

SWEET NOTHINGS



Diabetes Education Recognition Program

Spotlight on Cumberland County

The Cumberland County Health Department has joined the North Carolina Diabetes Prevention and Control Branch to develop a Diabetes Self-Management program. To reinforce their training skills, interested employees were able to participate a second time in conversation map training provided by Merck. The multiple training sessions allowed our staff to become familiar with different ways to educate our community about diabetes self-care. Using an array of “conversation maps” that explain the definition, signs, symptoms, and the management of diabetes helps staff better educate patients and allows patients to take control of their illnesses by participating actively in the group conversations.

Our Adult, Women’s, and Child Health Clinics diagnose diabetic patients through clinical symptoms and laboratory tests, such as 2 hour GTT and/or HGB A1C. When diabetes is confirmed, the patient

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immediately is given an appointment with the dietitian and nurses diabetes educator. In addition to provide counseling about their medical treatments during scheduled visits, our registered nurses offer guidance for diabetes management, including risk factors, prevention, education and tools for monitoring blood glucose levels. For children diagnosed with diabetes, our RNs educate both parents and children on signs and symptoms of low blood sugar (hypoglycemia) and high blood sugar (hyperglycemia), and how to respond appropriately to various diabetes-induced medical emergencies.

please see *Spotlight on Cumberland* on page 3

Carb Counting Quiz

Laura and Joanne love the salad at Carolina Cafe. It is the signature salad. If you go on the website, what is the carb count (how many servings?) of this salad with the dressing and the sweet potato biscuit that comes with it? Patients will ask us questions like this and we have to investigate to get them the answers!!

Answers:

- A: 4
- B: 6
- C: 8
- D: 10



see *Carb Counting Quiz* on page 4 for answer



Healthy North Carolina A Better State of Health 2020

Did you know North Carolina ranks 35th among U.S. states in terms of our overall health? In fact, for most of the past 20 years, our rank has been even lower. The newly created **Healthy North Carolina 2020** initiative aims to move us to “A Better State of Health.” It’s a big job, but we can get there.

Healthy North Carolina 2020 (HNC 2020) builds on initiatives pursued over the past two decades – Healthy NC 2000 and Healthy NC 2010, as well as the NC Prevention Action Plan. One of the primary aims of the 2020 target-setting process is to mobilize the state towards achieving a common set of health objectives. Tobacco use, physical activity and nutrition, substance abuse, and environmental health are just four of the 13 objectives whose strategies are prevention focused and evidence-based.

The launch of HNC 2020 marks a journey where all within public health in the state, health departments, community health centers, community agencies, will all work toward the same set of objectives. In fact, beginning this year every local health department must include a minimum of two Healthy North Carolina 2020 objectives

“Successful implementation happens when communities work together to impact change..”

*Dr. Jeffrey Engel
State Health Director*

from different focus areas in their Community Health Assessment plan thereby making these areas a priority in terms of strategy and resources.

How will we know we are doing the right things and doing them well? As of February 1, Laura Edwards, RN, MPA was named to lead the HNC 2020 efforts for the Division of Public Health. Laura has made her mark in the area of prevention by creating and directing the state’s Diabetes Education Recognition Program and with her leadership North Carolina’s program has grown to be the largest Diabetes Education and Recognition program in the nation.

Laura will be responsible for connecting resources, linking technical assistance and program expertise across DPH to communities and coordinating the implementation of evidence-based strategies and monitoring their effectiveness. Additionally, the North Carolina Center for Public Health Quality will also play a critical role in providing technical assistance to community partnerships.

The North Carolina Division of Public Health will continue to be leaders, promoters, and conveners of efforts to improve our population’s health. This is hard work. HNC 2020 provides the structure needed to get us all moving in the same direction, nimbly, rigorously, and effectively.

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We also reinforce healthy eating habits and exercise and offer information on available resources.

The patients return to our clinics for close monitoring of their diets, blood sugar and HbA1C levels. For the first several months the patients are closely followed by a team that includes MDs, family nurse practitioners, registered dietitians and registered nurses who also serve as diabetes educators, until their blood sugars and HbA1C are stabilized.

Uninsured patients who meet certain financial qualifications and requirements can get their medications filled at the Cumberland County Medical Assistance Program (CCMAP) located within the health department. Our CCMAP is staffed with pharmacists who provide additional counseling should the patients have any questions regarding their medications' benefits and/or side effects. CCMAP assures that all of our citizens can have access



to the prescription medications they need.

Our registered dietitians begin the education portion of the program with the physiology of diabetes. Patients learn to count carbohydrates, and a calorie level is determined based on the patient's other diagnoses, age, weight and activity level. The patients learn the importance of consistent physical activity and aerobic exercises to increase metabolic rates and improve their overall blood sugar levels.

American Diabetes Association Cream Cheese Fudge



A yummy fudge for diabetics!

Ingredients

16 ounces cream cheese, softened
 2 (1 ounce) squares unsweetened chocolate
 1/2 cup sugar substitute (Splenda)
 1 teaspoon vanilla extract
 1/2 cup chopped pecans

Directions

1. In a small mixing bowl, beat the cream cheese, chocolate, sweetener and vanilla extract until

smooth. Stir in pecans. Pour into 8-inch square baking pan lined with foil. Cover and refrigerate overnight.

2. Cut into 16 squares. Serve chilled.

Nutrition Facts

Calories 150, Total Fat 12g, Saturated Fat 6g, Cholesterol 30mg, Sodium 90mg, Total Carbs 8g, Dietary Fiber 0g, Sugars 7g, Protein 2g

Children Need More Sleep to Prevent Diabetes

Parents can recognize when their children do not get enough sleep, because they may be cranky and less alert. Research shows that insufficient sleep among children can result in behavior problems, poorer performance on cognitive tests, and more injuries.

An earlier study from the University of California reported that a lack of adequate nighttime sleep among infants and preschool children was a significant risk factor for obesity later in childhood. Inadequate sleep is also known to weaken the immune system and make people more susceptible to infections.

A new study published by investigators at the University of Chicago shows an association between insufficient sleep and obesity and other metabolic problems. One major finding was that children ages 4 to 10 who got the least amount of sleep and who had the most irregular sleep schedules were greater than 4.4-times more likely to be obese.

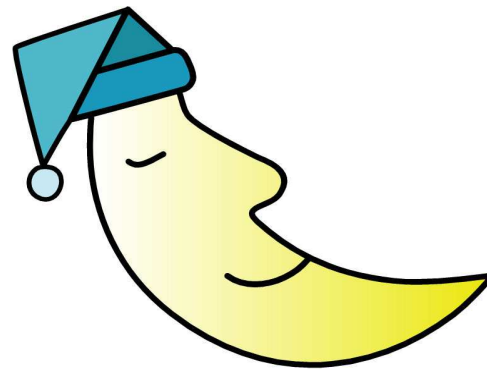
David Gozal, MD, of the University of Chicago, and his research team evaluated 308 healthy children over a one-week period. The children wore wrist actigraphs to record their sleep duration and patterns. Researchers found that

the children averaged about eight hours of sleep per night, regardless of day of the week or the child's weight. The recommended amount is nine to 10 hours.

On the upside, children who got extra sleep on the weekends lowered their risk of obesity to less than 2.2-times. Overall, the study results indicated that children who consistently get nine to 10 hours of sleep on both weekdays and weekends have the healthiest metabolic profile.

The National Sleep Association offers you ideas on how to have children get more sleep.

<http://www.diabetesincontrol.com/articles/diabetes-news/10460-children-need-more-sleep-to-prevent-diabetes>



"If your children are getting less than 9 hours of sleep per night, they need to avoid factors that predispose them to obesity, diabetes and cardiovascular disease..."

Answer to Carb Counting Quiz

The answer is D.

It was 66g for the salad (lots of fruit in there), 13 for the poppy seed dressing and 71 grams for the sweet potato biscuit. That is a total of 150 grams of carbs or 10 servings. It is also ~1450 calories which is enough for the whole day!!! Here is the link:

<http://www.cafecarolina.com/docs/nutrition.pdf>

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Chronic Disease and Injury Section
Diabetes Prevention & Control Program
NC Diabetes Education Recognition
Program**

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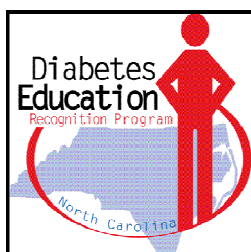
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**Providing Quality Comprehensive
Diabetes Self-Management Education to
Empower Persons with Diabetes**

We're on the Web!

Visit us at:

www.ncdiabetes.org



Save the Date!

NC Public Health Association Annual Spring Conference

Tuesday, May 17, 2011
Hilton Raleigh-Durham Airport at RTP
More information to come!

A-Z Diabetes Educator Bootcamp

February 21-25, 2011
Brody School of Medicine
East Carolina University

[A-Z Diabetes Educator Boot Camp](#)


Diabetes ~ Head to Toe, What to Know! CCADE Conference 2011

March 4, 2011
Greenville, North Carolina
For more information call 252-744-3087

Achieving Excellence and Overcoming Barriers in Diabetes Care

March 12, 2011
FirstHealth Moore Regional Hospital
Pinehurst, NC

For more information contact Sarah Moorman
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 CME eLearning: Outpatient Diabetes Management -The Incretin Effect

<http://my.ncahec.net/education.php?d=a>

Mark Your Calendar!

Curriculum/Program Trainings
June 7-8, Greenville
June 14-15, Asheville