

DIABETES EDUCATION

Education is the key to controlling diabetes and reducing your risk of diabetes complications.

The Florida Department of Health in Flagler County offers comprehensive diabetes self-management. Learn what diabetes is and how you can take control of your diabetes and live a healthier life.

Available programs include:

- Advanced Diabetes Self-Management
- Medical Nutrition Therapy
- National Diabetes Prevention Program
- Insulin Program
- Sharps Disposal Program
- Diabetes Support Group at Advent Health

Diabetes Services Program

206 Dr. Carter Blvd.
Bunnell, FL 32110

386-313-7263

<http://flagler.floridahealth.gov>

KNOW YOUR NUMBERS

Diabetes Services Program



THE BEST DIABETES APPS



dLife Backed by the resources of the #1 diabetes website, offers you access to the most essential tools you'll need to manage your diabetes on the go.



GoMeals Makes it easy to access nutritional information, find restaurants and keep track of your food intake.



SparkRecipes Lets you browse and search more than 190,000 recipes by course, ethnicity, preparation time, and dietary needs.



Diabetes Tracker Lets you track your food, blood sugar levels, exercise, blood pressure, weight, medications, and moods – it can all be tracked and put into a report.



Fooducate Allows you to scan any food product with a UPC to grade your groceries, explain what's really inside each product, create shopping lists, and offers healthier alternatives.



Calorie King Need a quick and easy way to check calories, carbs and fat? The CalorieKing Food Database is America's best and most reliable.



MyPlate Serves as a reminder to help consumers make healthier food choices, with the intent to prompt consumers to think about building a healthy plate.



Lose it! Is one of the most popular weight loss apps in the US. It helps you set weight loss goals, establish a daily calorie budget, and enables you to lose weight.



OnTrack Diabetes Is designed to document blood sugar levels, food, A1c, weight and more, then calculates averages and maintains a record of your history so it's easy to show your doctor how you've been doing.

DIABETES ONLINE INFORMATION

www.diabetes.org

Website of the American Diabetes Association

www.ioslin.org

Educational site includes online diabetes education classes

www.cornerstones4care.com

Keeping well with diabetes- information on medication and diet

www.ndep.nih.gov

National Diabetes Education Program

www.doihaveprediabetes.org

10 symptoms that can determine if you have pre-diabetes

www.dlife.com

Web site with recipes and general diabetes information

www.diabetescontrolforlife.com

online resource with meal plans, exercise plans, progress tracking, personal support with dietitians via email, articles and coupons

www.DiabeticLivingOnline.com

Recipes, articles on living with diabetes

www.diabetesselfmanagement.com

Blogs, articles, recipes

www.journeyforcontrol.com

Articles on diabetes, healthy eating, being active, recipes, free tracking resources

PUBLIC WALKING PARKS/TRAILS

Bunnell Public and Palm Coast Public Parks

<http://bunnellcity.us/parks.aspx>
<https://www.palmcoastgov.com/parks>

Joann B King Park
300 Citrus St Bunnell

Edward Johnson Park

401 E. Court St Bunnell

Municipal Park
201 W. Moody BLVD Bunnell

Commissioner Louis L. Jackson Park
308 S. Pine St Bunnell

Belle Terre Park
339 Parkview DR Palm Coast

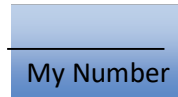
Bird of Paradise Nature Preserve
179 Bird of Paradise DR Palm Coast

Center Park in Town Center
975 Central Avenue Palm Coast

Community Center & Park
305 Palm Coast Parkway NE Palm Coast

St. Joe Walkway/ Palm Coast Linear Park
31 Greenway Court Palm Coast

WHAT DOES MY NUMBER MEAN?



- Fasting
- Random

This reading is within the normal range. If you have any of the risk factors for pre-diabetes or diabetes, we recommend you continue being screened regularly.

This reading is outside the normal range. Follow up with your health care provider as soon as possible to complete a diagnostic test.

Normal blood sugar is defined as a fasting blood sugar between 60 and 100mg/dl, and a random blood sugar less than 140mg/dl.

Pre-diabetes is defined as a fasting blood sugar between 101 and 125mg/dl, and/or a random blood sugar between 141 and 199mg/dl.

Diabetes is defined as a fasting blood sugar equal to/or greater than 126mg/dl and/or a random blood sugar greater than 200mg/dl, and/or a Hemoglobin A1c of 6.5% or greater.

The National Institutes of Health (NIH) has recently released new recommendations that will identify approximately 21 million Americans with diagnosed diabetes, 8.1 million with undiagnosed diabetes, and 86 million with "pre-diabetes." The National Diabetes Prevention Program (NDPP) has shown that although checking the blood sugar fasting will identify diabetes, checking the blood sugar approximately 2 hours after eating a normal meal will help identify people with blood sugar problems at an earlier stage - "pre-diabetes." Most people with this condition go on to develop Type 2 diabetes within 10 years. The risk of developing diabetes increases as people become more overweight, more sedentary, have a strong family history of diabetes and belong to a racial or ethnic minority group.

PREVENTION GOALS

Our goal is to identify people at risk (with pre-diabetes) earlier, to intervene, and to prevent diabetes. The NDPP has shown that diabetes *may* be prevented. Participants in this program make moderate lifestyle changes, to reduce the risk of developing diabetes. **The Florida Department of Health in Flagler County is now offering the National Diabetes Prevention Program, free of charge, to those who fall into the pre-diabetes category. For more information please call: 386-313-8207.**

Those identified with diabetes need to get started, as soon as possible, on a medical management plan targeting good nutrition, regular exercise, and medication before the disease starts a cascade of complications that eventually damage the eyes, heart and kidneys. For many people modest lifestyle improvements can "turn back the clock" and return elevated blood sugar levels to the normal range.

Diabetes is widely recognized as one of the leading causes of death and disability in the United States. It is the **major** cause of heart disease, blindness, stroke, kidney failure, amputations, nerve damage, and birth defects in babies born to women with diabetes. Doctors have learned recently that diabetes begins its painful destruction at lower sugar levels than had been previously thought. Diabetes is a treatable disease. The complications of the disease can be avoided. Preventing the complications requires routine visits with a health care provider (HCP) to identify health risks, appropriate treatment for those risks, and help to maintain blood glucose levels in the recommended targets, using medication if necessary.

PRESCRIPTION ASSISTANCE

Florida Department of Health Clinic

301 Dr. Carter Blvd
Bunnell, FL 32110
386-437-7350

Community Pharmacy

305 Clyde Morris Blvd
Ormond Beach, FL 32174
386-872-7605

Novo Nordisk Pharmaceuticals

<https://www.novonordisk.com/>
1-866-310-7549



LOCAL PROVIDERS

If you do not currently have insurance or a regular healthcare provider, here is a list of available health care clinics in the Flagler County:

Florida Department of Health Clinic
301 Dr. Carter Blvd
Bunnell, FL 32110
386-437-7350
Monday-Friday 8:15 am- 4:30 pm

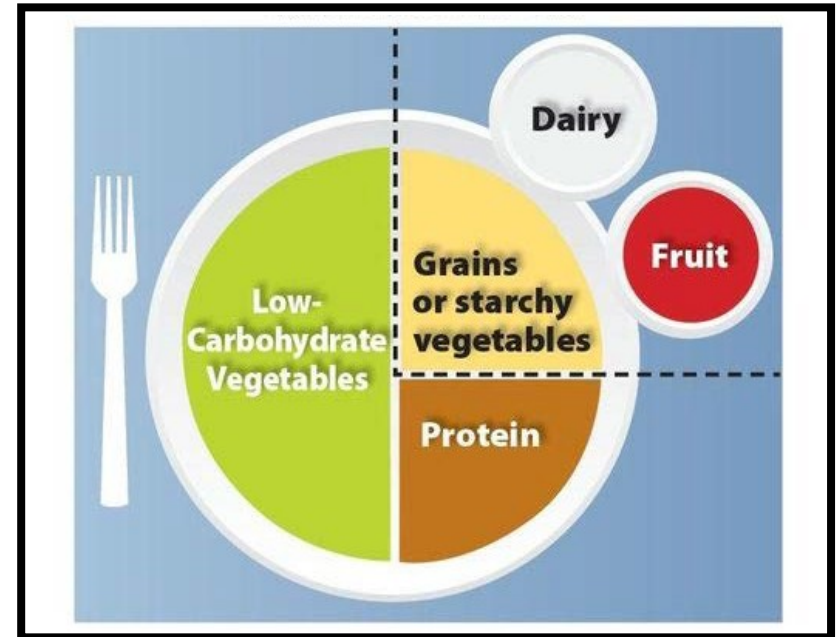
The Flagler Free Clinic
703 East Moody Blvd.
Bunnell, FL 32110
386-437-3091
Monday-Thursday 10am-2pm

Azalea Health
460 Palm Coast PKWY SE Ste 5
Palm Coast, FL 32164
386-246-3954
Monday-Friday 9am – 5pm

Advent Health
1270 Palm Coast Parkway NE
Palm Coast, FL 32137
386-225-4631

WHAT CAN I DO?

Following The Plate Method can ensure you are controlling portion sizes, improving blood glucose levels, and making healthy food choices. Start by using a **nine-inch plate** to plan your meals. When you are eating lunch and dinner, divide your plate as follows:



- Use half the plate for non-starchy vegetables.
- Use a quarter of the plate for a lean meat, poultry or fish.
- Use the remaining quarter of the plate for starchy foods.
- You should also include a fruit and dairy portion as well.
- For your breakfast, use only right half the plate, $\frac{1}{4}$ should be protein (eggs, cheese, bacon), $\frac{1}{4}$ for starchy foods (bread, cereal, bagel), and a dairy and fruit portion as well.

DIETARY EXAMPLES

Starch/Grains	Serving examples: <ul style="list-style-type: none"> • ½ medium bagel • 1 slice bread • ½ English muffin • ½ cup cooked pasta or rice 	<ul style="list-style-type: none"> • 1 6-inch tortilla • ½ cup beans • ¾ cup dry cereal • ½ cup peas or corn • 4-6 crackers • 1 small potato
Fruit	Serving examples: <ul style="list-style-type: none"> • 1 medium apple • ½ medium banana • 1 cup berries • ½ cup grapes 	<ul style="list-style-type: none"> • 1 cup melon • 1 small orange • ½ grapefruit • 1 medium pear • ½ cup fruit juice
Milk	Serving examples: <ul style="list-style-type: none"> • 1 cup milk (any type) 	<ul style="list-style-type: none"> • 6 – 8 oz. Plain non-fat yogurt • 6 – 8 oz. light yogurt
Vegetable	1 cup raw vegetables or ½ cup cooked vegetables: <ul style="list-style-type: none"> • broccoli • cucumber • carrots • cauliflower • celery • green beans • peppers 	<ul style="list-style-type: none"> • ½ cup V-8 or tomato juice • greens (kale, collard, mustard) • tomatoes • asparagus • spinach • summer squash • zucchini • lettuce
Protein	Serving examples: <ul style="list-style-type: none"> • 1 oz. fish • 1 oz. skinless chicken or turkey • 1 Oz. lean beef, pork, lamb or veal • 1 oz. low fat cheese 	<ul style="list-style-type: none"> • 1 egg • ¼ cup egg substitute • ¼ cup cottage cheese • 2 tbsp. peanut butter

Fats & Oils	Serving examples: <ul style="list-style-type: none"> • 1 tsp. butter, oil, soft margarine or mayonnaise • 10 peanuts • 6 almonds • 9 cashews • 1 tbsp. cream cheese or salad dressing 	<ul style="list-style-type: none"> • 2 tbsp. light cream cheese or salad dressing • 1 tsp. vegetable oil • 1 slice bacon • 3 tbsp. low fat sour cream • ⅛ of an avocado
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HEALTHY TIPS

- Spice it up!
- Buy fresh, frozen or canned vegetables.
- Replace soda with water.
- Eat 3 meals a day.
- Remove serving dishes from table to avoid second helpings.
- Limit second helpings to salad and vegetables.
- Bake or broil, avoid fried foods
- Take skin off chicken.
- Cook rice and pasta without salt.
- Use fresh meats.
- Use herbs and spices for flavor.

