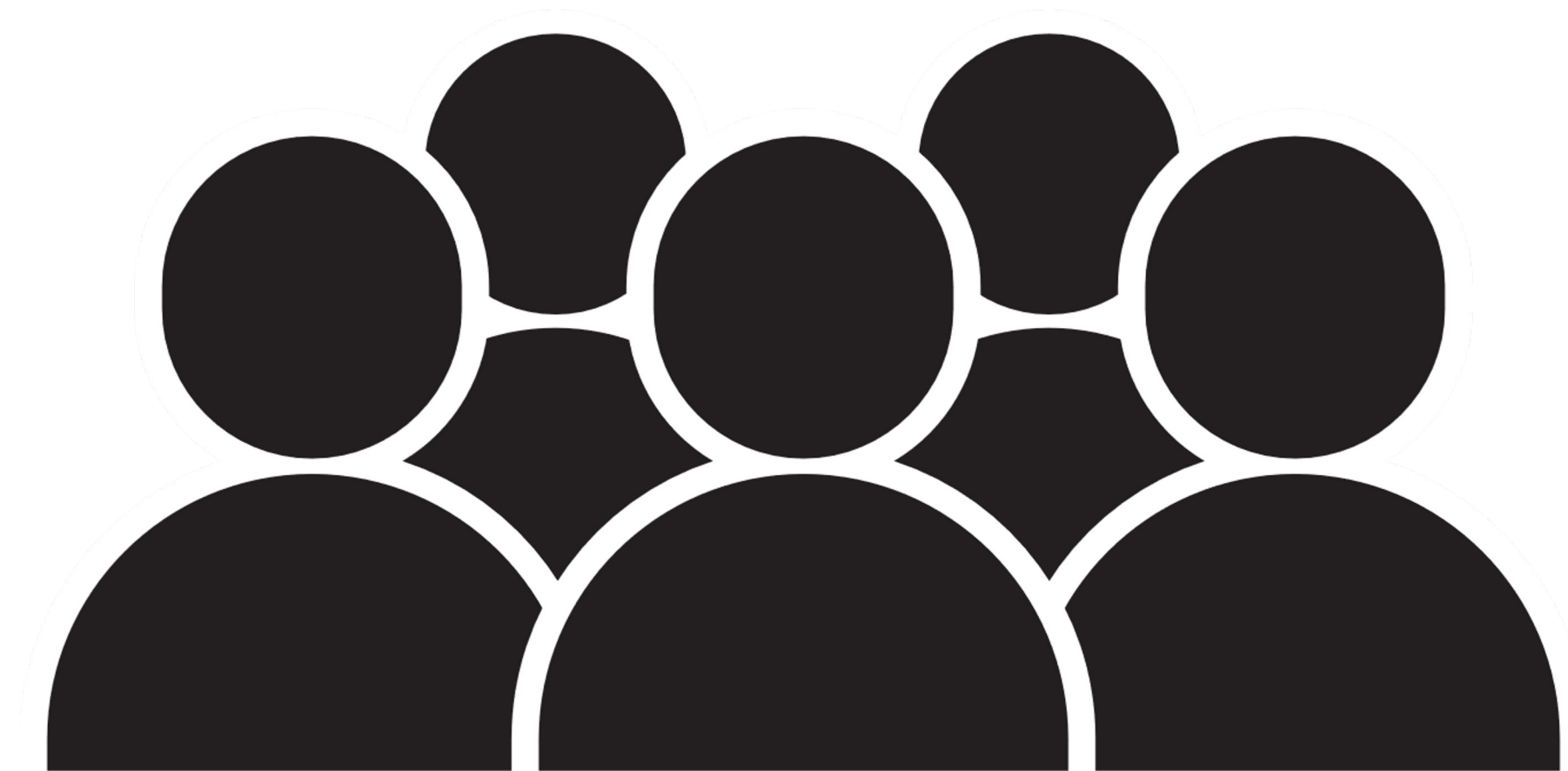
A. 30 million

B. 15 million

C. 38 million

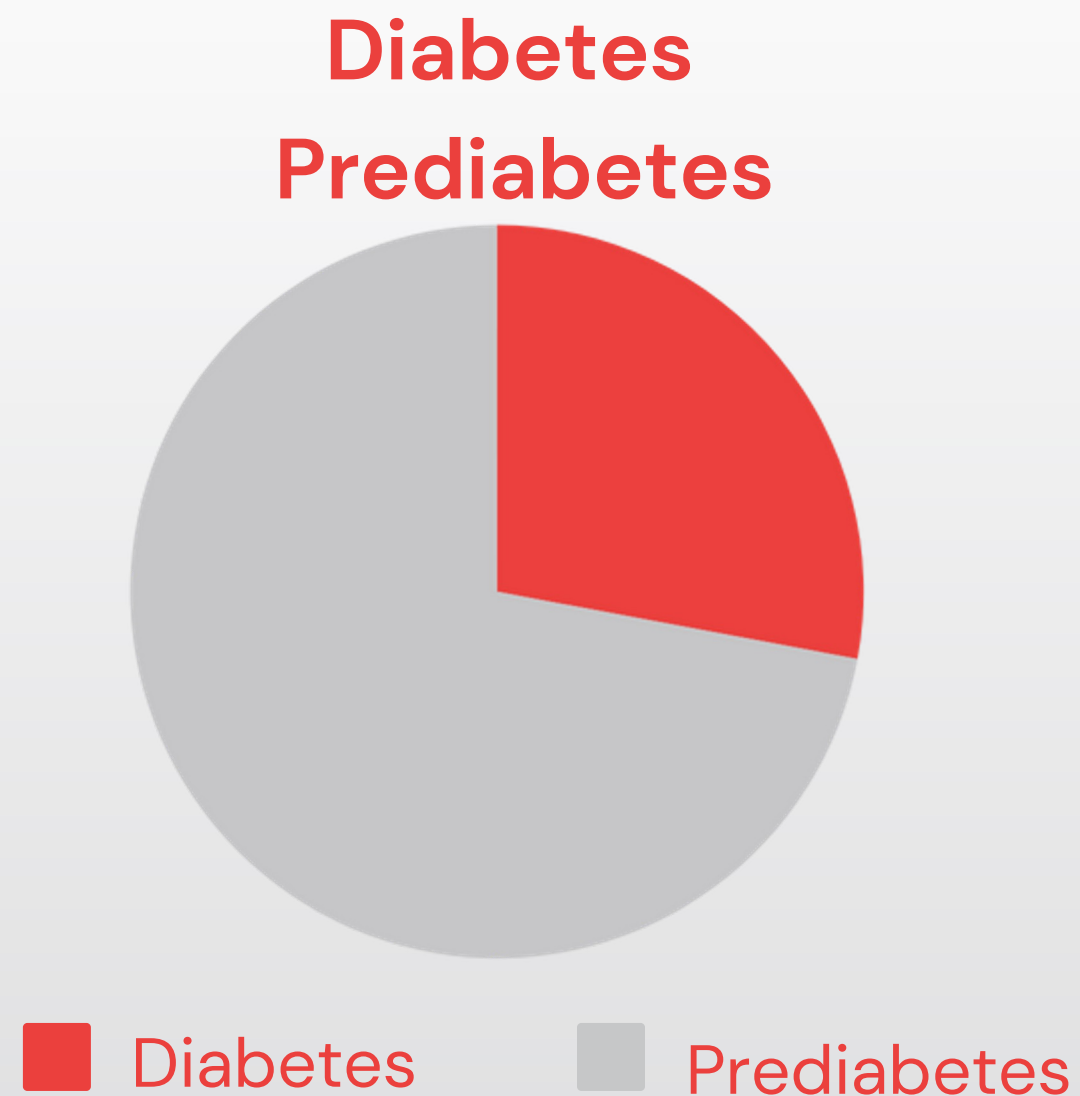
D. 28 million

38 MILLION





# Diabetes is a Public Health Concern



# The Economic Impact

In 2022 over \$400  
billion spent for  
total diabetes care

Medical expenses  
are 2x higher

\$3,300-\$4,600  
Out of pocket cost

Expensive  
medication and  
supplies



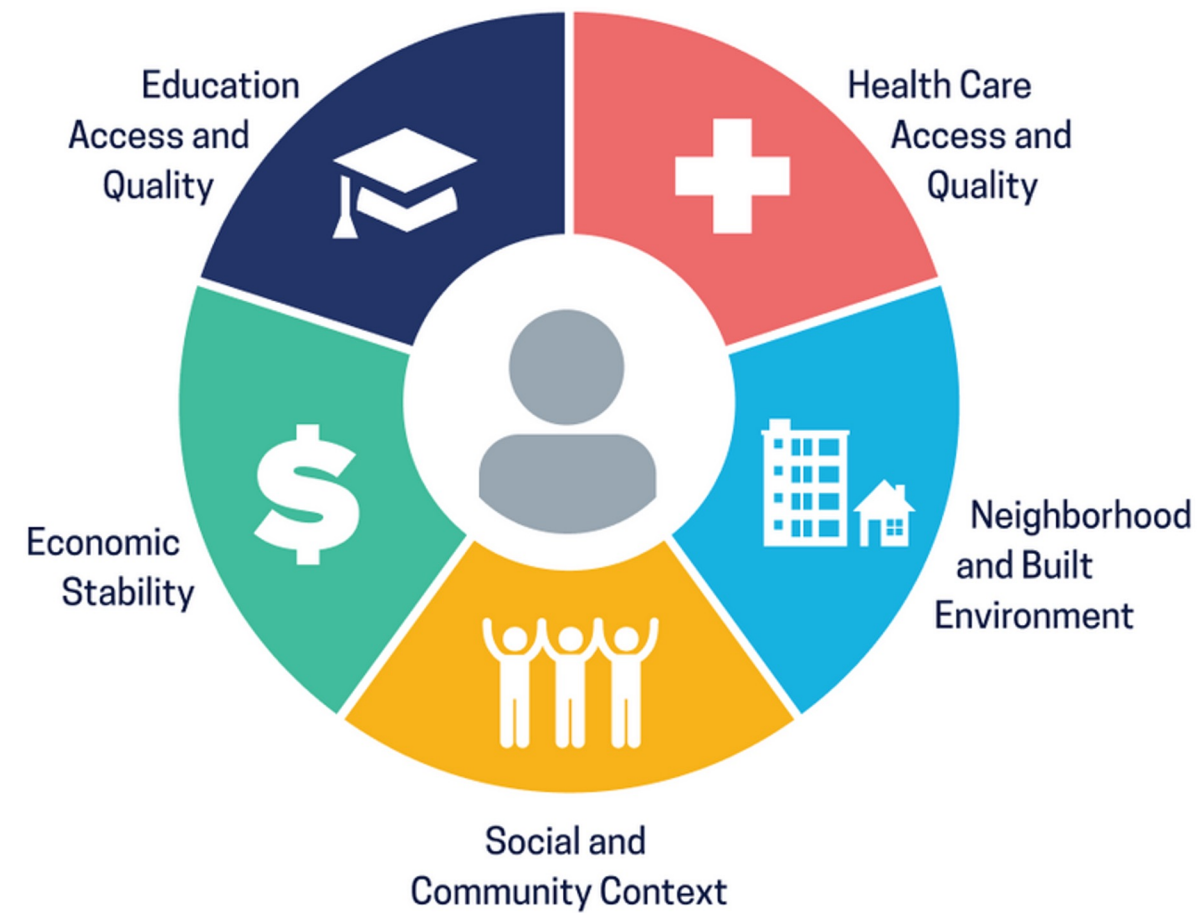
# Diabetes In Communities of Color

Ethnic Group	Rate of Diabetes
American Indians/Alaskan Natives	14.5%
Non-Hispanic Blacks	12.1%
Hispanics	11.8%
Asian Americans	9.5%
Non-Hispanic Whites	7.4%



# Addressing Social Determinants of Health

## Social Determinants of Health



Social Determinants of Health  
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 Healthy People 2030

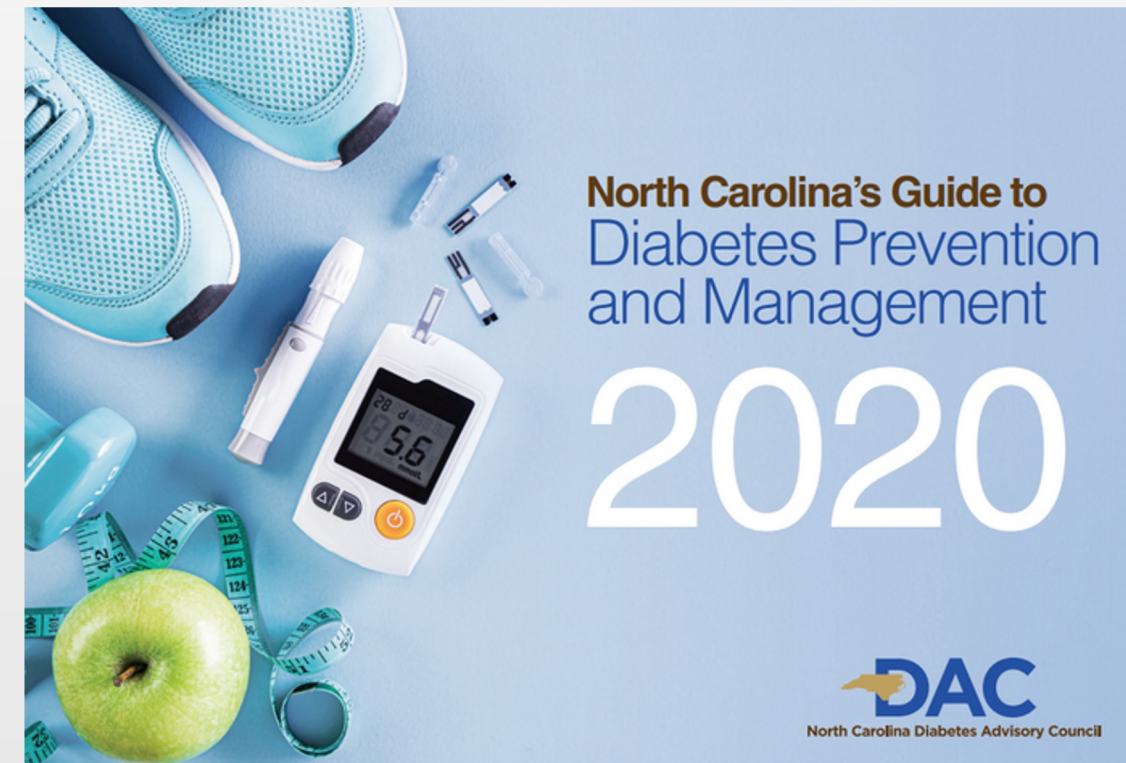


# Diabetes In NC

- In 2020, the NC Diabetes Advisory Council developed the NC Diabetes Prevention Management Guide

<https://www.diabetesnc.com/>

- 2018 prevalence of diabetes
  - Eastern NC – 14.4%
  - Western NC – 13%
  - Piedmont– 11.4%



# Diabetes Risk Factors?

- Overweight
- Abdominal obesity  
(waist circumference > 40" for men, > 35 for women)
- Physical inactivity
- Smoking
- Age 45 or older
- Family History
- Certain ethnic groups:  
African American,  
Hispanic/Latino, Native American, Asian American or Pacific Islander
- Gestational Diabetes or having delivered a baby weighing more than 9 pounds
- Abnormal Cholesterol and



# Who Should Receive A Screen?

Overweight or obese– BMI  $\geq 24$  kg/m<sup>2</sup> or  $\geq 23$  kg/m<sup>2</sup> in Asian American individuals who have one or more of the following risk factors:

- First-degree relative with diabetes
- High-risk race/ethnicity ( e.g. African American, Latino, Native American, Asian American, Pacific Islander)
- History of CVDD
- Hypertension (  $\geq 140/90$  mmHg or on therapy for hypertension)
- HDL cholesterol level  $< 35$  mg/dL and /or a triglyceride level  $> 250$  mg/dL
- Individuals with polycystic ovary syndrome
- Physical inactivity



# How Often Should Screening Occur?

- People with prediabetes (  $A1C \geq 5.7\%$  should be tested yearly)
- People who were diagnosed with GDM should have lifelong testing at least every 3 years
- For all other people, testing should begin at age 35 years
- If results are normal, testing should be repeated a minimum of 3-year intervals





# Prediabetes



- Condition that can lead to type 2 diabetes
- Blood sugar levels are higher than what is considered healthy, but not high enough to be type 2 diabetes

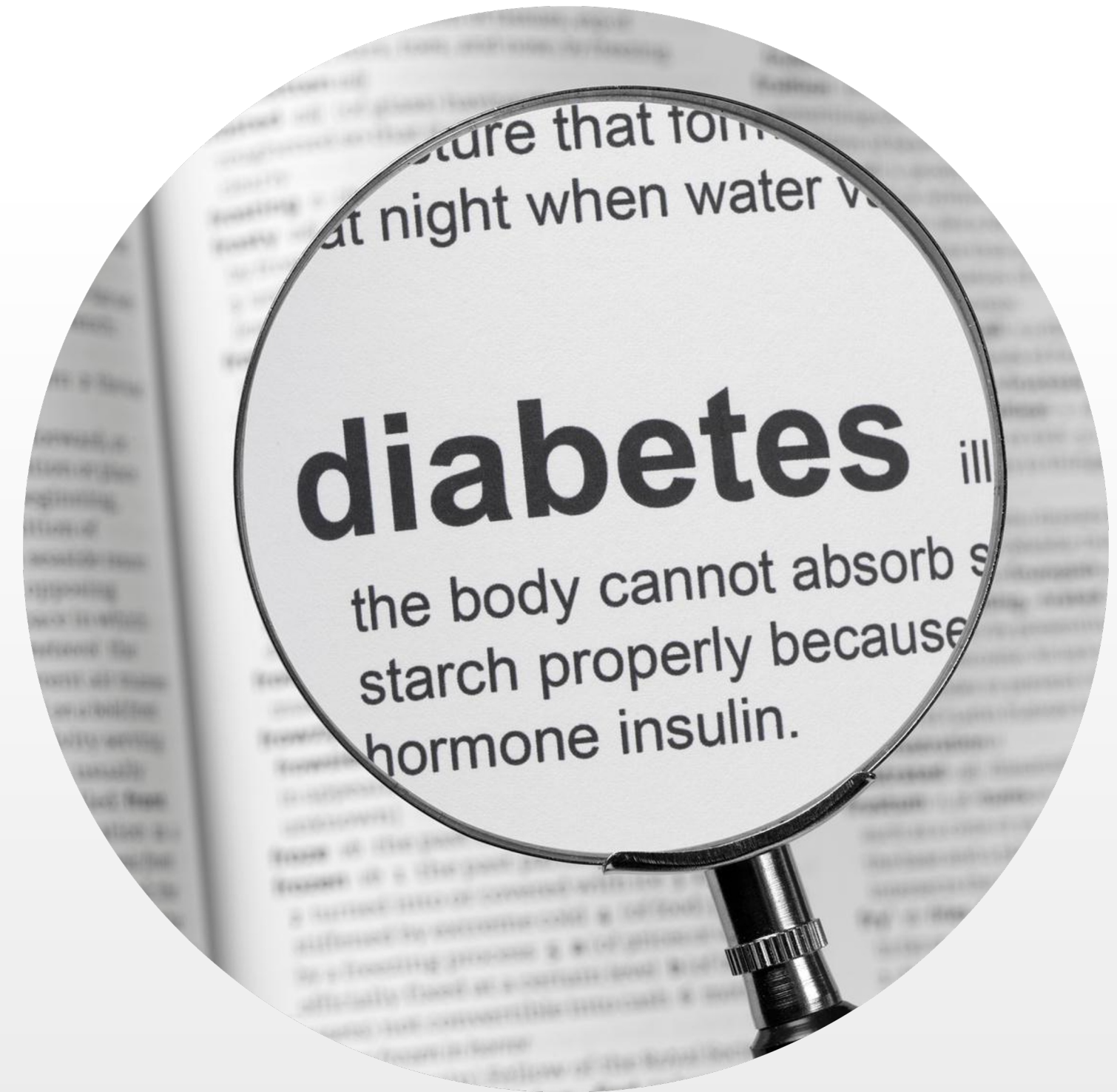


# Prediabetes

## Are you at Risk?



Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Over time, high blood sugar damages many body systems, especially nerves and blood vessels. Uncontrolled Diabetes can lead to heart disease, stroke, kidney failure, blindness, and lower-limb amputation.

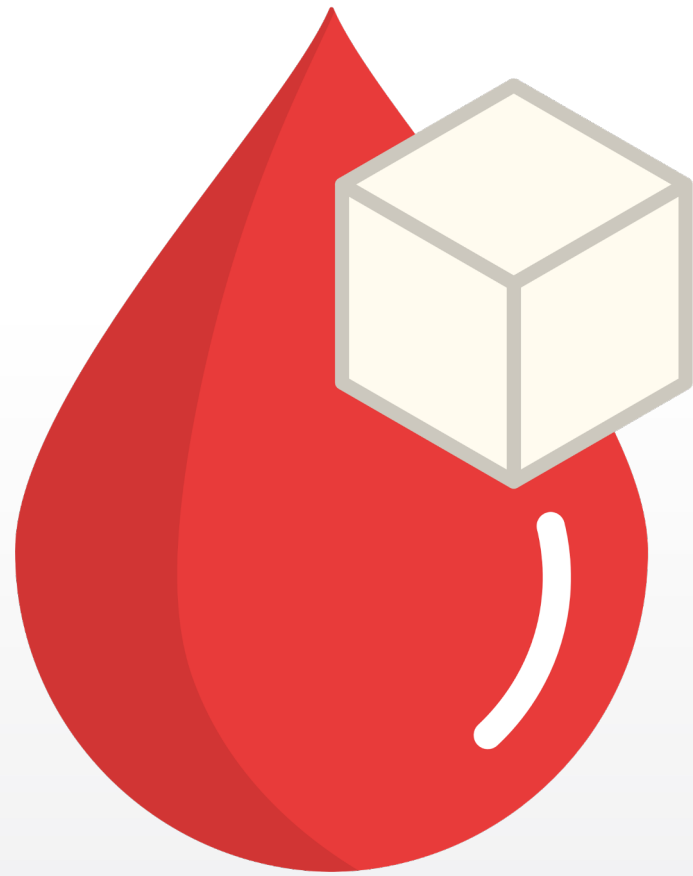


# Diabetes

## Are you at Risk?



# TYPES OF DIABETES



## Type 1

The Pancreas no longer produces insulin

## Type 2

The body does not produce enough insulin or insulin has become resistant

## Gestational

Occurs during pregnancy



# How is Diabetes Diagnosed?

- a. Fasting blood glucose
- b. Hemoglobin A1C
- c. Oral Glucose Tolerance Test
- d. All of the above





# How is Diabetes Diagnosed

	<b>Fasting Blood Glucose (mg d/L)</b>	<b>2 hours after start of meal (mg d/L)</b>	<b>Hemoglobin A1c (%)</b>
Normal	< 100	< 140	< 5.7
Pre- Diabetes	100-125	140-199	5.7 - 6.4
Diabetes	126 / >	200 / >	6.5 / >



# What Are The Symptoms?



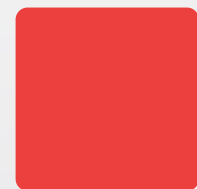
Frequent Urination



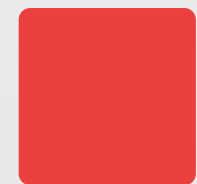
Frequent Thirst



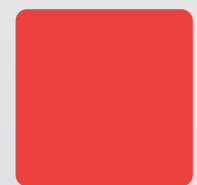
Extreme Hunger



Extreme Fatigue



Blurred Vision



Cuts/Bruises that are slow to heal





# What Happens When Glucose Cannot Get Into The Cells To Be Used For Energy?

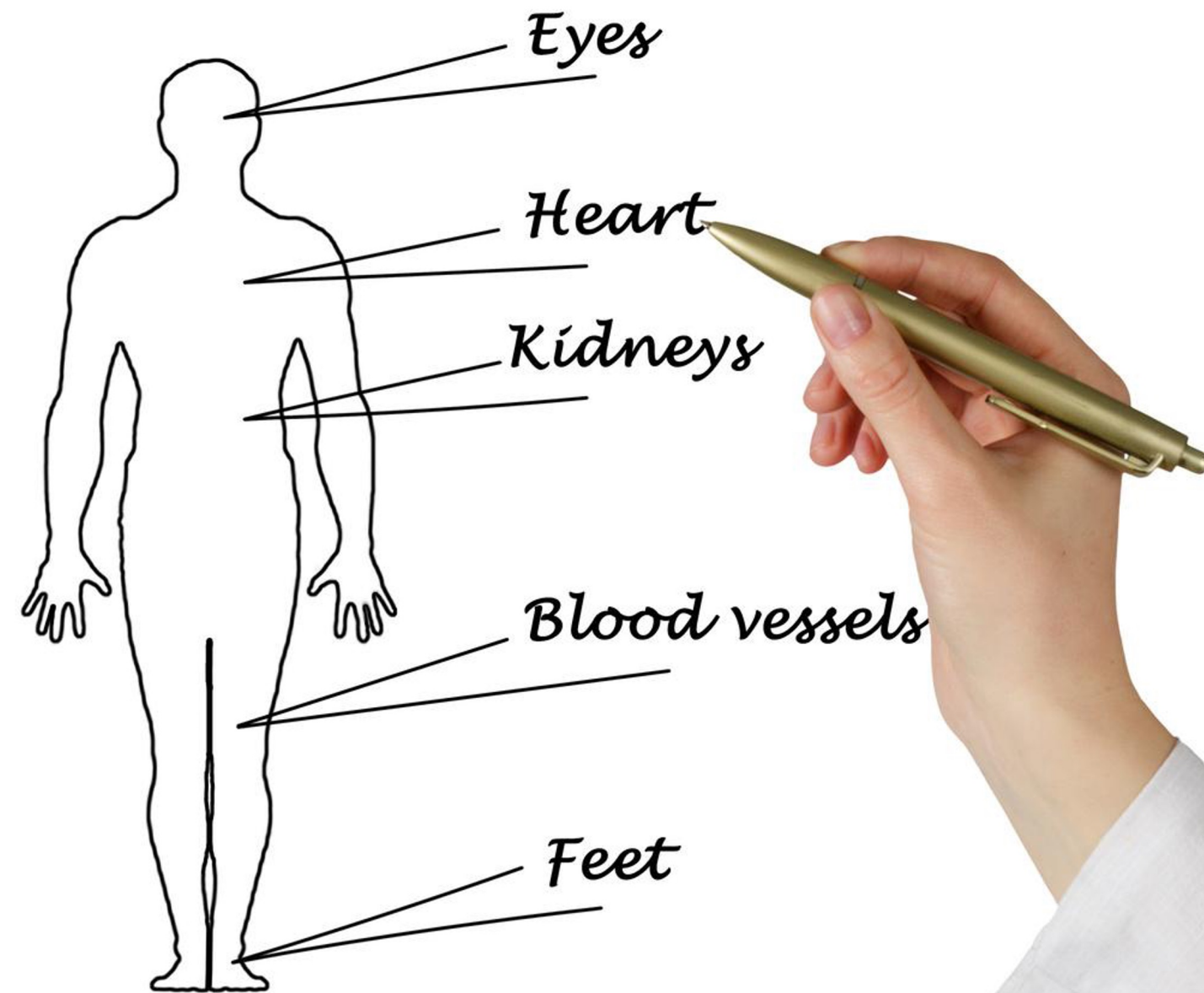
- Builds up to harmful levels in the bloodstream
- Over time can cause damage to organs, nerves and vessels in the body



# Diabetes Complications



## *Diabetes Complications*



# Complications

- Heart Attack
- Stroke
- Retinopathy or blindness
- Neuropathy
- Kidney failure

**What Steps Should I Take To Prevention Complications?**



# Diabetes Self-Management Education and Support Services (DSMES)

01

At Diagnosis

02

Annually when not meeting targets

03

When complicating factors occur

04

When transitions in care occur



# Steps To Prevent Complications

- Healthy Eating
- Being Active
- Healthy Coping
- Problem Solving
- Risk Reduction
- Monitoring
- Taking Medication



# Self-Care Behaviors to Promote Change

- **Healthy Eating:**
  - Promote healthy food choices
  - Learn carbohydrate counting and portion control
- **Being Active:**
  - Incorporate at least 30 minutes of physical activity into daily routines
- **Taking Medications:**
  - Take medication as prescribed (if indicated)





# Self-Care Behaviors to Promote Change

- **Healthy Coping:**
  - Work to manage stress and develop coping strategies
  - Work with healthcare providers
- **Problem Solving**
  - Learn strategies to take your blood sugars
  - Learn meal prep techniques
- **Risk Reduction**
  - Participate in education to reduce your risks of complications
  - Schedule annual examinations and request screenings





# Know Your Benefits

- Medications
- Diabetes supplies ( Glucose Monitor and Supplies)
- Diabetes screenings
- Diabetes Technology (Insulin pumps and Continuous Glucose Monitors)
- Specialized orthopedic footwear
- Diabetes self-management education and support services
- Special eye exams
- Medical nutrition therapy



# Resources

- Diabetes Coaching Programs such as Welldom
  - [www.livewelldom.com](http://www.livewelldom.com)
- National Diabetes Prevention Programs
  - <https://www.cdc.gov/diabetes/prevention/index.html>
- Medicare Diabetes Prevention Program
  - <https://www.medicare.gov/coverage/medicare-diabetes-prevention-program>
- Hospital Based Diabetes Self-Management Programs
- Endocrine Society
  - <https://www.endocrine.org/patient-engagement>



# Get In Touch With Us



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# WELLDOM

*Bringing Wellness to You*

Thank  
you!

