

# Mount Prospect Baptist Church HEALTH MINISTRY

Presentation by Sandra Price



# Diabetes:

According to the National Institute of Diabetes and Digestive and Kidney Diseases, “diabetes is a disease that occurs when your **blood glucose**, also called **blood sugar**, is **too high**.”

# Hemoglobin A1C test used to diagnose Diabetes

## Diagnosis

- Normal
- Prediabetes
- Diabetes

## A1C level

- Below 5.7
- 5.7 – 6.4
- 6.5 percent or above

# Health Problems caused by Diabetes

- Too much glucose/sugar in your blood can cause health problems
  1. Heart Disease
  2. Nerve damage
  3. Eye problems
  4. Kidney Disease

# Diabetes Population

According to the NIH Diabetes and Digestive and Kidney Diseases

Approximately 30.3 million people (9.4% of the population) in the United States have diabetes.

One fourth of the people with diabetes, do not know they have diabetes.

Approximately 84.1 million Americans 18 years old and older have Prediabetes.

# Causes of Diabetes

- Genetics and environmental factors
- Lifestyle factors
- Overweight, obesity and physical inactivity
- Hormonal changes in pregnancy
- Hormonal diseases
- Damage to or removal of the pancreas

# What are symptoms of diabetes

- Fatigue
- Increased thirst and urination
- Increased hunger
- Blurred vision
- Numbness and tingling in the feet or hands
- Sores that do not heal
- Unexplained weight loss

# What can I do?

- Schedule an appointment with your Dr./Physician/Specialist and follow up
- Take YOUR medications as prescribed
- Comply to your recommended calorie restriction plan (READ FOOD LABELS)
- Set realistic exercise and diet plans
- When eating try to consume more foods with a low glycemic index and decrease or eliminate foods with high glycemic index.



# What CAN I EAT???

Choose low glycemic foods:

Low glycemic foods have a rating of 55 or less

Medium glycemic index foods have a rating of 56-69

High glycemic index foods have a rating of 70 - 100

# Glycemic index food examples

(Meat and eggs does not contain carbohydrates therefore are not on the GI list)

<b>Low glycemic index foods</b> <b>Best choice</b>	<b>Medium glycemic index foods</b>	<b>High glycemic index foods</b> <b>Worst Choice</b>
<ul style="list-style-type: none"><li>• Oatmeal (rolled or steel-cut)</li><li>• Lima/Butter beans</li><li>• Peas</li><li>• Legumes</li><li>• Lentils</li><li>• Non-Starchy vegetables</li><li>• Carrots</li><li>• Most Fruit</li></ul>	<ul style="list-style-type: none"><li>• Quick oats</li><li>• Brown, wild or basmati Rice</li><li>• Couscous</li><li>• Rye whole wheat and pita bread</li></ul>	<ul style="list-style-type: none"><li>• White bread</li><li>• Bagel</li><li>• Corn flakes</li><li>• Puffed rice</li><li>• Bran flakes</li><li>• Instant Oatmeal</li><li>• White Rice</li><li>• Pasta</li><li>• Macaroni and cheese mix</li><li>• Russet potato</li><li>• Pretzels</li><li>• Rice cakes</li><li>• Pretzels, popcorn, saltine crackers</li><li>• Melons and pineapple</li></ul>