

# Welcome to Diabetes 101!

- Welcome to the first session in the Diabetes 101 education series!
- Please complete the “What I Know” Handout and the attendance form.
- Please send by FAX to 780-495-7338 or take a picture and email to [kathleen.gibson@canada.ca](mailto:kathleen.gibson@canada.ca)
- The session will start at 1:30 pm and will last about an hour



# What is Diabetes?

Session One  
Diabetes 101 Education Series

**Kathleen Gibson, Registered  
Dietitian and Certified Diabetes  
Educator**



## Today we will talk about the following:

- Diabetes 101 series
- What is Diabetes?
- Diabetes in Indigenous communities
- Are there different types?
- Risk factors
- How will I know?
- Complications of Diabetes
- Basic Prevention and Management strategies
- Where can I get help?
- What's next?

## Diabetes 101 series

- The goal of this videoconference series is to provide participants with culturally-relevant and best practice information about diabetes.



- Target audience: anyone who is interested in expanding their knowledge of diabetes and how to support someone living with diabetes.

# Overview of Diabetes 101 Series

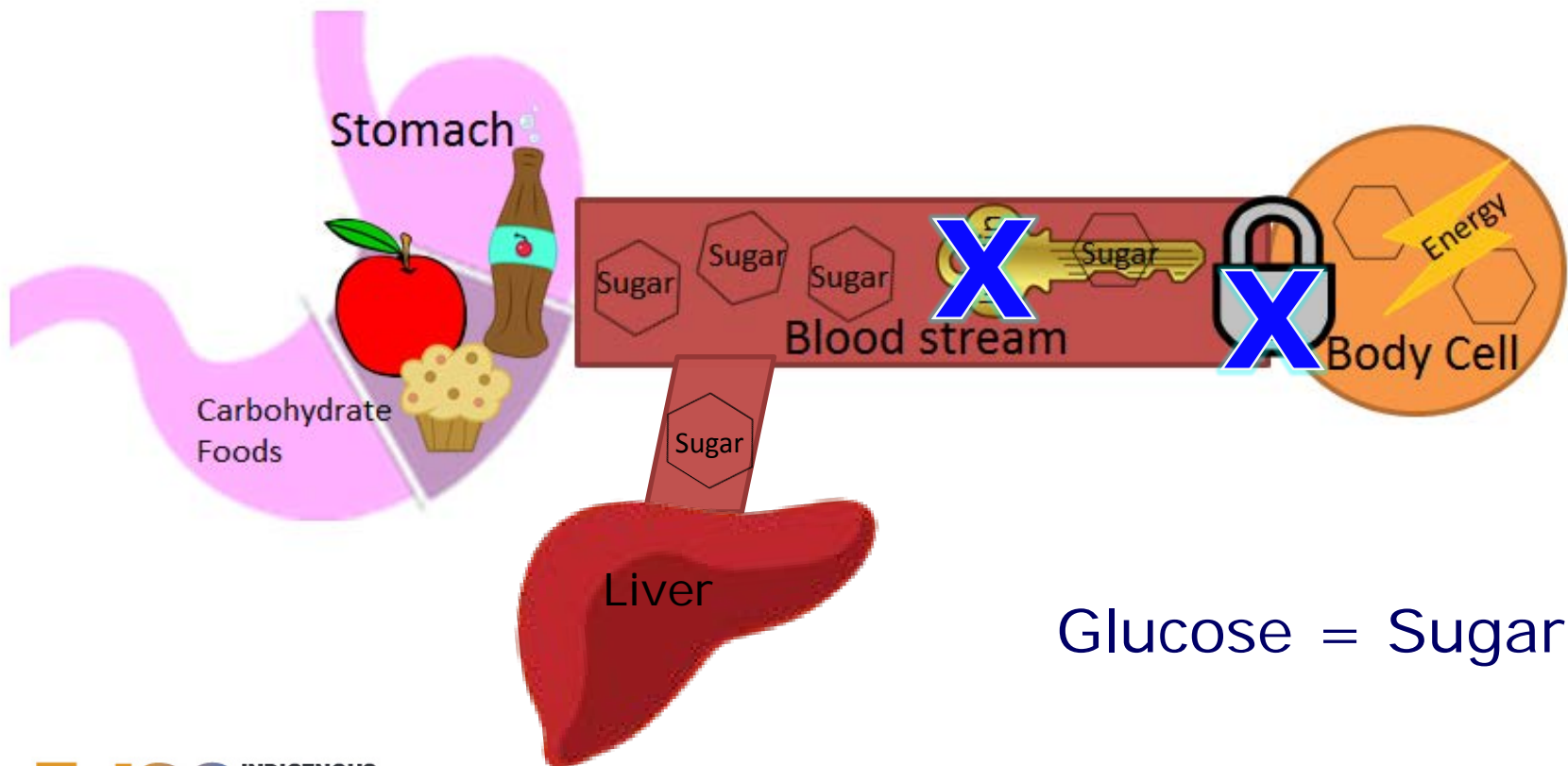
- [What is Diabetes?](#) – January 2019 – today!
- [History Plays a Part in our Health Today](#) – February 2019
- [Diabetes Complications](#) – March 2019
- [Diabetes Prevention and Management: Nutrition 101](#) – March 2019
- [Diabetes Prevention and Management: Physical Activity 101](#) – March 2019
- [Diabetes Prevention and Management: Medications 101](#) – April 2019
- [Meaningful Conversations](#) – April 2019
- [Diabetes in Special Populations: Diabetes in Pregnancy](#) – May 2019
- [Diabetes in Special Populations: Diabetes and Youth](#) – May 2019

**What is Diabetes?**

What have you heard people say?

# What is Diabetes?

Diabetes is when you have too much sugar in your blood.



Glucose = Sugar

# Diabetes in the Big Picture

Indigenous people across the globe have higher rates of diabetes.

Prevalence rates for diabetes in Canada (from 2011):

17.2% among First Nations people living on-reserve

10.3% among First Nations people living off-reserve

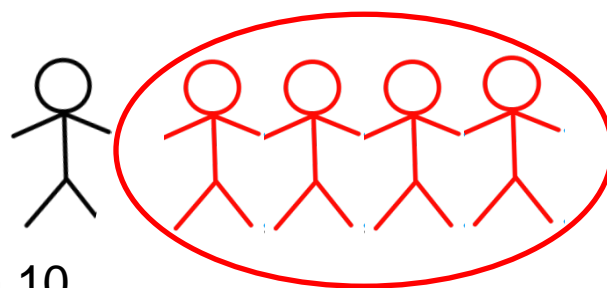
7.3% among Metis people

5.0% among the general population

**Alberta** lifetime risk of diabetes (from 2016)

First Nations people over 20: 8 in 10

non-First Nations people over 20: 5 in 10

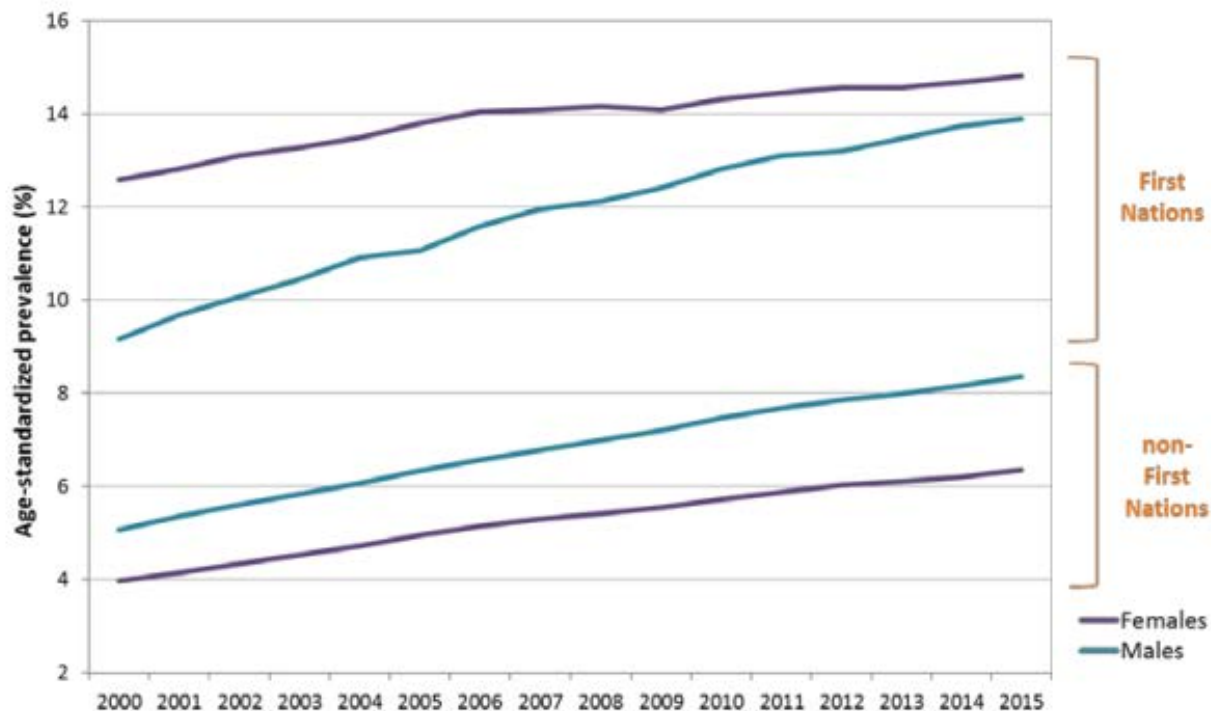


Source: Diabetes Canada, 2018 Clinical Practice Guidelines, Chapter 38: Type 2 Diabetes and Indigenous People;

Accessed from <http://guidelines.diabetes.ca/cpg/chapter38>



# Diabetes trends over time in Alberta



Source: Diabetes Prevalence among First Nations in Alberta. Alberta First Nations Information Governance Centre. Health Trends Alberta. February 7, 2017

Accessed from <http://www.afnigc.ca/main/includes/media/pdf/fnhta/HTAFN-2017-02-07-Diabetes-Prevalence.pdf>

# Why is there so much diabetes?

- Diabetes is a complex condition. Physical, social and cultural environments all play a role!
- World Health Organization recognizes colonization as the most significant social determinant of health for Indigenous peoples
- It is important to acknowledge the impact of colonialism, residential schools and poverty on Indigenous health, including diabetes.
  - *Session in February: History Plays a Part in Our Health Today*
- Our built environments can either help or get in the way of people's health (e.g., walking paths, transportation, local stores, community cooking space, access to health services)
- Potential for links with adverse childhood experiences and with stress

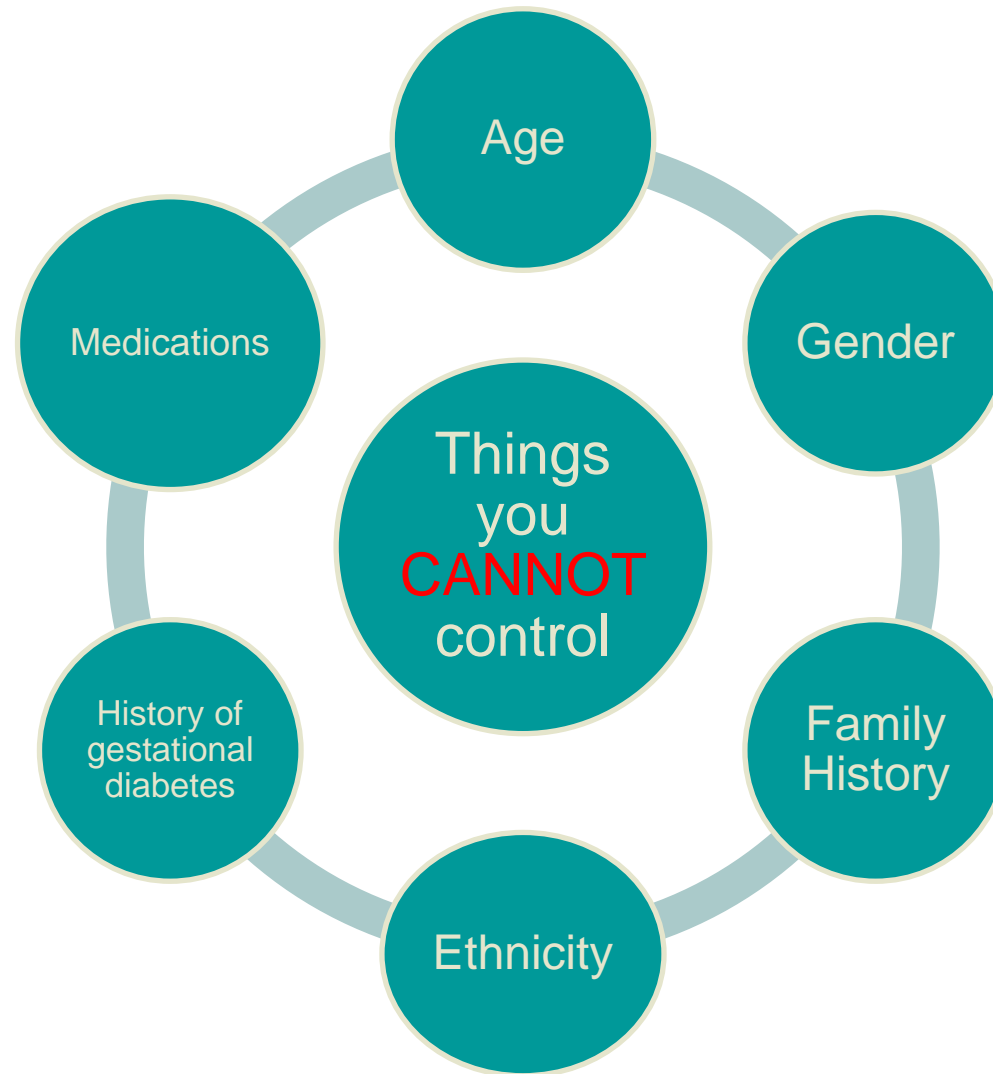
## I've heard people talk about different types...

- **Prediabetes**: your blood sugars are higher than normal. A person with prediabetes is at higher risk for diabetes.
- **Type 1 diabetes**: your pancreas makes no insulin. Often happens in childhood, but can happen at any age.

## What have you heard people say?

- **Type 2 diabetes**: your pancreas doesn't make enough insulin and/or your body doesn't use the insulin well. Used to only see in adults, but now found in children too. 90% of people living with diabetes have type 2.
- **Gestational diabetes**: type of diabetes that begins during pregnancy. Often goes away once the baby is born.

# What about risk factors for Type 2 Diabetes?



# More Type 2 Risk Factors



# Screening Tools

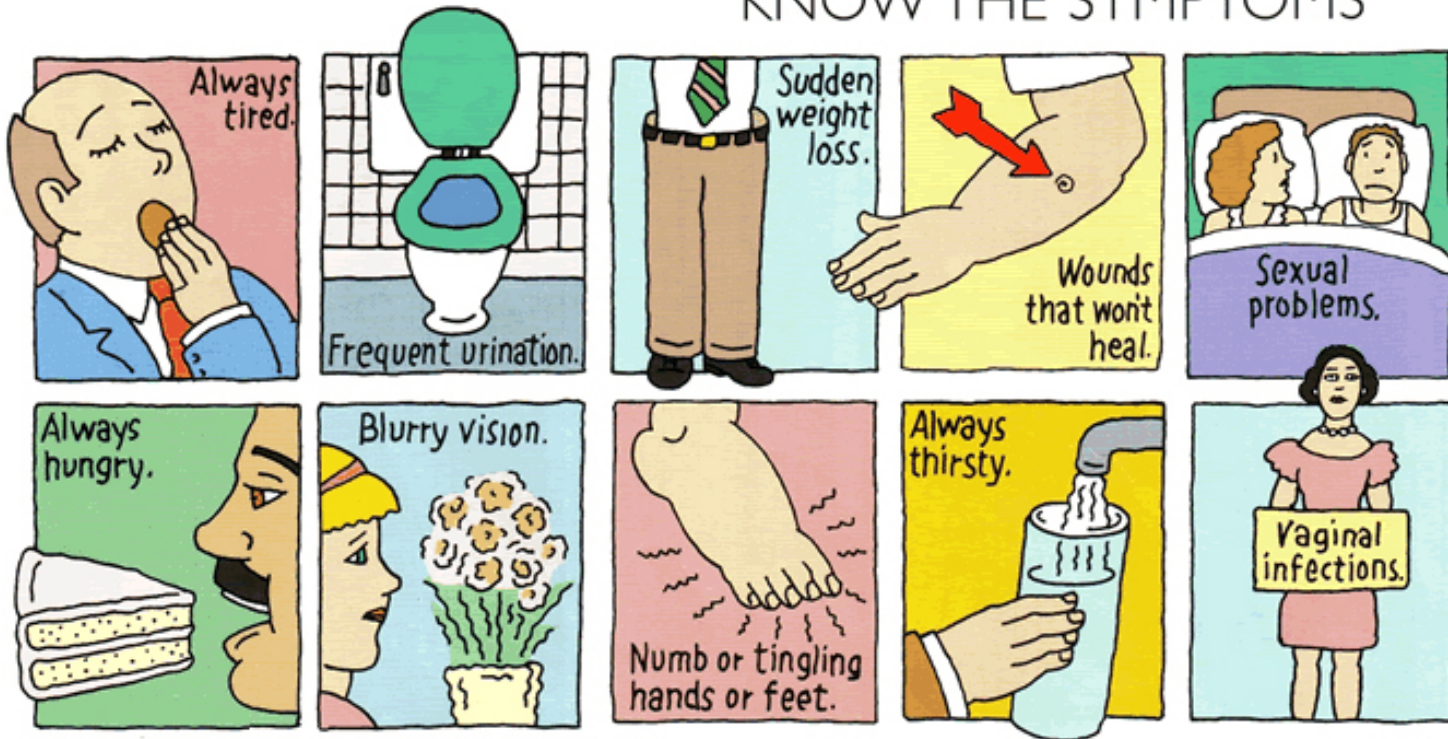
## Determining Risk:

- CANRISK tool is a Canadian risk calculator : <https://bit.ly/2stKqkK>
  - Useful tool to promote at health fairs/diabetes walks
  - Can be used in adults older than 18
- Indigenous adults and children/youth already possess 1 risk factor (high risk ethnic group). Recommendations are:
  - For Indigenous adults (18 years or older) with overweight/obesity, strong family history of diabetes, and women of child bearing age = screen every 6-12 months
  - For Indigenous adults with no other risk factors = screen every 3 years
  - Children/youth *Session in June: Diabetes and Youth*
- Fasting Bloodwork

## What are the Signs and Symptoms?

# DIABETES

KNOW THE SYMPTOMS



A challenge: Not everyone has signs or symptoms

It is important to listen to what your clients are saying about their health.

## How is diabetes diagnosed?

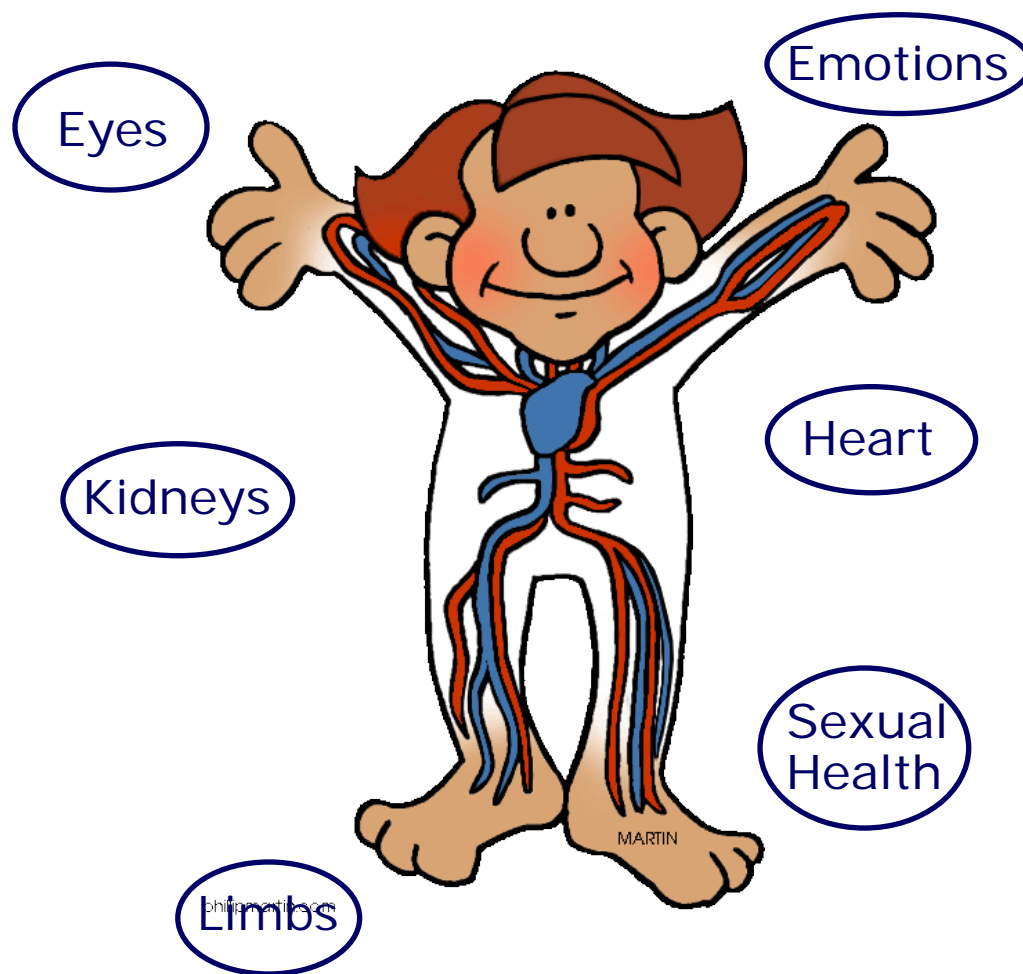
Blood Test	Diagnostic Criteria
Fasting Plasma Glucose (FPG)	Equal to or more than 7.0 mmol/l
Glycated hemoglobin (A1C)	Equal to or more than 6.5%
75 g Oral Glucose Tolerance Test (used for gestational diabetes)	2 hr plasma glucose equal to or more than 11.1 mmol/l
A random glucose check (at lab)	Blood sugar equal to or more than 11.1 mmol/l

## How is prediabetes diagnosed?

Blood Test	Diagnostic Criteria
Fasting Plasma Glucose (FPG)	Between 6.1 and 6.9 mmol/l
Glycated hemoglobin (A1C)	Between 6.0 and 6.4%



# Overview of Complications



## Overview of Complications – True or False

Diabetes is the leading cause of adult blindness, amputation and kidney failure.

**FALSE**

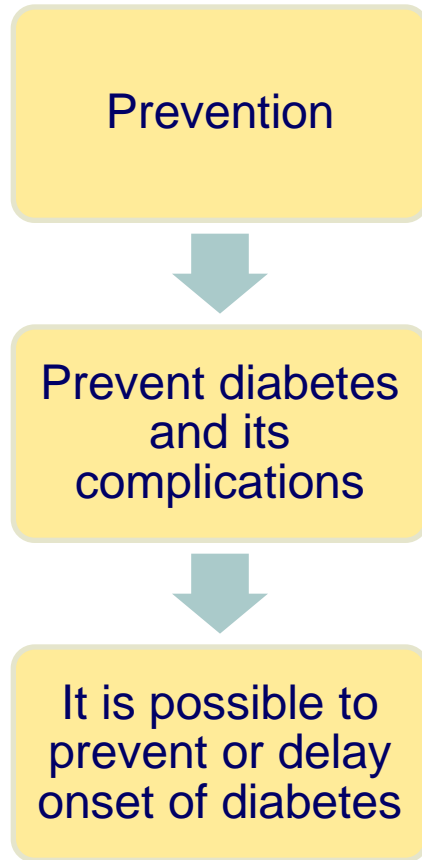
**POORLY** controlled diabetes causes these things.

Well-controlled diabetes is the leading cause of...nothing.

There are no guarantees, but taking good care of diabetes means that chances are good you can live a long and healthy life with diabetes.

*March 2019 – Learn more specifics about the complications of diabetes*

# So what can we do?



## ABCDE<sup>3</sup> of Diabetes Care

		Target
A	A1C targets	Less than or equal to 7.0%
B	BP targets	Less than or equal to 130/80
C	Cholesterol targets	LDL-C less than 2.0 mmol/l
D	Drugs to protect the heart	BP meds, statin, ASA, SGLT2
E	Exercise goals and healthy Eating	150 minutes moderate aerobic activity plus resistance 2-3 times weekly; follow healthy diet pattern
S	Screening for Complications	Heart, Foot, Kidney, Eyes
S	Smoking Cessation	Ask permission to give advice
S	Self-management	Set personalized goals

## How to reach A1C targets

- Self-monitoring of Blood Glucose (SMBG)
  - Fasting or pre-meal targets: 4 – 7 mmol/l
  - Two hr after eating: 5-10 mmol/l
  - People check between 1-8 times a day
- Check A1C every three months
  - For most people, less than or equal to 7%
- If A1C target is not met, then the SMBG targets can be tightened. BUT it is important to consider risk of hypoglycemia or low blood sugar.
- Important to try to keep within targets to reduce complications.



# Upcoming Sessions on Prevention and Management

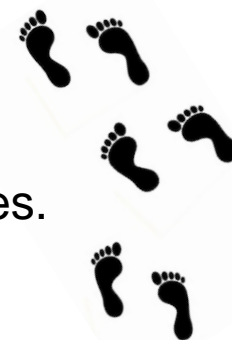


March 2019: Nutrition 101 –

Learn more about healthy eating practices to prevent and manage diabetes.

April 2019: Physical Activity 101 –

Learn how to promote being active to prevent and manage diabetes.



April 2019: Medications 101 –



Learn more about the medications used to help people live well with diabetes.

## Where can I get more help?

1. Continue attending ISC-FNIHB Diabetes 101 Education series with TSAG  
<https://fntn.ca/Home.aspx>
2. ISC-FNIHB: Kathleen Gibson RD CDE [kathleen.gibson@canada.ca](mailto:kathleen.gibson@canada.ca)
3. Alberta Health Services –
  - a. Diabetes Program, Education for Health Care Professionals, 1 day sessions on Diabetes topics (Free) held in Edmonton area. For more information: 780-735-3208 or [cdm.providertraining@ahs.ca](mailto:cdm.providertraining@ahs.ca)
  - b. Diabetes Main Page AHS (includes resources on the right side)  
<https://www.albertahealthservices.ca/info/Page7732.aspx>
  - c. AHS Indigenous Wellness Program – 780-735-4512, learn more at  
<https://www.albertahealthservices.ca/findhealth/service.aspx?id=1009563>
4. Diabetes Canada – [www.diabetes.ca](http://www.diabetes.ca)
  - a. 2018 Clinical Practice Guidelines: <http://guidelines.diabetes.ca/>

Questions?



# Thank you!

- Thank you for joining the first session in the Diabetes 101 education series!
- Please complete the second “What I Know” Handout and the evaluation form.
- Please send by FAX to 780-495-7338 or take a picture and email to [kathleen.gibson@canada.ca](mailto:kathleen.gibson@canada.ca)
- See you in February 2019!

