



SWEET NOTHINGS

Spotlight on Graham County

by Kristin Schuler

The Graham County Department of Public Health has been providing Diabetes Education since 2008. We would like to walk you through what we have felt was definitely a growth and development process.

Birth -The Graham County Department of Public Health (GCDPH) began providing Diabetes Education in 2008 as part of its Healthy Carolinians goals to increase family fitness as well as decrease obesity and obesity-related health problems. GCDPH was then accepted into Cohort III of the Diabetes Self-Management Program.

Infancy - Graham County only has one primary care provider, so the majority of referrals come from that medical office. On the recommendation of the Diabetes Branch, we presented a program to the providers about DSMT and gave them hanging file folders with referral forms included for each nurse's station.

Toddlerhood – Two RNs at the Graham County Health Department, Kristen and Shawn, attended the ECU Diabetes Education Fellowship and began providing one on one patient visits and teaching class together. By doing this together, they each became a little more comfortable with what they knew and what they were teaching.

Preschool - Although Kristen and Shawn each experienced a little separation anxiety (which is developmentally appropriate for preschoolers), they each began teaching some classes on their own. At this stage, both educators began to see the difference they were able to help patients make in the way they cared for themselves.

Moving Up to Big School - Kristen's favorite patient lowered his A1c from 10.8 to 6.8 in 6 months. When he began the program, he was also unable to be weighed at his doctor's office

Inside This Issue

Asthma and Diabetes	2
Breastfeeding and Diabetes	2
Physical Inactivity	3
Ham and Egg Casserole for Mom	3

because the scales would not go high enough. Six months later, his proudest accomplishment was being able to weigh there.

Shawn's favorite patient is an uninsured patient who was being seen through the health department's Breast and Cervical Cancer Prevention Program. She had told the clinic nurse about her history of Type 2 diabetes and that she wasn't managing it well. Shawn helped her establish a primary care provider and scheduled her for assessment and class. The patient began exercising, has lost weight, and was healthy enough to be able to go to Haiti on a mission trip.

Big Plans for the Future – Shawn and Kristen are working with Stanley Furniture Company, Graham County's largest employer, to help them provide employee wellness services. Stanley Furniture Company provides a health clinic weekly at the plant where a Physician's Assistant or Family Nurse Practitioner is onsite to provide health care for employees. The PA or FNP has already begun sending referrals to the DSMT program. A room at the Stanley Furniture Plant has even been set aside for Diabetes Self-Management. Kristen and Shawn will be working with the Plant Nurse to establish education times that best meet employees' needs and schedules.

We know that we still have much growing and learning to do, and are enjoying it more than we ever imagined we would. If you have questions or answers (which are always appreciated) for Kristen or Shawn, they can be reached at the Graham County Department of Public Health at 828-479-7900.

CARB COUNTING QUIZ

1. If you decide that you want to use 1 cup fresh sliced strawberries that someone got from the local strawberry patch in a smoothie and add 1 cup of organic low fat vanilla yogurt, a whole medium banana and some ice, how many servings of carbohydrate would that be?
A: 1
B: 2
C: 3
D: 4

Study Ties Asthma to Higher Odds for Diabetes, Heart Disease

Experts were surprised by the findings and say more research is



People with asthma may have a higher risk of developing diabetes and heart disease, according to a new study that looked at the relationship between asthma and four other inflammatory conditions.

The study, which looked at medical records from the late 1960s through the early 1980s, found higher rates of diabetes and heart illness among asthmatics than other people.

Researchers led by Dr. Young J. Juhn, of the department of pediatric and adolescent medicine at the Mayo Clinic in Minnesota, found that people with asthma were not at greater risk of developing inflammatory bowel disease or rheumatoid arthritis, but Juhn said that was likely due to the small sample size. "The trend was in a positive direction for all four pro-inflammatory conditions," he said.

One expert said the results were unexpected because asthmatics have a different immune system profile from cardiac and diabetes patients.

Experts say the study findings should be seen as preliminary and more research is needed to understand the relationship. For full article, visit <http://www.healthfinder.gov/news/newsstory.aspx?docID=651009>

Health Tip: Breast-Feeding When You Have Diabetes

Avoiding low glucose becomes more challenging

Breast-feeding comes with its own set of challenges, but the task is a bit more daunting if you have diabetes.

The American Diabetes Association suggests the following ideas to help prevent low blood sugar in breast-feeding moms:

- *Always have a snack before you nurse or while nursing.*
- *Drink a glass of water or a decaffeinated beverage while you nurse.*
- *Before you nurse, make sure there's a snack or medication nearby, in case your blood sugar drops too low.*
- *Work with your dietitian and doctor to make sure your meals contain enough calories for you to breast-feed.*



Carolinas Kidney Walk – May 7th!

CDC Releases County Level Estimates for Leisure-Time Physical Inactivity

CDC has released new county and county equivalent-level estimates of leisure-time physical inactivity, complementing previously released county level data on both obesity and diagnosed diabetes. Key findings include:

- States where residents are the least likely to be physically active during leisure time are Alabama, Kentucky, Louisiana, Mississippi, Oklahoma, and Tennessee. In those states, physical inactivity rates are 29.2 percent or higher for more than 70 percent of the counties.
- States where residents are the most likely to be physically active during leisure time are California, Colorado, Hawaii, Minnesota, Oregon, Vermont, and Washington. In those states, physical inactivity rates are 23.2% or lower for more than 70 percent of the counties.

How did North Carolina fare? See the entire list of county-level estimates at:

http://apps.nccd.cdc.gov/DDT_STRS2/NationalDiabetesPrevalenceEstimates.aspx?mode=PHY.

10 - Minute Ham & Egg Casserole for Mom

Ingredients:

- 1 tablespoon chopped onion
- 2 mushrooms, sliced
- ½ cup diced tomatoes
- 1 teaspoon capers
- 1 cup egg substitute
- 1/8 teaspoon garlic
- 2 ounces of lean ham

To Prepare in Microwave:

1. Spray a microwave safe casserole dish with cooking spray.
2. Cook the onion and mushrooms covered for 1 1/2 minutes on high.
3. Add the tomatoes and capers and cook for another 5 minutes on high.
4. Add egg substitute, garlic and ham to casserole dish and stir.
5. Cook uncovered for 4 minutes on medium. Let set 4 minutes before serving.

Nutrition:

- Calories: 116
- Carbohydrate: 2 grams
- Saturated Fat: 1 gram
- Cholesterol: 1mg
- Sodium: 210 mg
- Protein: 20 g

Dietary Exchanges: 3 meat, 1 vegetable

Answer to Carb Counting Quiz: 4

Strawberries: 1 cup sliced: 12g, yogurt: 30 grams and banana (med): 27g. Total is 59 grams or 4 servings

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

1915 Mail Service Center
Raleigh, NC 27699-1915
April Reese, MPH, CPH
Diabetes Branch Head
NC Diabetes Prevention & Control
Phone: (919) 707-5376
Email: April.Reese@dhhs.nc.gov

Laura Edwards, RN, MPA
Program Coordinator
Phone: (919) 707-5376
Email: Laura.Edwards@dhhs.nc.gov

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

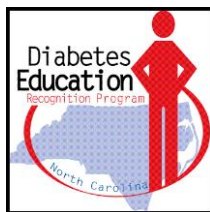
Donna Albertone
Program Assistant
Phone: (919) 707-5346
Fax: (919) 870-4801
Email: Donna.Albertone@dhhs.nc.gov

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

We're on the Web!

Visit us at:

www.ncdiabetes.org



Continuing Education

Omega 3 Fatty Acids— Remedies, Risks, and Recommendations

Time: 1—2 hour seminar, can be accessed anytime.

Credits: 2 CPE hours

<http://www.umassone.net/omega3/>

Behavior Change and Motivational Interviewing

Time: 1.5 hrs

Credits: 1.5

<https://www.diabeteseducator.org/ProfessionalResources/products/webcasts/webc1009.html>

Beyond A1C: A New Tool for Glycemic Control

Time: 1.5 hrs

Credits: 1.5

<https://www.diabeteseducator.org/ProfessionalResources/products/webcasts/webc1008.html>



Field Code Changed