

# **DIABETES**

## **TOOLBOX TALKS**



American Heart Association®

Hard Hats with Heart™

## Topic: Blood Sugar

### Title: How to Manage Blood Sugar

1. What's the concern with blood sugar?

It is important to know your fasting blood glucose number. A healthy non-diabetic adult should have a reading of less than 100 mg/dL (milligrams per deciliter). If your fasting blood sugar level is between 100 mg/dL and 125 mg/dL, you are said to have "pre-diabetes". If you have pre-diabetes then your risk of developing heart disease, including heart attack or diabetes is higher. Diabetes seriously increases your risk of developing cardiovascular disease. If you have diabetes, it's extremely important to work with your primary care physician to manage it and control any other cardiovascular disease risk factors you have.

2. Limit sweetened drinks such as energy drinks and sodas, fatty foods such as fast food, processed meats such as canned meats, hot dogs and other sausages.

3. Eat a healthy diet of vegetables, fruits, whole grains, beans, nuts, and lean proteins which include meat that has less than 10 grams of total fat and fewer than 95 milligrams of cholesterol in a 3.5-ounce portion.

4. Physical activity. Get at least 150 minutes (2 hours and 30 minutes) of moderate aerobic physical activity each week. You can achieve this by getting at least 30 minutes of moderate activity on most or all days of the week.

5. Avoid smoking, vaping, and using tobacco products which can increase your risk of heart disease, stroke, many cancers and make pre-diabetes harder to manage.

**Topic:** Reduced Blood Sugar

**Title:** Added Sugar Is Not So Sweet

What are some of the most common added sugar sources?

- Sugar-sweetened beverages such as sports drinks, flavored juice, and energy drinks are the biggest source of added sugars in the American diet.
- Cakes
- Muffins
- Cookies
- Pies
- Ice Cream
- Candy
- Syrup
- Molasses
- Fruit juice

Eating and drinking a lot of added sugar is one cause of the obesity epidemic in the U.S. and increased risk of diabetes.

Slowly cut back the number of soda and energy drinks you consume. Instead of soda or energy drinks, try water with lime or lemon. Cut back on the number of sweet treats like ice cream and substitute desserts with naturally sweet and refreshing fruits like berries or watermelons.

**Topic:** Reduced Blood Sugar

**Title:** Healthy Options to Replace added Sugars

- Enjoy fruit for dessert most days and limit traditional desserts to special occasions.
- Cut back on the amount of added sugars you eat and drink. Try reducing sodas or energy drinks slowly. Start with cutting back by 1 or 2 cans per week and then continue to decrease the amounts. Reducing soda and other sugary drinks can help you lose weight and reduce your blood pressure and your risks of type 2 diabetes and certain cancers. Instead of soda, try unsweetened tea for a caffeine boost or adding fruit that contain natural sugars to your water.
- Buy 100% juice with no added sugars.
- Enhance foods with spices. Try cinnamon, nutmeg, mint or ginger.
- Add fresh or dried fruit to cereal and oatmeal.
- Drink plain or sparkling water, unsweetened tea or sugar-free beverages.

**Topic:** Reduce Blood Sugar

**Title:** November is Diabetes Awareness Month

Diabetes can affect many major organs in your body, which can lead to serious complications when left untreated. These medical problems include:

- Cardiovascular disease (CVD), or heart disease and stroke
- Renal (kidney) disease
- Unhealthy cholesterol levels that can lead to clogged arteries (blood vessels)
- Metabolic syndrome
- Vision damage
- Nerve damage and numbness in the extremities that can lead to amputation

The good news is that diabetes is treatable and often preventable. If you have diabetes, you may be able to avoid or delay other health complications by adopting a healthy lifestyle that includes 30 minutes of moderate exercise every day, monitoring and managing your blood pressure, and eating healthy foods that don't include sugary drinks like soda and foods that aren't high in fat or salt like fast foods or frozen meals.

Regularly check your blood pressure using one of the mobile blood pressure monitoring unit available at the yard or at the CVC office. Check your blood pressure when you're picking up and/or dropping off your equipment and vehicles.

Be sure to visit with your primary care physician to talk through a health plan and to check other vital measurements like fasting glucose blood and cholesterol levels.

**Topic:** Reduce Blood Sugar

**Title:** Holiday Eating

During the holidays, many people help themselves to an extra side here and there, which adds up. Many count on New Year's resolutions to balance the scale – but studies show half of that gain sticks around at least until summer.

Here are some tips on how to eat healthier during the Holidays:

- Use a small plate so you don't overload.
- Eat some fruit or vegetables before a party to avoid arriving hungry.
- Drink water, coffee, tea or other non-calorie beverages to keep you full.
- Eating slowly and enjoying each bite, is one way to avoid overindulging