

# Diabetes

## Prevention & Management



Where we started and where we are heading

### Type 1 Diabetes

immune system attacks the pancreas

VS

### Type 2 Diabetes

5-10%

of those living with diabetes



reduced number of insulin producing cells

insulin production is insufficient to normalize blood sugar

Requires insulin to manage blood sugar

90-95%

of those living with diabetes



reduced insulin production



body cannot properly use insulin produced

Can be managed with lifestyle changes including diet and physical activity

1921

Diabetes managed by consuming a low carbohydrate and/or low-calorie diet

1923

Insulin brought the liberalization of carbohydrates until the 1970s (advocating higher carbohydrate diets)

2018

A focus on overall dietary patterns sustainable by the individual

1921 - Discovery of Insulin

Insulin was discovered by Frederick G. Banting, Charles Best, John MacLeod and James Bertram Collip at the University of Toronto in Canada

1970s

Advocating moderate carbohydrate diets

1980-81

Development of glycemic index

2008

Recommending carbohydrate spacing, low Glycemic Index carbohydrates and monounsaturated fats

## Prevention and Management of Diabetes

What are some current strategies and considerations?

### Diet

A **healthy balanced diet** is a cornerstone of **successful diabetes management**. For example, consume more whole grains, complex carbohydrates, low Glycemic Index foods and healthy fats and less sugar-sweetened beverages, saturated fats and highly processed foods.

### Individualized Patient Care

A successful nutrition care plan needs to be **safe**, **effective** and **sustainable**. Seek support from a Registered Dietitian who can help create a culturally relevant, enjoyable and sustainable nutrition care plan.

### Cultural Awareness

It is important for health professionals to consider a patient's **cultural** and **linguistic backgrounds**, as well as identify food preferences and aversions. This can inform interventions and identify local and community resources to help patients improve their food choices.

### Behavioural Change

Use practices such as **mindfulness**, **goal setting** and **self-monitoring**. Engage in regular physical activity, healthy eating and sleeping behaviours.

### Technology

The use of **mobile applications**, **glucometers** and **flash/glucose monitoring** can improve nutrition and diabetes self-management and care.

Key Message!

One size does **NOT** fit all. Healthy dietary and lifestyle patterns should be consistent with an individual's values, goals, and preferences.

