

Ohio Type 2 Diabetes  
Learning Collaborative

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Check your risk. Protect your health.

Make Your Health a  
Priority Today!



## Did you know that 1 in 3 Americans are at risk for getting diabetes?

Have you been tested for type 2 diabetes in the last 12 months?

Diabetes means your blood sugar, also called blood glucose, is too high.

You are at risk for type 2 diabetes if you:

- Are overweight
- Had high blood sugar or gestational diabetes (GDM) during pregnancy, or delivered a baby weighing more than 9 pounds
- Have a family history of diabetes
- Have above average blood sugar levels
- Belong to certain racial or ethnic groups
  - African American
  - Hispanic/Latino
  - American Indian
  - Pacific Islander
  - Asian

## Make your health a priority!

If you are at risk, talk to your healthcare provider about getting tested. By getting tested, you will know if you have normal blood sugar levels, almost have diabetes (called prediabetes), or have diabetes.

## Get tested for Diabetes

Your healthcare provider can order a test for you. The tests used are either a blood glucose test or a hemoglobin A1C. Many doctors can test you right in their office! Ask your healthcare provider about your options when you schedule your appointment.

### When should I get my blood sugar tested?

	When should you be tested?
At risk for diabetes	Every 3 years
Prediabetes	Every year
Diabetes	Every 6 months
Gestational Diabetes (GDM)	Within 4-12 weeks of delivering your baby, then every 1-3 years.

**Share a history of GDM** with you and your child's healthcare providers. It is important that everyone who cares for you and your family knows you are at risk for type 2 diabetes.

## What are the types of diabetes and how can it affect me?

### Gestational diabetes mellitus (GDM)

GDM is a type of diabetes that develops only during pregnancy. There are long-term health risks that may start or continue after you give birth, like getting type 2 diabetes. Babies born to moms with GDM also have more health risks like childhood obesity and getting type 2 diabetes as an adult.

### Prediabetes

Prediabetes occurs when your blood sugar is higher than normal, but not high enough to have diabetes. Prediabetes can lead to type 2 diabetes within 5 years. It can also cause you to have heart disease or a stroke. You should talk to your healthcare provider and make a plan to lower your risk for getting type 2 diabetes.

### Type 2 diabetes

Type 2 diabetes is the most common form of diabetes. If you have type 2 diabetes, your body does not use insulin properly. Insulin is a hormone your body creates to use sugar for energy. If you have type 2 diabetes, you will need to see a healthcare provider to help you control your blood sugar.

Type 2 diabetes is a serious condition that can cause many health problems such as loss of eyesight, heart attack, stroke, or many types of infections.

Type 2 diabetes can also affect future pregnancies and lead to having a large baby, birth defects, or miscarriage.

*If you had GDM while pregnant, but **after** never got tested for type 2 diabetes, call your healthcare provider today and ask them how you can get tested.*

## What can I do to reduce my risk of type 2 diabetes?

### 1. Get tested regularly!

- If you are a new mom who had GDM during pregnancy, you should get tested before your baby is 12 weeks old.
- If you ever had high blood sugar levels, prediabetes or are overweight you are at high risk for type 2 diabetes. You should get tested for type 2 diabetes every 1 to 3 years.

### 2. Stay active and eat healthy foods.

- Increase physical activity to 30 minutes a day, 5 times a week.
- Learn what to eat to stay healthy.
- Watch your weight.
- If you have an infant, keep breastfeeding - it can help burn up to 800 calories a day!

### 3. Join a Diabetes Prevention Program, which has been shown to reduce your risk of getting type 2 diabetes by 58%.

### 4. Quit using tobacco!

- Smoking and vaping hurts you and those around you.
- Ohio Tobacco Quit Line: Free for those in Ohio. Call: 800-QUIT-NOW (800-784-8669); <http://ohio.QuitLogix.org>
- Visit [www.ohiosmokefreefamilies.org](http://www.ohiosmokefreefamilies.org).
- If you want to quit smoking, vaping or using other tobacco products, talk to your healthcare provider about ways to stop.



## What should I do if my healthcare provider tells me I have **type 2** diabetes?

### Learn how to control type 2 diabetes.

### 1. Stay active and make healthy food choices.

- During exercise, especially after meals, your muscles use blood sugar for fuel.

### 2. Check your blood sugar.

- Blood sugar can change very fast and become too high or too low. The food you eat and how much you exercise will change your blood sugar many times during the day.
- Check your blood sugar as often as your healthcare provider tells you to or any time that you don't feel good.

### 3. Control and treat low blood sugar quickly.

- Always carry with you a quick source of sugar, like hard candies or chewable sugar pills.

### 4. Take your medicines (if prescribed).

- Changes in the food you eat and how much you exercise may lower your chance of needing medicine.
- Take the right amount of medicine and ask your healthcare provider if you have questions.

### 5. Participate in Diabetes Self-Management Education, or meet with a Certified Diabetes Educator or dietitian.

- Making these changes are hard, but someone is there to help.

## Monitoring your blood sugar

The American Diabetes Association (ADA) says you should try to keep your blood sugar below these levels:

	ADA Recommendations	The levels my provider recommends
<b>Before meals</b>	80 - 130 mg/dL	
<b>1 hour after eating</b>	Less than 180 mg/dL	
<b>2 hours after eating</b>	Less than 140 mg/dL	

*Blood sugar is measured in milligrams per deciliter (mg/dL)*

Ask your healthcare provider to write the levels you should have in the chart above.

Managing your blood sugar can be hard. Review the signs of high and low blood sugar on the next page. Test your blood sugar if you are not sure.



## High blood sugar

Your blood sugar is high when the number is 130 mg/dL or higher.

High blood sugar can:

- Make you thirsty
- Cause headaches
- Make you go to the bathroom often to pee
- Make it hard to focus
- Make it hard to see
- Make you feel tired
- Cause yeast infections

Tell your healthcare provider if you have any of these signs or symptoms

**Ask your healthcare provider to write a level in the blank below.**

Call your healthcare provider if your blood sugar is **greater than:**

## Low blood sugar

Your blood sugar is low when the number is 70 mg/dL or less. Low blood sugar is called hypoglycemia (hi-poh-gli-see-me-ah).

Low blood sugar can:

- Make you feel hungry
- Cause headaches
- Make you feel dizzy or shaky
- Cause you to feel confused
- Make you look pale
- Make you sweat
- Cause weakness
- Make you feel anxious or cranky
- Make your heart feel like it's beating too fast

**If you notice any of these signs or symptoms:**

1. Test your blood sugar.
2. If it is low, treat it quickly by eating or drinking a quick source of sugar:
  - Hard candy, jelly beans, or 2 Tablespoons of raisins
  - 4 ounces of a fruit juice or regular soda
3. Test your blood sugar again in 15 minutes.
4. If it's not better, eat or drink a quick source of sugar again.
5. When you feel better, eat a protein snack like cheese and crackers or half a peanut butter sandwich.

## Stay active

Physical activity can help you reach your blood sugar goals and help lower your chances of having type 2 diabetes—and its problems—in the future.

### What can you do to get at least 30 minutes of activity, 5 days a week?

- Do aerobic activities, which use your large muscles to make your heart beat faster. Try fast walking, swimming, strength training, dancing, gardening, biking, yoga, or low-impact aerobics.
- Not sure where to start? Try the YMCA. Financial assistance and child care available.



- If this activity is new, start slowly and increase a little bit at a time. Try breaking up activity - 10 minutes, 3 times a day.
- Don't forget to stretch and drink plenty of water.

#### Tips for exercising:

Ask your friends to join an exercise class with you or play outside with your children.

## Make healthy food choices

- Eat more meals with less food.
  - Eating 3 smaller meals and 2 to 3 healthy snacks each day can help control your blood sugar.
- Do not skip meals.
  - Choose foods low in sugar.
  - Avoid foods/drinks sweetened with sugar or honey.
  - Limit fruit juice. Eat more fresh fruits.
  - Good sugar substitutes are Splenda® or Equal®. Avoid substitutes with “saccharin” on the label.
- Choose foods high in fiber.
  - Choose whole grain breads and cereals, dried beans, and fresh fruits and vegetables.
  - Choose wheat flour over white flour products.
- Limit fast foods and processed foods.
  - Limit breaded and deep-fried foods.
  - Choose grilled or baked foods.

**Tip:** Help control your blood sugar by eating a very small breakfast and adding a similar snack 2 hours later.

- Eat small portions of carbohydrate foods.
- Eat some healthy protein at every snack and meal.
  - Protein helps you feel full and control your blood sugar.
- Eat less carbohydrates at breakfast than lunch or dinner.
  - Blood sugar is often high in the morning.

#### Ask your health care provider:

How many carbohydrates should I have at meals and snacks?



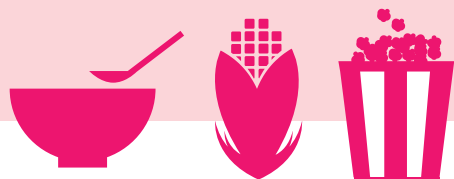
## Carbohydrate foods

All of these foods have carbohydrate. Carbohydrate foods raise blood sugar after you eat. Protein and vegetables (see page 12) help you feel full and cause a small change in blood sugar. Each amount listed equals about 15 grams, or one portion, of carbohydrate.

### Starches

- ¼ large bagel
- 1 biscuit (2 ½ inches)\*
- 1 slice bread
- ½ hamburger/hot dog bun
- 1 corn tortilla
- ½ flour tortilla
- 1 cube (2 inch) cornbread\*
- ¼ large muffin or 1 small\*
- 1 pancake (4 inches)\*
- 1 waffle (4 inches)\*
- ½ sopapilla\*
- ½ pita bread (6 inches)
- ½ c. cold cereal
- ½ c. oatmeal
- ½ c. grits
- ¼ c. granola\*
- ⅓ c. couscous
- ⅓ c. pasta
- ⅓ c. rice
- ¾ c. posole
- ⅓ c. bread stuffing\*
- 6 crackers
- 9—13 potato chips (¾ oz.)\*
- ⅓ c. baked beans
- ½ c. beans (pinto, navy, etc.)
- ⅓ c. hummus
- ½ c. lentils or split peas
- ½ c. peas
- ½ c. corn
- ½ corn on the cob
- 3 c. popcorn
- ½ c. potato or ¼ large
- ⅓ c. small french fries\*
- ½ c. sweet potato
- 1 c. winter squash
- ½ tamale\*

\*These foods contain additional fat.



Use nutrition facts labels on foods and/or a carbohydrate counting book to figure the carbohydrate amounts for foods not listed.

### Fruits

- 1 small apple
- ½ c. unsweetened applesauce
- 4 small apricots
- 8 small dried apricot halves
- ½ medium banana
- ¾ c. blueberries
- ½ c. canned “lite” fruit
- ⅓ medium cantaloupe
- 12 cherries
- 3 dates
- ½ grapefruit
- 17 small grapes
- 1 kiwi
- ¼ large mango
- 1 c. cubed melon
- 1 small nectarine
- 1 small orange
- ½ small papaya
- 1 small pear
- 1 medium peach
- ¾ c. fresh pineapple
- 2 small plums
- 3 prunes
- 2 Tbsp. dried fruit (raisins, berries, cherries)
- 1 ¼ c. strawberries
- 2 small tangerines



### Dairy and non-dairy milks

- 1 c. milk (skim, 1%, 2%, or whole)
- 1 c. rice milk (unflavored and unsweetened)
- 2 c. soy milk (unflavored and unsweetened)
- 2 c. almond milk (unflavored and unsweetened)
- ½ c. evaporated milk
- ⅓ c. fruit yogurt
- 1 c. plain yogurt
- 1 c. no-sugar-added yogurt



## Other foods

These foods have very little carbohydrates.

### **Vegetables** *(Eat all you want of these foods, unless breaded.)*

- Artichokes
- Asparagus
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Green beans
- Lettuce
- Mushrooms
- Okra
- Onions
- Peppers
- Snow peas
- Spinach
- Tomatoes

### **Protein** *(Choose low-fat protein most of the time.)*

#### **Low-fat:**

- Round, sirloin, or tenderloin beef (fat trimmed)
- Chicken, without skin
- Cottage cheese
- Egg whites

#### • Lean ham

- Seafood
- Tofu
- Turkey

#### **Medium-fat:**

- Ground beef
- Eggs

#### • Mozzarella cheese

#### **High-fat:**

- Cheese
- Sausage
- Bologna
- Salami

### **Fats** *(Choose more unsaturated fats and less saturated fats.)*

#### **Unsaturated Fats:**

- Avocado
- Nuts
- Canola, olive, peanut, corn, sunflower oils

#### • Mayonnaise

#### **Saturated Fats:**

- Margarine
- Cream, half & half

#### • Bacon

- Butter
- Coconut
- Lard
- Shortening

## Using the Nutrition Facts Label

### Three Easy Steps

Using the Nutrition Facts label on packaged foods and beverages to make healthy choices is as easy as 1-2-3 ... once you know the following key steps and tips!

**1 Size up Servings**

Pay attention to the serving size and the number of servings you eat or drink to see the total number of calories and nutrients.

**2 Consider the Calories**

When checking a food's calories, remember this guide:

- 100 calories per serving of an individual food is considered a moderate amount
- 400 calories or more per serving of an individual food is considered high in calories.

**3 Choose Nutrients Wisely**

Use % Daily Value to see if a serving of food is high or low in recommended nutrients and to compare foods.

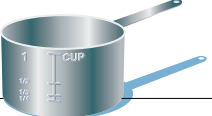

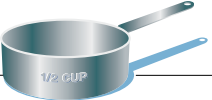



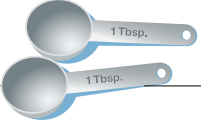

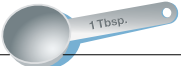






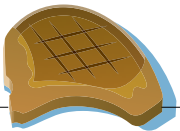
- Try to get 100% DV of these on most days:
  - Dietary Fiber
  - Vitamin D
  - Calcium
  - Iron
  - Potassium
- Try to get **less** than 100% DV of these each day:
  - Saturated Fat
  - Trans Fat\*

*\*Try to keep trans fat as low as possible.*

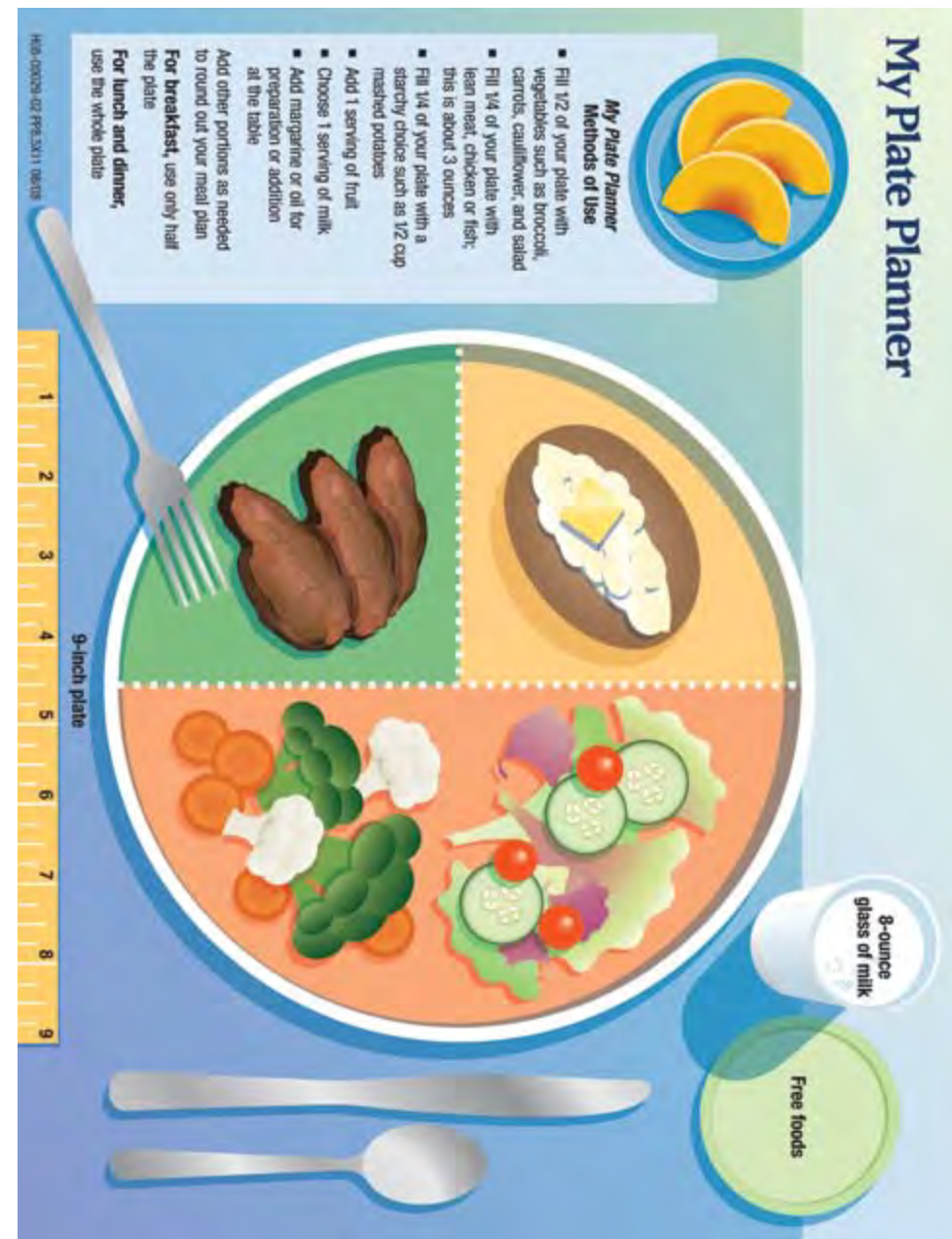
**Nutrition Facts**  
 4 servings per container  
**Serving size 1 1/2 cup (208g)**  
**Amount per serving**  
**Calories 240**  
**% Daily Value\***  
**Total Fat** 4g 5%  
 Saturated Fat 1.5g 8%  
 Trans Fat 0g  
**Cholesterol** 5mg 2%  
**Sodium** 430mg 19%  
**Total Carbohydrate** 46g 17%  
 Dietary Fiber 7g 25%  
 Total Sugars 4g  
 Includes 2g Added Sugars 4%  
**Protein** 11g  
 Vitamin D 2mcg 10%  
 Calcium 260mg 20%  
 Iron 6mg 35%  
 Potassium 240mg 6%  
\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



When building your plate, know that portions can be smaller than you think. The amount of food you eat is a key part of healthy eating. Look at these household items to see portion sizes.

Visual Tips for Portion Sizes		
1 cup =		= 
1/2 cup =		= 
1/3 cup =		= 
2 Tablespoons =		= 
1 Tablespoon =		= 
1 teaspoon =		= 
1 ounce (oz) =		= 
3 ounces (oz) =		= 

For information about food and health, go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov).



Source: [ChooseMyPlate.gov](http://ChooseMyPlate.gov)

## Think about your long-term family goals

- I want to have \_\_\_\_ child or children.
- I want to get pregnant again when I am \_\_\_\_ years old.
- I want to have children \_\_\_\_ years apart.

## Plan for your next pregnancies

Make sure you have picked a kind of birth control. It is important to use birth control correctly and all the time until you are ready to have another baby. If you are breastfeeding, ask your healthcare provider which birth control is best for you and your baby.

Some of your options are:

- |                                       |  |
|---------------------------------------|--|
| • IUD                                 | Barrier Methods:                                       |
| • Implant                             | • Condoms  |
| • Birth control shot (Depo-Provera)   | • Spermicidal gel, cream, foam, suppository, or sponge |
| • Birth control pills, patch, or ring | • Diaphragm or cervical cap                            |

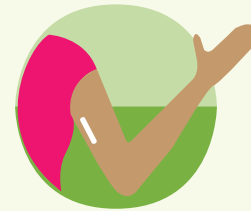
Remove, replace, update, refill, or get more by this date

\_\_\_\_\_.

## Long-Acting Reversible Contraceptives (LARC)

- Protect against pregnancy for several years
- No need for you to do anything for them to work
- More effective with fewer side effects
- You can get pregnant soon after they are removed

### IMPLANT



#### How To Use It

- Placed by health care provider
- Lasts up to 3 years

A tiny rod put under the skin of your arm. You can't even see it after it's in place.

### IUD



#### How To Use It

- Placed by health care provider
- Copper IUD lasts up to 10 years
- Progestin IUD lasts 3-5 years

A little t-shaped piece of plastic put in your uterus to prevent sperm from fertilizing an egg.



Chances of getting pregnant  
Less than 1 out of 100 women

Condoms should always be used with LARCs to protect against sexually transmitted infections.

Source: Trussell J., Contraception, May 2011; [www.cdc.gov/reproductivehealth/UnintendedPregnancy/Contraception.htm](http://www.cdc.gov/reproductivehealth/UnintendedPregnancy/Contraception.htm)  
Cicatelli Associates Inc. (April, 2017). CAI-Choice Contraception Action Plan: Contraceptive Counseling Model a 5-Step Client-Centered Approach and Your Body Your Birth Control. [Handout]. <https://www.bedsider.org/methods>



## Ohio Type 2 Diabetes Learning Collaborative

Check your risk. Protect your health.

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