



Sweet Nothings

November 2007
Volume 1, Issue 3

We Have A Winner!

Congratulations to Carolyn Gough with Hertford County Public Health Authority! Carolyn submitted the winning suggestion for the “Name the Newsletter” contest, so you are now reading “SWEET NOTHINGS.” Carolyn won not one but TWO fabulous prizes—a roomy duffle bag and a Polaroid camera. She also wins bragging rights and has the pleasure of seeing her suggestion in print. Thanks to all who submitted ideas, and congratulations again to Carolyn!

Clay County Health Department Diabetes Self-Management Program

Submitted by Janice Patterson, Health Director

Clay County Health Department now has three public health nurses who have completed the East Carolina University School of Medicine Diabetes Education Fellowship. Janice Patterson and Tanya Long are Registered Nurses, and Debbie Smith is a Registered Nurse and Family Nurse Practitioner. We are pleased to have a team of diabetes trained staff in all our clinical areas of service.

We are working to put together a quality diabetes education model that will be accessible and sustainable in a small rural county health department. Developing a Diabetes Self-Management Program in a small county agency can be a challenge due to limited funding and small patient numbers. Clay County Health Department was awarded a start-up grant from Sisters of Mercy of North Carolina Foundation for \$36,000 over two years to help support diabetes education and outreach efforts.

Activities include development of a program brochure, staff training, outreach efforts to local physician’s offices and community awareness activities, including screenings. A total of 146 individuals received free random blood sugar screenings at the county mass flu shot clinic on October 13. Of those, 29 had elevated results and were referred to their medical providers for follow-up.

Diane Smith, a Western Carolina University nursing student, is completing an internship with our agency. She has chosen our Diabetes Self-Management initiative as her special project.

Our first group class will be held in early November and we hope to have some newly identified diabetics taking advantage of this opportunity. We have completed initial assessments and one-on-one educational sessions with clients and expect to have a successful attendance in our group class.

Clay County Health Department would like to say a big “thank you” to our State Team in the NC Diabetes Prevention and Control Program, Sisters of Mercy of North Carolina Foundation, and East Carolina University Brody School of Medicine Diabetes Education Fellowship for providing the opportunities and means to provide our citizens with this essential program.

Inside this issue:

<i>What Do All of the Organic Terms Mean?</i>	2
<i>Rates of Diabetes Expected to Soar; Who is at Risk?</i>	2
<i>Handling the Holidays</i>	3
<i>Diabetes at a Glance</i>	3
<i>Flu Season Is upon Us!</i>	3
<i>Diabetes Medication Update</i>	3
<i>What is a Serving — 15 Grams — of Carbs?</i>	4
<i>What if I’m Still Hungry?</i>	4
<i>Recipe of the Month</i>	5
<i>Resources</i>	6



Data reports are due the 5th of each month.

What Do All of the Organic Terms Mean??

Adapted from CSPI's Nutrition Action Newsletter

(<http://www.cspinet.org/nah/index.htm>) by Joanne Rinker, MS, RD, CDE, LDN

Here is what the terms legally mean:

- Organic fruit and veggies: grown without synthetic pesticides, fertilizers or sewage sludge and haven't been genetically engineered or irradiated.
- Organic beef or chicken: animals that weren't the offspring of cloned animals. Raised on 100% organic feed, no growth hormones, antibiotics or other drugs, and their meat was never irradiated.
- Organic milk: over last 12 months animals were fed 100% organic feed and weren't given antibiotics or growth hormone like rBST.
- Organic eggs: come from hens given 100% organic feed, no growth hormones or antibiotics.
- Organic seafood: doesn't mean a thing!!! USDA hasn't defined this term.
- Cage-free eggs: comes from cage-free hens, not necessarily organic.
- Free-range poultry: have access to outdoors but there is no minimum time, not necessarily organic either.
- No Hormones administered: can be used on beef labels if it can be documented that animals were raised without hormones.
- Hormone-free: illegal claim; all animals produce their own hormones!
- Natural: no artificial ingredients and no more than minimally processed, not necessarily organic.

FOR PACKAGED FOODS:

- 100% Organic: All ingredients are organic.
- Organic: 95% ingredients are organic
- Made with organic ingredients: at least 70% of ingredients are organic

The dirtiest fruits and veggies (as far as pesticides are concerned):

1. peaches
2. apples
3. sweet bell peppers
4. celery
5. nectarines
6. strawberries
7. cherries
8. pears
9. grapes
10. spinach
11. lettuce
12. potatoes

Rates of Diabetes Expected to Soar; Who is at Risk?

Number of adults at high risk in 2001:

49.9 million

Total anticipated diabetes burden in 2011:

25.4 million (11.5% of population)

Total anticipated diabetes burden in 2021:

32.6 million (13.5%)

Total anticipated diabetes burden in 2031:

37.7 million (14.5%)

Prevalence of diabetes in ages 30-39:

3.7% in 2001 to 5.2% in 2031

Prevalence of Hispanic adults with diabetes in the year 2031:

20.2%

Endocrine Today June 2007 (Part of the article titled "Total Anticipated Diabetes Burden in 2031 Expected to Be 37.7 Million")

**NOVEMBER IS
Diabetes MONTH**

The Day of Giving Thanks



<http://www.diabeteshealth.com/cartoons/>



HANDLING THE HOLIDAYS

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

Holidays and special occasions can negatively affect your diabetes management. Many people gain weight over the holidays, but with a few strategies under your belt, you can prevent that extra holiday weight and maintain your glucose control.

- Anticipate a situation and how you will handle it. Imagine yourself successfully making healthier choices and practicing portion control. For example: you know your aunt will have Thanksgiving dinner and she never prepares one healthy item. Bring a huge veggie tray or salad that everyone will be able to enjoy. Then, fill half of your plate with this item so you only have half a plate left for those other foods.
- Don't allow yourself to become too hungry, which can lead to overeating. Be sure to eat breakfast, lunch and dinner that day and eat a snack (1 yogurt, an apple or 1 oz. of nuts) prior to the big feast to keep your appetite in check.
- Get active! Go for a walk, toss the football, rake leaves, build a snowman, walk the dog, play with the kids or grandkids.
- Eat from smaller plates to keep portions down (ask for the salad or dessert plate, rather than the entrée plate) and then don't go back for seconds.
- At parties, move away from the food table and mingle—never sit there!
- Sip on no-calorie drinks.
- Save your calories and carbs for the “special” foods. You can eat mashed potatoes and rolls any time of the year, but Aunt Mable's special pie only comes once a year.



Eat as healthily as you can the majority of the time and allow yourself a set number of “splurge” days during the holiday period. Don't be too hard on yourself if you're not perfect during this time.

Some goals to shoot for:

- * Fill up on free foods and no-calorie beverages.
- * Eat smaller amounts of various holiday foods.
- * Slow down and savor the flavor of holiday treats.
- * Designate 1 day a week as your “free day” and follow your plan the remaining days of the week.

Flu Season is Upon Us!

According to the Centers for Disease Control and Prevention (CDC), both children and adults affected by diabetes are at high risk of developing serious complications from influenza. While CDC materials have always highlighted this risk, this year CDC is also emphasizing the importance of vaccinating not only the person at-risk, but the caregivers and family (especially of diabetic children) as well. The CDC offers free, printable flu vaccine resources and information geared towards persons with diabetes. The resources are available at www.cdc.gov/flu/professionals/patiented.htm .

In addition, CDC recommends doctors, nurses, and other employees in health-care settings be vaccinated to prevent spreading flu to individuals at high risk of complications from flu. See www.cdc.gov/flu/professionals/vaccination/ .

Diabetes at a Glance

Dental Disease

Periodontal (gum) disease is more common in people with diabetes. Among young adults, those with diabetes have about twice the risk of those without diabetes. Almost one-third of people with diabetes have severe periodontal disease with loss of attachment of the gums to the teeth measuring 5 millimeters or more.

Diabetes Medication Update

Pfizer to Stop Selling Exubera

On October 18, 2007 Pfizer announced that it will stop selling its inhaled insulin product Exubera. In a news release, Pfizer states, "Despite our best efforts, Exubera has failed to gain the acceptance of patients and physicians. We have therefore concluded that further investment in this product is unwarranted. We will work with physicians to transition Exubera patients to other treatment options in the next three months." To read more, go to http://diabetes.webmd.com/news/20071018/pfizer-quits-inhaled-insulin-exubera?ecd=wnl_na_101807 .

FDA Notes 30 Cases of Acute Pancreatitis in Patients Taking Byetta; Cause Unclear

On October 16, 2007, the FDA announced 30 reports of acute pancreatitis in patients taking the type 2 diabetes drug Byetta. Twenty-one of the patients were hospitalized; however no deaths were reported. The FDA advises patients taking Byetta to seek medical care promptly if they experience unexplained severe abdominal pain with or without nausea and vomiting. Doctors should discontinue Byetta in patients suspected of having acute pancreatitis and not restart the patients on Byetta unless they find another cause for the patients' acute pancreatitis. To find out more, go to http://diabetes.webmd.com/news/20071016/diabetes-drug-byetta-pancreas-risk?ecd=wnl_na_101607 .

What Is a Serving — 15 Grams — of Carbs?

Item	Serving Size
Bagel, English Muffin, bun	½
100% whole wheat bread	1 slice
Tortilla - 8" across	1
Pancake - 4" across	1
Dressing (stuffing)	1/3 cup
Cornbread 2"x2"	1
1 slice of Mexican sweetbread	2
Bran (cold) cereal, grits, oatmeal	½ cup
Pasta	1/3 cup
Rice	1/3 cup
Casserole	½ cup
Corn, peas, potatoes, yams, sweet potatoes	½ cup
Potato - baked, boiled	1 small (fist sized)
Baked beans	1/3 cup
Beans - kidney, chick, pinto	½ cup
Animal crackers	8
Graham crackers	2 ½" squares—3
Oyster crackers	24
Saltines/Triscuits	4
Sandwich crackers - cheese/peanut butter filled	3 (only half a pack!)
Fresh fruit - tennis ball size	1
Berries, melon, cantaloupe	1 cup (yeah)
Canned fruit in its own juice, applesauce	½ cup
100% fruit juice	½ cup
Yogurt - skim or 1%	1 cup

What If I'm Still Hungry?

Non-starchy veggies - Artichokes, asparagus, green beans, wax beans, bean sprouts, beets, radishes, broccoli, Brussel sprouts, cabbage, carrots, cauliflower, summer squash, celery, cucumber, sauerkraut, spinach, turnips, zucchini, eggplant, green onions, collards, kale, mustard greens, kohlrabi, leeks, mixed veggies (without corn, peas or pasta), mushrooms, okra, tomatoes, tomato sauce, tomato juice, onions, pea pods, peppers, salad greens, water chestnuts.

*** Always add a source of protein to each meal - peanut butter, low-fat cheese, cottage cheese, nuts, egg, lean meat, chicken without skin, fish-baked or broiled, tuna, etc.

— Joanne Rinker MS, RD, CDE, LDN

Recipe of the Month

Turkey sandwiches are great, but it's nice to have other options. These quick and easy dishes can use up turkey leftovers on busy weeknights.

Curried Turkey Dinner

Prep Time: 5 minutes, Cook Time: 30 minutes

Ingredients:

- 1 package (10 ounces) frozen broccoli spears, cooked and drained
- 2 cups cooked turkey, cubed
- 1 can (10 1/2 ounces) reduced-sodium cream of mushroom soup
- 1/4 cup reduced calorie mayonnaise
- 1 1/2 teaspoons lemon juice
- 1 teaspoon curry powder
- 1 cup seasoned croutons



Preparation:

In an 8-inch square baking dish arrange broccoli; top with turkey.

In a small bowl combine soup, mayo, lemon juice and curry powder. Pour over turkey and top with croutons. Bake in a preheated 350 degree F. oven for 20 to 25 minutes or until bubbly. Serves 4

Nutrition Facts: Calories: 321, Total Carbohydrate: 21 grams, Total Fat: 16 grams, Cholesterol: 63 mg, Sodium: 720 mg, Protein: 24 g

Turkey Chow Mein

Prep Time: 15 minutes, Cook Time: 10 minutes

Ingredients:

- 1 cup mung bean sprouts, rinsed and drained
- 1 red bell pepper, cut into bite-sized pieces
- 2 cups fresh mushrooms, cleaned and cut in half
- 1 - 2 stalks celery, cut into 1-inch pieces
- 2 medium carrots, peeled and cut into 1-inch pieces
- 1/2 red onion, peeled and chopped
- 1 clove garlic, peeled and chopped, optional
- Sauce:
 - 1/2 cup packaged chicken broth, low-sodium preferred
 - 1 tablespoon oyster sauce
 - 1 tablespoon dark soy sauce
 - Salt and pepper to taste
 - 1 tablespoon cornstarch
- 4 tablespoons oil for stir-frying, or as needed
- 3 cups cooked turkey
- 2 cups packaged chow mein noodles, or to taste

Preparation:

Clean and prep all the vegetables. Mix the sauce ingredients, whisking in the cornstarch last.

Heat a wok over medium heat. Stir-fry the mushrooms. Remove from the pan, add more oil, and stir-fry the celery, carrots, bell pepper, onion and garlic. Add the turkey to the pan. Cook for a minute, add mushrooms back into the pan. Add bean sprouts and the sauce. Heat to boiling and add the noodles. Mix everything together and serve hot.

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



www.diabetes.org

ADA Advisory Committee

and

Program Staff Meeting

March 19, 2008 (date is tentative)

9:00 a.m.—12:00 Noon

Hickory Room

5505 Six Forks Road

Raleigh, NC



ADA Advisory Committee Annual Meeting

June 18, 2008 (date is tentative)

9:00 a.m.—12:00 Noon

Hickory Room

5505 Six Forks Road

Raleigh, NC

*Don't forget.....
 to submit copies of proof of continuing
 education to Brenda Brogden.*

RESOURCES

CONTINUING EDUCATION

Remember that ADA program staff must have 15 continuing education credits related to diabetes within 12 months of the application. If you need continuing education, here are some resources:

From ADA:

www.diabetes.org/for-health-professionals-and-scientists/profed.jsp

From AADE:

<http://www.diabeteseducator.org>

From Power Pak:

www.powerpak.com/

From Present Diabetes:

www.presentdiabetes.com

Webcast CEU:

www.diabetes.org/for-health-professionals-and-scientists/latino-webcasts.jsp

Control the Crisis—*Advancing insulin therapy in your practice*

Program Overview

This two-part program combines active learning techniques – including lectures, case studies and demonstrations of tools – to help primary care providers initiate and adjust insulin therapy available through Park Nicollet Institute.

Details:

Cost: Free

CEUs: 1.0 AMA PRA Category 1 Credit(s)TM per part

Expiration date: **December 26, 2007**

Further information can be found at:

<http://www.controlthecrisis.org/>

10th Annual Diabetes Management Conference:

Getting to the Heart of Diabetes

on Nov 30th in Winston-Salem. Cost is \$50 and it is worth 5 CEUs for all disciplines.

Brochure, agenda and registration form:

<http://northwestahec.wfubmc.edu/brochures/cme/21192.pdf>