

Seabird Mobile Diabetes Program

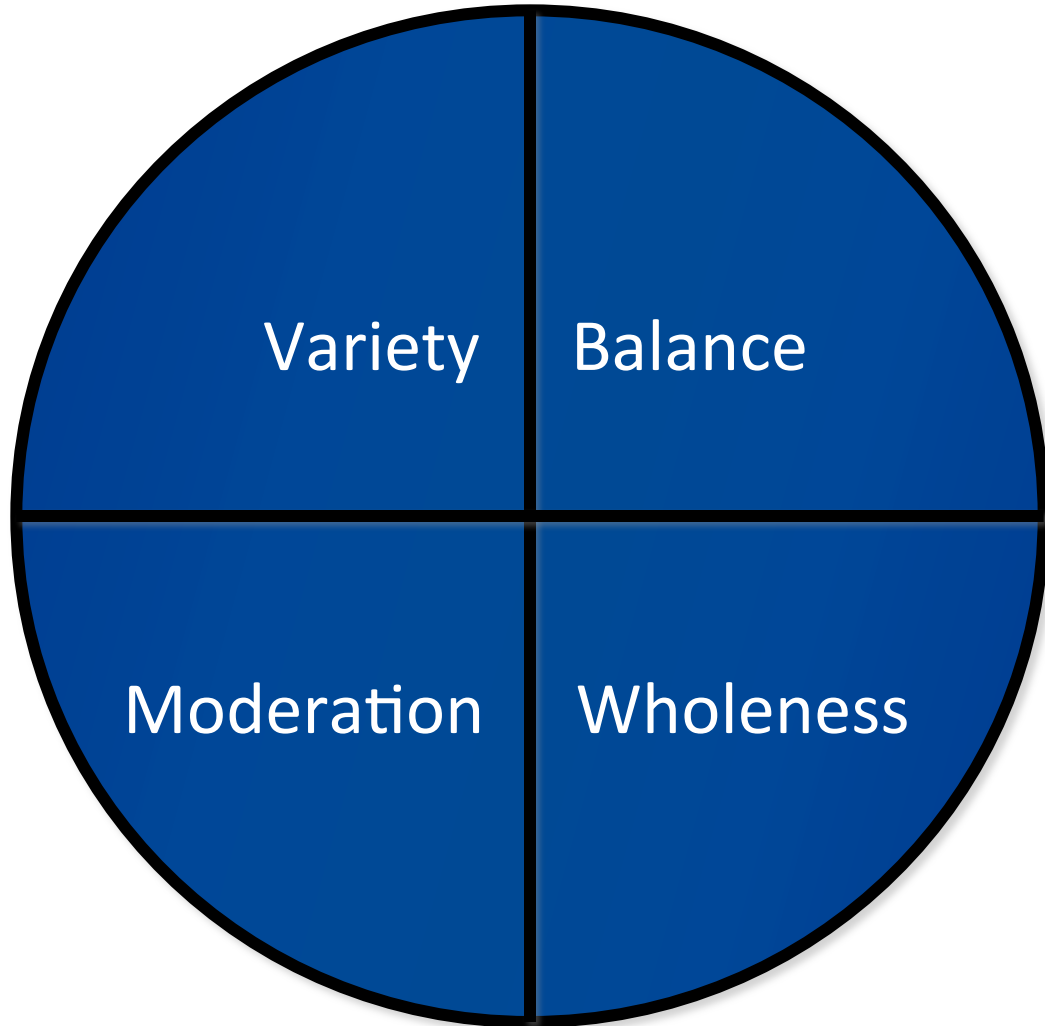


Seabird Mobile Diabetes Team

Mission Statement

The mission of the Seabird Mobile Diabetes Program is to provide diabetes care, including vision and blood screening, which will prevent long term complications and improve the quality of life for on reserve First Nations People.

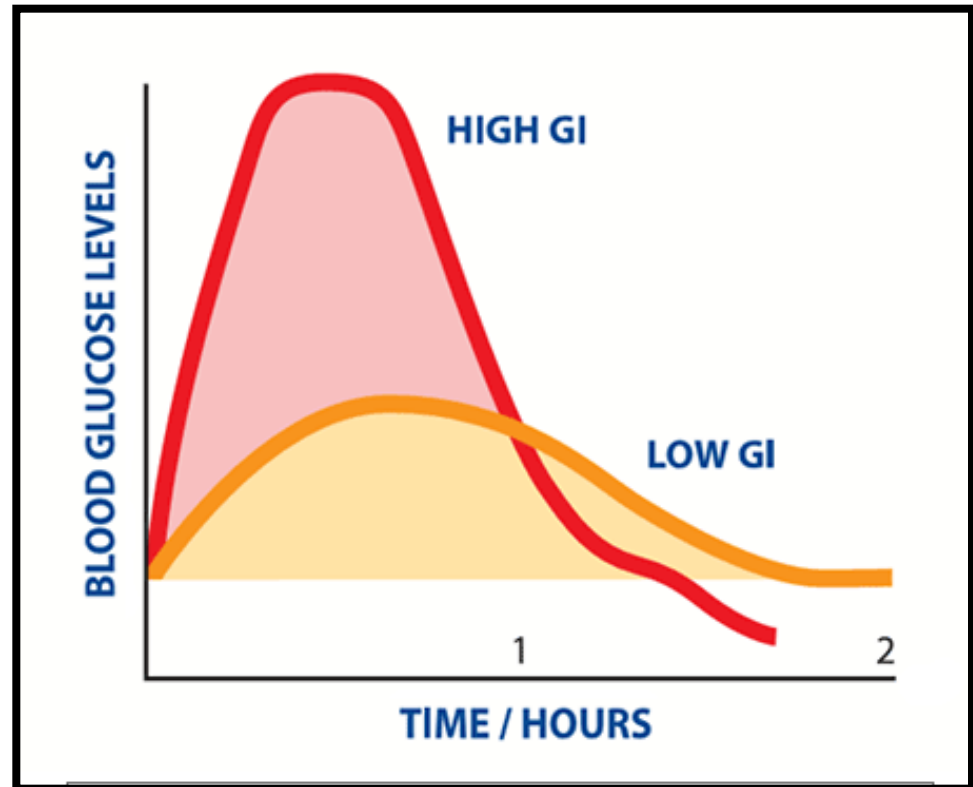
Introduction to Healthy Eating: Principles



Glycemic Index

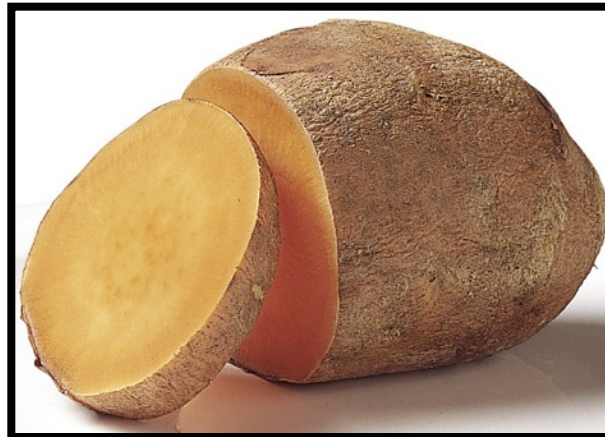
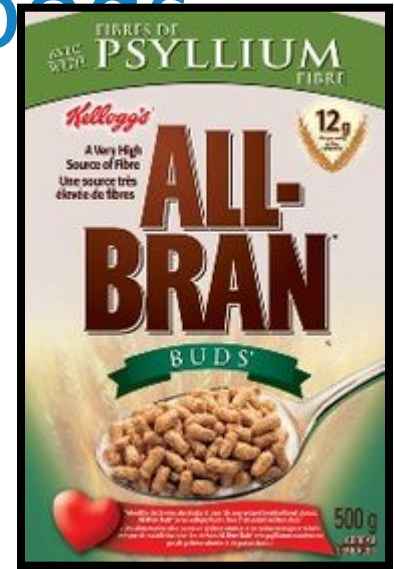
What is the Glycemic Index?

- A scale that ranks **carbohydrate-rich foods** by **how much they raise blood glucose levels** compared to a standard food
- The standard food is glucose or white bread



Glycemic Index: Low GI Foods

- Glucose enters the bloodstream more slowly
- It takes longer for blood sugar to rise
- Easier for your body to handle (slow and steady insulin)



Glycemic Index: High GI Foods

- Glucose enters the bloodstream fast
- Blood sugar rise quickly
- Body has to put out lots of insulin very quickly....hard work!
- High blood sugars followed by low blood sugars as insulin works....makes you crave more food



Traditional Foods

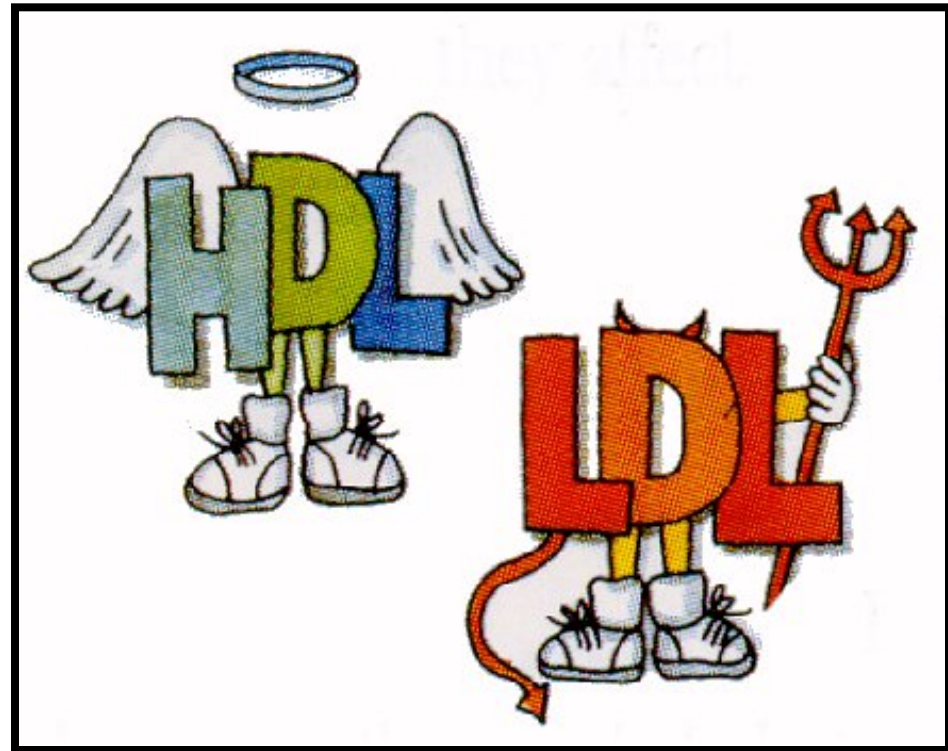
- Traditional diets were high in protein and low in starch
- Food gathering included physical activities
 - Hunting
 - Gathering
- Rice and bannock were introduced after contact



Cholesterol

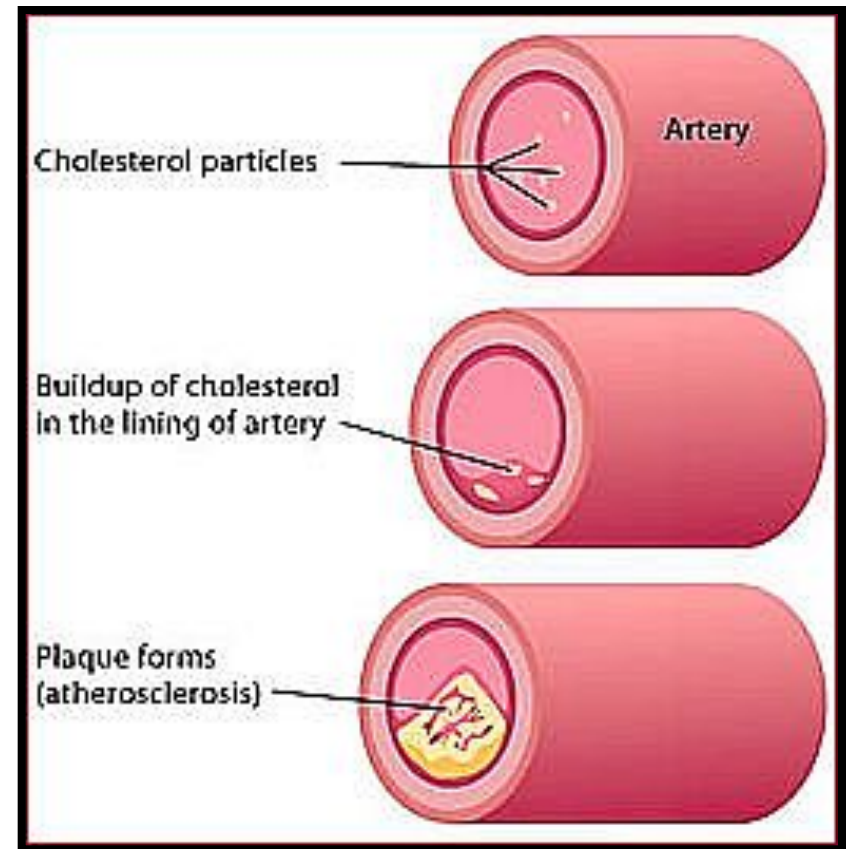
What is cholesterol?

- Fat substance naturally present in blood and cells
- 2 types: HDL & LDL
- Found only in animal foods



Cholesterol: LDL

- Often called “bad” cholesterol
- High levels associated with increased risk of heart disease and stroke
- Too much LDL-cholesterol in blood leads to blockages in our arteries



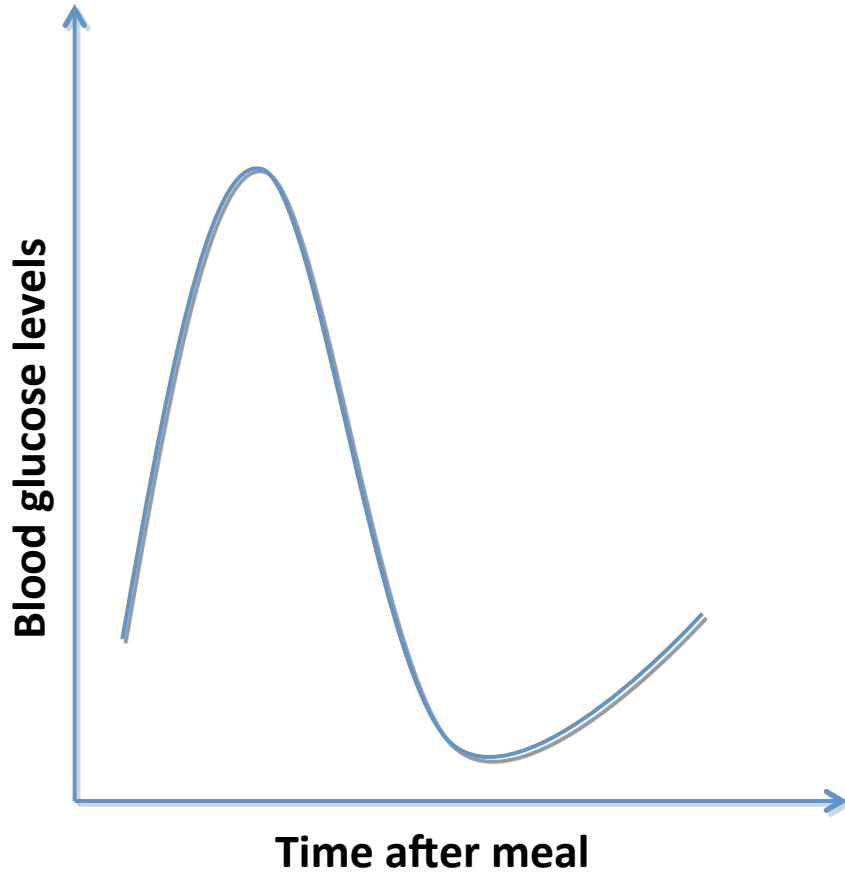
Cholesterol: HDL

- Often called “good” cholesterol
- Higher levels can reduce risk of heart disease and stroke
- Acts as scavenger in arteries, returning cholesterol to liver to be recycled

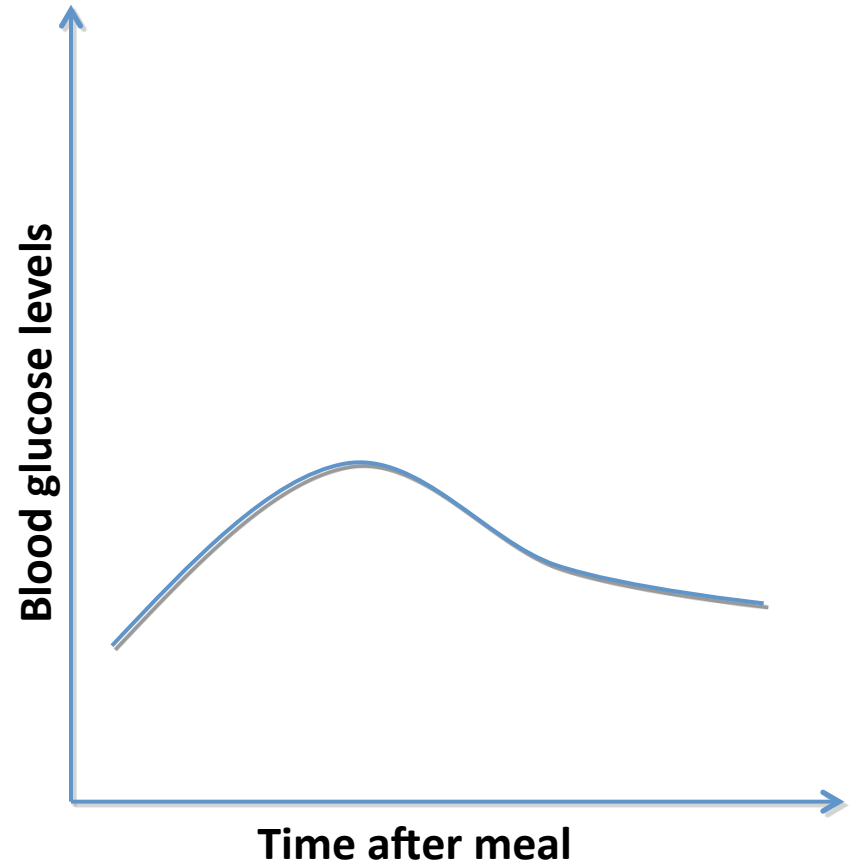


Fiber: The Importance

- Meal with **no** fiber



- Meal **with** fiber



Physical Activity: How Much?

20-30 minutes of moderate physical activity each day.

- Definition of moderate activity is different for everyone: could be brisk walk, yoga class, run...
- Should be something you enjoy so you stick with it
- Try a combination of aerobic activities and strength training activities

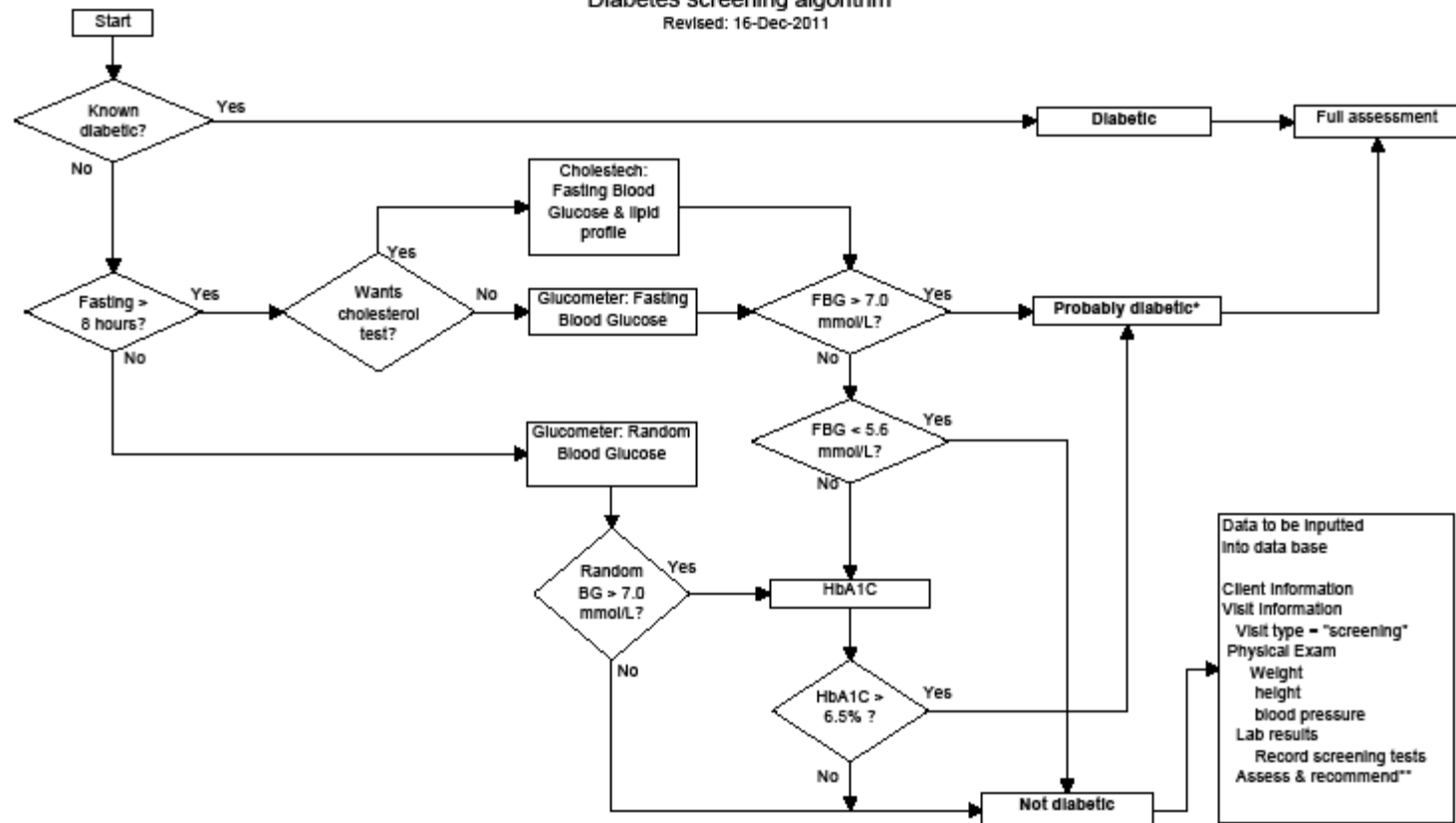


Physical Activity: The Benefits

- Better blood sugar control
- Decreased blood pressure
- Decreased cholesterol
- Weight loss
- Reduced risk of long-term complications of diabetes
- Decreased stress
- Improved physical and emotional well-being and self-esteem



BC First Nations Mobile Diabetes Telemedicine Clinic
Client Intake and Assessment Procedure
Diabetes screening algorithm
Revised: 16-Dec-2011



Notes

* Recommend confirming diagnosis with repeat FBG or oral glucose tolerance test.

** If client is "not diabetic" according to this algorithm, nurse sends letter directly to family doctor. Dr. Dawson is not consulted.