



Sweet Nothings

Sweet Nothings

March 2010

Spotlight on Jones County

Submitted by Natalie Newsom, Health Education Supervisor

The Jones County Health Department is very excited to be part of Cohort III in the North Carolina Diabetes Education Recognition Program. Jones County is a small rural county in eastern North Carolina--just a stone's throw from the beautiful Atlantic Coast and only a two-hour drive from the capital city of Raleigh. The population of Jones County is 10,113, with the number of diabetics increasing daily.

Our Mission at the Jones County Health Department is "Promoting sound health policies within the community, to prevent and control the spread of disease, to facilitate rehabilitation of the disabled and to safeguard the integrity of the environment". Our diabetes program strives to meet that mission as well as to advocate for our patients and give them the tools and knowledge that they need to properly manage their diabetes and live a healthy life.

We are currently offering classes every other month and seeing one on one patients on the alternating months. Our classes have an average of five participants which range from being a newly diagnosed diabetic to patients who have had diabetes for 30-plus years. We encourage participants to bring their support system with them to the classes, whether it be their family or friends so that they will also be educated on the diabetes process and proper management. There are three providers, including the Health Department, in Jones County which enables a smooth referral process. Our providers have stated how thankful they are for our program.

In the future we plan on continuing our relationship with our providers as well as possibly starting a diabetes support group where our participants can continue to meet and learn together. We plan on continuing our advertisement of the program through our other Health Department entities including our Healthy Carolinians Partnership as well as other diabetes-related programs. We look forward to continuing our process and will hopefully become an ADA certified program.

2010 ADA Provider of the Year Award



Joanne Rinker and Laura Edwards were honored to accept the 2010 ADA Provider of the Year award on January 23, 2010. This award is given to programs that exceed the national standards for providing patient care through excellence in caring for individuals with diabetes.

Inside this issue:

<i>Did You Know?</i>	2
<i>Carb Counting Quiz</i>	2
<i>Social Marketing Webinar Tips</i>	3
<i>Resources</i>	3
<i>Seasonal Produce: March</i>	4
<i>Strawberry & Cream Cheese Sandwich</i>	4
<i>Continuing Education</i>	5

Remember



Data reports and PDSAs are due the 5th of each month.

Data Update

February, 2010

Total Number of Patients Seen: 1156
 New Patients: 137
 Pre A1c: 8.1%
 Post A1c: 7.1%
 Foot Exams: 61%



Did You Know?

GlucoPro Insulin Syringes Voluntarily Recalled

A voluntary nationwide recall of all *GlucoPro Insulin Syringes* (Nipro Medical Corporation) is underway, according to a US Food and Drug Administration (FDA) notification to healthcare professionals. The alert notes that syringes may have needles that detach from the syringe. "If the needle becomes detached from the syringe during use, it can become stuck in the insulin vial, push back into the syringe, or remain in the skin after injection," the FDA states. More information is available on the [FDA's MedWatch](#) website.

Source: <http://www.fda.gov/Safety/MedWatch/SafetyInformation/SafetyAlertsforHumanMedicalProducts/ucm198445.htm>

Eye Exams Can Give Early Diabetes Warnings

Eye exams can give an early warning of undiagnosed diabetes and warn doctors of the presence of diabetic retinopathy. Ophthalmologists can examine the retina and detect areas of bleeding outside of the eye's blood vessels, which may eventually cause blindness. Lasers can be used early on to decrease leakage by cauterizing the retina, but this cannot cure the condition. Because diabetes can lead to vision loss, early detection is essential.

Source: American Diabetes Association, www.diabetes.org

Depression and Advanced Complications of Diabetes

Major depression in patients with type 2 diabetes has been associated with an increased risk of microvascular and macrovascular complications over the previous five years. Adverse outcomes included myocardial infarction, stroke, end-stage renal disease, and amputations.

Source: American Diabetes Association, www.diabetes.org

Whole Grain Intake Prevents Diabetes, Heart Diseases, and Excess Weight Gain

Although national guidelines recommend three daily servings of whole grains to prevent type 2 diabetes, coronary heart disease, and excess weight gain, survey data shows that few adolescents and young adults follow them.

Researchers found that young people consume less than one serving of whole grains per day, based on the results from Project EAT (Eating Among Teens), involving 1,686 young adults and 792 adolescents. The survey estimated daily whole-grain servings according to the reported frequency of consuming one slice of dark bread; kasha, couscous, or bulgur; one small bag of popcorn; one bowl of hot breakfast cereal; and one bag of cold breakfast cereal.

Home availability of whole grains was the only socio-environmental factor involved in increased consumption. Personal factors included a preference for the taste of whole-grain breads, as well as confidence that one could change or maintain eating patterns.

Carb Counting Quiz



Fruits that are in peak season in March include Avocados, Bananas, Grapefruit, Oranges and Pineapples. If I were to eat an appetizer of 10 tortilla chips (1 oz) with ½ an avocado and then some fruit salad with ½ a large banana (half of almost 5oz), and half of a large grapefruit. How many servings of carbs would I have had? Check out calorieking.com to help with carb counting. Remember to use calorieking.com when helping patients with carb counting. Especially for foods that are not labeled---like these J

- A: 1.5
- B: 2.5
- C: 3.5
- D: 4.5

(Answer is on Page 3)



Social Marketing Webinar Tips

Submitted by Joanne Rinker, MS, RD, CDE, LDN

Here are some things to think about when trying to get patients in to your diabetes self-management training (DSMT) program.

1. What will the patients get from the program? What they take away isn't all tangible. Here are some examples:
 - a. Knowledge that can be used on a daily basis
 - b. Manual to use as a reference in the future
 - c. Positive attitude about diabetes because they have the tools to prevent complications
 - d. Decreased fear because of increased knowledge

2. Where are your patients thinking about DSMT? Here are a few examples:
 - a. Pharmacy—add a brochure to local or health department pharmacy bags
 - b. Grocery store—put your banner on grocery carts
 - c. While reading—put a public service announcement, letter to editor or press release in local paper. Also, add your information to senior newsletters.

3. What are the barriers for your patients to come to the program or returning? How can we overcome them?
 - a. Fear: Let them know that if they come to this program, questions will be answered and fear conquered
 - b. Cost: Explain how the cost of the program will more than pay for itself through decreased emergency room and physician visits due to complications. Patients who complete this program have wonderful results if they act toward reaching blood sugar goals.
 - c. Referrals: There are patients who tell you they want to come. If they do that, YOU should do the leg work. Ask the patient who their provider is and call the office. Fax a referral with the patients name on it, ready to go, and have the referral signed and faxed back. Then you can call the patient for an appointment. Use the same concept when you conduct or attend health fairs. Have a list for people to sign that has patient name, phone number and name of provider. After the health fair, you can work from that list to call physician offices and get referrals. This will help get patients to your program.

Resources



Free eAG Professional Toolkit from ADA

The American Diabetes Association is recommending the use of a new term in diabetes management, estimated average glucose, or eAG. Health care providers can now report A1C results to patients using the same units (mg/dl or mmol/l) that patients see routinely in blood glucose measurements. [Click here](#) to order a free eAG Professional Toolkit from ADA that includes A1C/eAG conversion tools and patient education materials. www.diabetes.org

Health Test Card

The American Diabetes Association, American Cancer Society, and American Heart Association have created a "health test card" and other supporting materials designed for use in a clinical setting to facilitate communication between a patient and a provider about recommended health tests and to increase the number of people being screened for chronic diseases. The products are free to clinician offices, although shipping and handling fees do apply. [Order the health cards and supporting materials.](#)

www.diabetes.org

Answer to Carb Counting Quiz on Page 2

Answer: B



Seasonal Produce: March



Want to help decrease your carbon footprint? Then think each month about which fruits and vegetables are in season and build your recipes and your meals around those items. Then, buy those items locally so that they have not traveled too far or been harvested way too early. Locally grown foods which are picked at the peak of freshness are the highest quality making your recipe look and taste great!

Here is a list of fresh fruits and vegetables to look for this month at your local produce stand. Remember you will probably pay much less for these items as well.

Fruit: Avocados, Grapefruit, Kiwi, Lemons, Limes, Pears, Pineapple , Tangerines

Vegetables: Artichokes, Asparagus, Broccoli, Lettuce, Carrots, Celery, Chicory, Endive, Escarole, Green Beans, Greens (kale, mustard, turnip, collard, watercress), Mushrooms, New Potatoes, Onions, Parsnips, Rhubarb, Spinach, Winter Squash, Sweet Potatoes, Turnips, Yams

Strawberry & Cream Cheese Sandwich

(Get Fit On Route 66 Recipe)

Submitted by Kristin Schuler, RN

Sliced strawberries and reduced-fat cream cheese come together in a sandwich for this quick and healthy lunchbox treat.

Makes 1 serving

Active Time: 5 minutes

Total Time: 5 minutes

Ingredients:

- 1 tablespoon of reduced-fat cream cheese (Neufchâtel)
- 1/4 teaspoon of honey
- 1/8 teaspoon of freshly grated orange zest
- 2 slices of very thin whole-wheat sandwich bread
- 2 medium strawberries, sliced

Directions:

Combine cream cheese, honey and orange zest in a bowl. Spread bread with the cheese mixture. Place sliced strawberries on one piece of bread, top with the other.

Nutrition Information:

Per serving: 128 calories; 18 g carbohydrates; 4 g fat (2 g sat, 1 g mono); 4 g protein.; 8 mg cholesterol; 3 g dietary fiber; 63 mg potassium; 191 mg sodium. Nutrition bonus: Vitamin C (25% daily value), Vitamin C (90% dv), Folate (67% dv), Iron (20% dv).

Provided by EatingWell.com © 2007 EatingWell® Media Group
wellcountync.getfitonroute66.com



Continuing Education

Division of Public Health
Chronic Disease and Injury Section
ADA Program
1915 Mail Service Center
Raleigh, NC 27699-1915

April B. Reese, MPH, CPH
Interim Diabetes Branch Head
N.C. Diabetes Prevention and Control
Phone: (919) 707-5344
Email: April.Reese@dhhs.nc.gov

Laura Edwards, RN, MPA
Program Coordinator
Phone: 919-707-5376
E-mail: Laura.Edwards@dhhs.nc.gov

Joanne Rinker, MS, RD, CDE, LDN
Lead Diabetes Education Specialist
Cell: 919-699-5886
Email: Joanne.Rinker@dhhs.nc.gov

Brenda Brogden, Administrative Assistant
Phone: 919-707-5346
Fax: 919-870-4801
Email: Brenda.Brogden@dhhs.nc.gov

Providing Quality Comprehensive Diabetes
Self-Management Education to Empower
Persons With Diabetes

www.ncdiabetes.org



Ralph soon encountered one of the undocumented safety hazards of Ed's blood glucose testing.

www.diabeteshealth.com

Free CEUs to RNs

www.medcomRN.com/bdmed/

AADE—Core Concepts (best course for anyone interested in sitting for the CDE exam.

March 2-4, 2010—Boston, MA

April 20-22, 2010—Chicago, IL

September 28-30, 2010 - Orlando, Florida

October 6-8, 2010 - Las Vegas, NV

Health Professional Education Kits

This toolkit is available for free download online at



www.nationaldairycouncil.org which provides education materials such as: Daily DASH Dairy Brochure; Daily DASH Dairy handout; Fact Sheets and Advertisements; Dairy's Role in Managing Blood Pressure Fact Sheet; Potassium Recommendation Fact Sheet; DASH Nutrition Fact Sheet (American Dietetic Assn); Turnkey Powerpoint Presentation; the DASH Eating Plan; and much more courtesy of the National Dairy Council.

<http://www.nationaldairycouncil.org/EducationMaterials/HealthProfessionalsEducationKits/Pages/HealthProfessionalsEducationKits.aspx>

Handout: Eating Healthy on a Budget

This is a great handout for patients trying to eat healthy on a budget.

http://www.fruitsandveggiesmatter.gov/downloads/Stretch_FV_Budget.pdf

AADE 2010 Webinar Schedule At A Glance:

These webinars are the same price for one educator or more than one educator. If there is a county that has six, they can all sit in and earn the credit.

www.diabeteseducator.org/search.html

April 7, 2010: Challenging Case Studies: Puberty, Teens and Diabetes

April 14, 2010: Promise for Type 1 Diabetes: Islet Cell Research

May 5, 2010: Gestational Diabetes: Successful Pregnancies

June 2, 2010: Behavior Change and Motivational Interviewing: Application to Practice

July 14, 2010: Mindful Medication: Staying Current with Diabetes Management

September 15, 2010: Innovation and Accreditation: Implementing Quality Standards

October 13, 2010: Depression and Stress: A Distressing Duo

November 3, 2010: Exploring the Real Reasons of Overeating

December 1, 2010: Being Active, Having diabetes: keeping Your Patients Moving