

Things to keep in mind

- Genetic and environmental lifestyle factors impact energy and body weight.
- Hormones are what regulate hunger.
- The prevalence of prediabetes in 2015 was 33.9% among US adults.
- Obesity is a major cause of cardiovascular disease.
- Effective education and counseling by medical personal can ultimate better assist this population with their weight.

Healthy Plate

5 items for healthy eating.

- 1.) **One serving of Fruit**
- 2.) **One serving of Vegetables**
- 3.) **One serving of Protein**
- 4.) **One serving of Grain**
- 5.) **One serving of Dairy**

Diabetes Newsletter

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Obesity In Diabetes

Effective and informative education in collaboration with counseling by health care professionals can yield benefits for individuals struggling with Obesity. It is important

obesity is addressed as a comorbidity of diabetes through self-management in association with behavior change.

Tools like the American Association of Diabetic Educators Self-Care Behaviors can be utilized to improve overall health and well being to our diabetic population in particular those who have weight issues. When discussing Self-Care Behaviors to our diabetic population there are two main topics to focus on one is *Healthy Coping* and the other is *Healthy Eating*.

Healthy Coping is the ability of an individual to problem solve and reduce risk factors that could negatively impact their overall health. *Healthy Coping* can be achieved by an individual who learns how to manage stress along with other psychosocial aspects of life while staying focused on health and well being.

Let's Not Forget Physical Activity

Increased energy expenditure through physical activity is vital for weight management as well as overall physical and mental health. While everyone should strive for achieving physical activity on a weekly basis our goal should be 150 minutes/week of moderate intensity physical activity. Moderate intensity physical activity consist of a brisk walk or even chair exercises. When educating someone about physical activity always remember a persons abilities, interests, resources as well as health status are considered.

Volume I, Issue I



Choosing the right portion size with every meal.

Healthy Eating is the ability of the individual to better understand portion sizes, read food labels, plan and prepare meals, and establishing best times to eat based off of their medications. *Healthy eating* includes assessing the individuals comorbidities, person food preferences, eating habits, and cultural influences will assist in a desired outcome for the individual.