

# SWEET NOTHINGS



## Diabetes Education Recognition Program

### Spotlight on Halifax County

The Halifax County Health Department began seeing patients for Diabetes Self-Management in September 2010 as part of Cohort IV. Our program is growing much faster than we expected. We have seen 22 patients and our referrals are increasing each month. We have two educators working with our program, E.B.Odom, RD and Deborah Jordan, RN.

In January, 2011, we received grant funds from the Kate B. Reynolds Charitable Trust which helped us to develop a program with hands-on education and incentives for patients. We offer our classes in two four-hour sessions. At each class, snacks are provided and used to teach about portion control and label reading. During classes patients are taught using a variety of methods, including presentations, demonstrations, videos, and hands-on models. An example of hands-on teaching is the foot and skin care education where patients are each given a foot and skin care kit of their own. Other examples of the incentives patients received during the program

### Carb Counting Quiz

On Saint Patrick's Day our family makes a plate of 4oz corned beef, 1 cup steamed cabbage (with only organic chicken broth added), 1 cup sliced boiled sweet potatoes, 1 slice 100% whole wheat bread and 1 cup of unsweetened applesauce.

How many servings of carbs are in this tasty meal?

- A: 2
- B: 5
- C: 7
- D: 9

see *Carb Counting Quiz* on page 4 for answer

#### Inside This Issue

Sugary Drinks	2
Health Disparities Report	2
National Diabetes Fact Sheet	2
Spanish Tool Kit	2
Carb Safe Corned Beef and Cabbage	3

include journals, pill cases, dental kits, sample cereals, pens, Dyna-bands, and measuring cups. At the conclusion of the second class, when patients are given their appointments for their three month follow-up visit, we show them a canvas bag with an ADA cookbook that they will receive when they attend their follow-up. Thus far, this has been a good incentive, with patients showing a great interest in the cookbook.

When we received notification of our KBR grant award, we submitted a press release to our local newspaper. This turned into a great advertising piece for us. The reporter called and inquired about the program and we invited her to attend one of our classes. She came and interviewed the patients (who gave great reviews) and took pictures. It was printed on the front page of our local newspaper

see *Spotlight Halifax* on page 3



## [Health Department's New TV Spot Shows How a Day's Worth of Sugary Drinks Adds Up to a Whopping 93 Sugar Packets](#) (Ctrl + click for link)

In a continuing effort to educate New Yorkers about the potentially serious health effects of consuming sugary drinks, the Health Department launched the latest installment of its "Pouring On the Pounds" health education campaign. The 30-second spot shows how a day's worth of sugary drinks can add up. Building on a previous campaign, sugar content is measured in "packets" to illustrate how a daily routine of just a few sweetened drinks can accumulate to a whopping 93 packets of sugar by the end of the day. These excessive amounts of sugar would amount to almost 1,400 empty calories of pure sugar – that's nearly three quarters of the daily recommended calories for most adults. The spot ends with devastating images of the serious potential health consequences of obesity and diabetes.

## Health Disparities and Inequalities Report

The CDC Health Disparities and Inequalities Report, United States 2011 was released in the January 14, 2011 edition of the Morbidity and Mortality Weekly Report. Health disparities are differences in health outcomes between groups that reflect social inequalities. Despite progress over the past 20 years in reducing this problem, racial/ethnic, economic, and other social disparities in health still exist and need to be addressed. This report is the first in a periodic series examining health disparities in the United States and is available at [http://www.cdc.gov/mmwr/preview/ind2011\\_su.html](http://www.cdc.gov/mmwr/preview/ind2011_su.html).

## 2011 National Diabetes Fact Sheet

The 2011 National Diabetes Fact Sheet is available on the CDC website. The Fact Sheet was prepared with input from multiple federal agencies, including those within the Department of Health and Human Services and external partners such as the American Association of Diabetes Educators, the American Diabetes Association, and the Juvenile Diabetes Research Foundation International. Power Point slides, screen shots, and buttons and badges that can be downloaded and posted on your website with a link to the Fact Sheet are available at <http://www.cdc.gov/diabetes/pubs/factsheet11.htm>.

## Road to Health Toolkit in Spanish

The National Diabetes Education Program will host a series of introductory webinars for our most recent publication, The Road to Health Toolkit, written in Spanish. The Road to Health Toolkit is designed for Community Health Workers who provide outreach to Hispanic/Latino groups. The toolkit promotes lifestyle changes to reduce the risk for diabetes.

To register for one of the introductory webinars, please go to <http://tiny.cc/nyfo5>.



**Spotlight on Halifax** from page 1

Since that publication, we have had an estimated 10 calls per week from citizens who are interested in the program. This has not only increased our referrals but has also helped us greatly increase our referring provider scope.

We have had great support from our initial referring providers. One of the largest referring providers of our program shared a success story from one of his patients who attended our classes who we'll call L.N. For years L.N. had needed eye surgery, but was refused until she could get her diabetes under control. Her provider shared with us that she was able to get her surgery due to her vast improvement in blood glucose after attending our program. We look forward to having even more success stories as our program continues to grow.

## Carb Safe Corned Beef and Cabbage

**Ingredients**

2 1/4lb whole lean beef brisket  
 3 quarts boiling water  
 1/4 cup sugar  
 3 bay leaves  
 1 large garlic clove  
 3 turnips, fresh, peeled and thickly sliced  
 1 cup fresh sliced parsnip, scraped & thickly sliced  
 1 Cabbage, fresh, head, small, 4.5"

**Directions**

1. Wash the corned beef in cold water.
2. Place beef in a 5 quart pot or Dutch oven, and add boiling water. Add the sugar, bay leaves, and garlic, turnips and parsnips. Cover and simmer for 2 to 2 1/2 hours or until meat is tender.
3. Core the cabbage and cut into 6 wedges. Place in a separate cooking pot.
4. Dip 2 cups of the corned beef cooking liquid from the pot and combine with enough water just to cover the cabbage. Cook cabbage over medium heat just until tender, about 15 minutes.

**Answer to Carb Counting quiz**

Answer is C: 7 servings

Corned Beef: 2g of carbs Cabbage: 7g of carbs in 1 cup (counts as half a serving), sweet potatoes: 1 cup is 41 grams or about 3 servings, Bread: 20 grams or 1.5 servings and applesauce: 28 grams or 2 servings: total is 7 servings! Since a female should limit to 30–45 grams or 2–3 servings per meal, they could use half the potatoes, skip the bread and half the applesauce to limit to 3 servings. Men should shoot for about 45–60 grams per meal so they might choose to have the extra potatoes.

5. Remove brisket to a serving platter, slice thinly across the grain.
6. Drain vegetables, discarding bay leaves, and serve with brisket.

<b>Nutrition Facts</b>	
Makes 8servings	
<b>Amount Per Serving</b>	
<b>Calories</b>	291.5
<b>Total Carbs</b>	16.2 g
<b>Dietary Fiber</b>	3.9 g
<b>Sugars</b>	9.8 g
<b>Total Fat</b>	11 g
<b>Saturated Fat</b>	3.8 g
<b>Unsaturated Fat</b>	7.2 g
<b>Potassium</b>	747.7 mg
<b>Protein</b>	31.7 g
<b>Sodium</b>	176.9 mg
<b>Dietary Exchanges</b>	
4 Meat, 2 Vegetable	

**Division of Public Health  
Chronic Disease and Injury Section  
Diabetes Prevention & Control Program  
NC Diabetes Education Recognition  
Program**

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

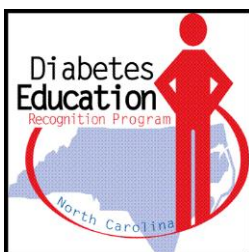
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*We're on the Web!*

*Visit us at:*

[www.ncdiabetes.org](http://www.ncdiabetes.org)

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**Save the Date!**

**NC Public Health Association Annual Spring  
Conference**

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

**Cardiovascular Healthcare For Women**

**What We Must Know & Do Differently**

CE Credits: 0.75

[http://www.presentdiabetes.com/lecture\\_hall/description.php?id=257](http://www.presentdiabetes.com/lecture_hall/description.php?id=257)

**Advances in healing the diabetic wound**

CE Credits: 0.75

[http://www.presentdiabetes.com/lecture\\_hall/description.php?id=12](http://www.presentdiabetes.com/lecture_hall/description.php?id=12)

**Achieving Excellence and Overcoming Barriers in  
Diabetes Care**

March 12, 2011

FirstHealth Moore Regional Hospital  
Pinehurst, NC

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**online 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