Diabetes

What is Diabetes?

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high.

The sugar in your blood (glucose) is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. Think of insulin as a “key” to open your cells, to allow the glucose to enter. Sometimes your body doesn’t make enough—or any—insulin, or doesn’t use insulin well. Glucose then stays in your blood and doesn’t reach your cells.

What is A1C testing?

The A1C test is sometimes called the hemoglobin A1C, HbA1c, glycated hemoglobin, or glycohemoglobin test. Hemoglobin is the part of a red blood cell that carries oxygen to the cells. Glucose attaches to or binds with hemoglobin in your blood cells, and the A1C test is based on this attachment of glucose to hemoglobin.

The higher the glucose level in your bloodstream, the more glucose will attach to the hemoglobin. The A1C test measures the amount of hemoglobin with attached glucose and reflects your average blood glucose levels over the past 3 months.
What are the types?

**Type 1**

Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. Only 5% of people with diabetes have this form of the disease. In type 1 diabetes, the body does not produce insulin.

**Type 2**

Type 2 diabetes is when your body does not use insulin properly. This is called insulin resistance. At first, your pancreas makes extra insulin to make up for it. But, over time it isn't able to keep up and can't make enough insulin to keep your blood glucose at normal levels.

**Gestational**

Sometimes during pregnancy, the woman produces hormones that can block the function of insulin in the mother’s body, causing her to have elevated blood glucose levels. This type usually goes away after the baby is born.

**Prediabetes**

This is when your blood sugar level is abnormally high, but not high enough to be classified as Type 2 diabetes. With early treatment and management, you can prevent the development of diabetes.

Am I at Risk?

Your chances of developing type 2 diabetes depend on a combination of risk factors such as genetics and lifestyle. Although you can’t change risk factors such as family history, age, or ethnicity, you can change lifestyle risk factors including nutrition, physical activity and management of other areas of your health.

Take the [CDC Prediabetes Risk Test](https://www.cdc.gov/diabetes/prediabetes/test.html)
Glucose is a sugar that provides energy to all of your cells in your body. The cells take in the glucose from the blood and break it down for energy. When you eat, your food gets broken down into this blood sugar.

Your body tries to keep a constant supply of glucose for your by maintaining a constant glucose concentration in your blood. Since diabetes is a disease that affects your body's ability to use glucose, let's look at what glucose is and how your body is affected if you have diabetes.

You are hungry and decide to grab a bite of your favorite meal. The food that you eat gets broken down by your stomach and small intestines into digestible parts. One of the parts is glucose, which is absorbed by your small intestine and gets sent into your bloodstream.

Once in the bloodstream, glucose can be used immediately for energy. The glucose levels in your blood elevates, signaling the pancreas to produce insulin.

Diabetes come into affect during this stage of the cycle. You could be insulin resistant, which means you need more insulin to get the same affect or your body may not be producing insulin at all.

This can leave your blood sugar higher than normal, which leads to the increased risk of other diseases.
Prevention Plan

Type 2 Diabetes is preventable and you can reverse prediabetes through making healthy lifestyle changes.

Care / Management
Get annual exams. Knowing and understanding your numbers can help you stay on top of your health.

Manage Stress
Stress not only gives you headaches but affects the chemistry of your body. Practice healthy management techniques.

Get Enough Sleep
Not getting enough sleep can increase your risk for Type 2. Aim for 7-9 hours and practice good sleep hygiene.

Keep your Heart Health
Having high blood glucose can damage your blood vessels and nerves. Be aware of your blood pressure.

Positive Vibes
Diabetes prevention can be hard to do. Start by making small lifestyle changes and know that you are in control. Remember, health is your habits over time.

Less From Plants, More From Plants
Aim to eat more natural, unprocessed foods and less packaged and processed foods. Your overall dietary pattern is more important than obsessing over specific foods so remember the idea of moderation.

Eat More
- Vegetables / Fruits
- Unsweetened
- Healthy Fats
- Protein
- Fiber

Eat Less
- Processed Food Items
- Packaged / Fast Food
- Refined Grains
- Trans Fat

Motion is Lotion
Physical activity can help prevent chronic conditions like dementia, heart disease, depression and cancers, but also helps prevent diabetes. When you move your muscles, it increases your body’s ability to absorb glucose and also increases your insulin sensitivity.

If you've been diagnosed with Prediabetes or Diabetes

We support you! These are two local programs that help Utahn’s prevent, control and manage diabetes.
**National Diabetes Prevention Program (NDPP)**

**Who**
This program is designed for people who have prediabetes or are at risk for type 2 diabetes, but do not already have diabetes.

**What**
A trained lifestyle coach leads the program to help you change certain aspects of your lifestyle, like eating healthier, reducing stress, and getting more physical activity. These combined can reduce your risk of Type 2 diabetes by 58%.

**When**
This is a year-long program focused on long-term changes and lasting results in a small group setting. *Check here to find when the next class will be!*

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**Diabetes Self Management Program (DSMP)**

**Who**
This program is designed for people who currently have Type 1 or Type 2 Diabetes.

**What**
DSMP will provide you with resources and skills to help you learn how to manage your diabetes and be as healthy as possible. DSMP focuses on seven self-care behaviors: healthy eating, being active, monitoring your health, problem solving, reducing risks, healthy coping, and taking medication if applicable.

**When**
This is a 6 week long program. Classes are highly participative, where mutual support and success build the participants’ confidence in their ability to manage their health and maintain active and fulfilling lives. *Check here to find out when the next class will be!*

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**Added Sugars:** “Added Sugars” in grams and as a percent Daily Value (%DV) is now required on the label. Added sugars includes sugars that are either added during the processing of foods, or are packaged as such (e.g., a bag of table sugar), and also includes sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. Scientific data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar.

**Nutrients:** The lists of nutrients that are required or permitted on the label have been updated. Vitamin D and potassium are now required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today. The actual amount (in milligrams or micrograms) in addition to the percent daily value (DV) must be listed for vitamin D, calcium, iron, and potassium. The daily values for nutrients have also been updated based on newer scientific evidence. The daily values are reference amounts of nutrients to consume or not to exceed and are used to calculate the %DV.

**Footnote:** The footnote at the bottom of the label has changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.

**Fats:** “Calories from Fat” has been removed because research shows the type of fat consumed is more important than the amount.

**Servings:** The number of “servings per container” and the “Serving Size” declaration have increased and are now in larger and/or bolder type. Serving sizes have been updated to reflect what people actually eat and drink today. For example, the serving size for ice cream was previously 1/2 cup and now is 2/3 cup. There are also new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings. This will assist in awareness of calories, or units of energy from all consumed food and drink, that are in each food.
The health of one's gut influences our emotions, mental health, and immune system.

Influencers

Your gut microbiome consists of trillions of bacteria, fungi, viruses, and other organisms that live in your gastrointestinal (GI) tract. These microbes mostly live in your colon or lower intestine and outnumber all the other cells in your body put together. All these microorganisms have a major influence on:

- metabolism and body weight
- skin
- propensity to illness and the immune system
- appetite
- depression and anxiety
- mood

Brain

The brain and GI system are intimately connected. The brain has a direct effect on the stomach and intestines and the connection goes both ways as the gut also effects the brain. The GI tract is sensitive to emotion such as anger, anxiety, sadness, elation — all of these feelings (and others) can trigger symptoms in the gut. Therefore, in reverse, a person's stomach or intestinal distress can be the cause or the product of anxiety, stress, or depression.

Sleep

Ninety-percent of serotonin, which helps to produce melatonin, the "sleep hormone," is located in the gut. There is also 400 times more melatonin in the gut than there is in the brain. The microbiome may affect sleep and sleep-related functions in a variety of ways, including altering the body's sleep-wake cycle and affecting the regulation of sleep and wakefulness.
Skin

Gut health contributes to the function or dysfunction of other organ systems such as the skin. The skin effectively performs its functions - protection, temperature regulation, water retention, and more - when in a state of homeostasis. Disruption of skin homeostasis can trigger inflammatory disorders such as acne, atopic dermatitis or psoriasis. Studies also show a direct benefit of wound healing in the gut-skin axis.

Microbiome

When it comes to the microbiome, the large intestine (or, the colon) gets the most attention because it contains the highest concentration and greatest diversity of microbes in the entire body. The large intestine is lined with a layer of mucus and the microbes that live there form a gut biofilm. The biofilm contains an array of different microbes that carry out different tasks in your body and also work together to keep you healthy.

Immunity

The gut microbiome triggers immune responses throughout the body. It provides important metabolic and immune benefits by enabling immune tolerance of dietary and environmental antigens while protecting from invading pathogens. It also enables the production of vitamin K, which helps the body with blood clotting, bone metabolism, and regulating blood calcium levels.

Boosting your Microbiome

- Increase fiber intake
- Eat as many types of fruit & vegetables as possible
- Eat plenty of fermented foods containing live microbes
- Focus on eating a diverse range of real food to get all your nutrients
- Get enough sleep
- Talk to a professional about emotional or mental health issues
- Reduce stress


TAKE CARE OF YOURSELF

GET A MASSAGE

43% OF ADULTS WHO GET MASSAGES DO SO FOR MEDICAL OR HEALTH REASONS, SUCH AS PAIN MANAGEMENT, INJURY REHABILITATION OR OVERALL WELLNESS.

16% OF MEN HAD A MASSAGE IN THE PAST YEAR

21% OF WOMEN

AREN'T THE LEADING SOURCE OF MASSAGE THERAPY REFERRALS

29% OF MASSAGE CONSUMERS GET MASSAGES FOR RELAXATION & STRESS REDUCTION

ROUGHLY 50 MILLION AMERICAN ADULTS (19% OF THE COUNTRY) HAD AT LEAST ONE MASSAGE IN THE LAST YEAR

89% OF MASSAGE CONSUMERS AGREE THAT MASSAGE CAN BE EFFECTIVE IN REDUCING PAIN

ONLY 1/4 OF PEOPLE CHOOSE TO VISIT TRADITIONAL SPAS FOR THEIR MASSAGES
What is Intuitive Eating?

Intuitive Eating is an evidenced-based, mind-body health approach, comprised of 10 principles to follow. Intuitive Eating is a dynamic integration between mind and body. The principles work by either cultivating or removing obstacles to body awareness, a process known as interoceptive awareness. Intuitive Eating is a personal process of honoring health by listening and responding to the direct messages of the body in order to meet your physical and psychological needs.

What is NOT Intuitive Eating?

Intuitive Eating is not a diet or food plan. There is no pass or fail, rather it’s a journey of self-discovery and connection to the needs of your mind and body. There is nothing to count: this includes no counting of calories, carbs, points, or macros. Ultimately, you are the expert of your body. Only you know what hunger, fullness, and satisfaction feels like. Only you know your thoughts, feelings, and experiences. Intuitive Eating is an empowerment tool—it’s time to unleash it and liberate yourself from the prison of diet culture and weight obsession.
Principles of Intuitive Eating

Honor your Hunger

Hunger is a normal, biological process. Your body needs to know, and to trust, that it consistently will have access to food. If you try to override feelings of hunger and do not eat enough, your body will react with cravings and binges. Are there times when you feel hunger, but didn't eat? How come? Utilize the hunger-fullness scale to get started with honoring your hunger.

Try the Hunger Fullness Scale

When you are getting ready to eat a meal or snack, ask yourself, “Where am I on the hunger and fullness scale?” Ideally, you’ll be between a 3 and a 4.

Halfway through your meal, pause for 10 seconds and check in with your body. Ask again “Where am I on the scale now?”

Eat until you get to a 6 or 7, then stop.

Make Peace. Challenge The Food Police.

Do some of these “rules” sound familiar to you?

BREAK THE RULES. Don’t judge the plate, food is just food. Practice moderation and mindfulness.

Food Police

Don’t Label, it’s all Equal

Diet culture would have us believe all the rules we have around food as gospel because they are all, in some way, focused on the thin ideal; that any body other than a thin one, is wrong. Those food rules lead to an emotional value placed on food and when we put that emotional value on food, we then internalize it as we eat and that leads to thoughts like, “I’m so bad because I ate XXXXXX. Food is not good or bad and labeling it as such can pose many problems. Nutritionally, just like bodies, all foods are different. Emotionally though, all foods must be equal. One food does not make you bad while the other makes you good.

Mindful eating, is it the same?

You might hear these two terms used interchangeably but there are some differences. Mindful eating is becoming aware of the positive and nurturing opportunities that are available through food. It’s acknowledging responses to food such as likes, dislikes and doing so without judgement. Intuitive eating encompasses all of mindful eating but goes a step further in addressing the importance of rejecting diet mentality, respecting your body regardless of weight or shape and coping with emotional eating. For both, it is not about changing the type of amounts of food someone eats but focusing on how a person engages with food, their body, and the eating experience. 

Hunger

1. Ravenous. Faint & Irritable.
2. Very Hungry. Starting to feel cranky and tired.
4. First signs of hunger. Can wait to eat.
5. Neutral
6. Almost full. Can take a few more bites.
7. Comfortably satisfied. Can wait a few hours to eat again.
8. Very full. Probably ate a few bites beyond fullness.
10. Overstuffed & feeling nauseous.
6 Tips to be In Tune and Mindful

1. **Silencio**
   Turn off the distractions. At least for one part of the meal. This can be for 1 minute, 5 minutes, 10 breaths. Appreciate the food in front of you.

2. **Grati-Food**
   Be grateful for the food and the journey it took to be on your plate. Think about how lucky to have this nourishing meal. That you have the luxury to indulge in your food.

3. **Eat Slowly**
   Take your time and savor it. Really taste the food and try to differentiate the individual ingredients. Pay attention to how it makes you feel.

4. **Senses**
   Appearance, aroma, textures, flavors and sounds of your food. Notice and take note of each sense as you take a bite of food.

5. **Experience**
   Mindful eating is an experience, not a race! Set down your fork, enjoy the flavors from each bite and be in the moment.

6. **Your Health**
   You don't have to eat "perfectly" to be healthy. You won't get nutrient deficient or go off track from one snack, meal or day of eating. Health is what you consistently do over time.

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Mindful eating doesn't have to be for the whole meal. Try this for the first couple bites of each meal!

Begin by noticing any thoughts, emotions or sensations. Tune in, is your body feeling hungry? Thirsty? Are you craving anything?

Bring you attention now to the food in front of you. Observe with curiosity. Notice the color, textures, smell, shape and size. Imagine what it took to get this item from where it came from to where it is in front of you. You may choose to be grateful about it.

Take a piece of food and bring it towards your nose and smell it. Notice if you have any sensations or reactions in your body. Place the food item in your mouth without chewing.

Notice the different flavors and textures. Any sensations or reactions now? Take one bite and notice the change of texture or flavor. Chew some more and notice the tastes. Try to pick out each flavor that you experience.

When you are ready, swallow the item and notice the path it follows to your stomach. Is there an flavors or sensations that linger?

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Contact the NEDA Helpline for support, resources and treatment options. (n.d.). Retrieved from https://www.nationaleatingdisorders.org/


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S H O R T M I N D F U L E A T I N G A C T I V I T Y

YOU TRY