Seniors Taking Charge of Diabetes and Heart Health!

Introduction and Goals

“Seniors Taking Charge of Diabetes and Heart Health!” is a joint initiative among the Georgia Division of Aging Services, the aging services network, and the Department of Foods and Nutrition, University of Georgia, and is part of the “Live Healthy Georgia – Seniors Taking Charge!” campaign.

“Seniors Taking Charge of Diabetes and Heart Health!” is a community intervention designed for community settings, such as senior centers that have Older Americans Act Nutrition Programs. The goals are to encourage older people to be physically active; eat healthy; manage their medications; check their feet and blood sugar if they have diabetes; be smoke free; know the warning signs of heart attack, stroke, and diabetes; and get checked regularly for blood pressure, blood cholesterol, blood sugar, vision, and foot health.

Why Focus on Diabetes and Heart Health in Older Adults?

• Heart disease is the number one killer in Georgia.

• The prevalence of diabetes, heart disease, and stroke is higher in Georgia than the national average and the vast majority of people who die from these conditions are older people.

• In Georgia, 67%, 76%, and 81% of those who die from diabetes, heart disease, or stroke, respectively, are age 65 and older.

• Heath care costs for people with diabetes are $13,243 annually compared to $2,560 for those without diabetes. Improved management of diabetes saves markedly on health care costs.

• Heart diseases, including stroke and congestive heart failure, cost $3.34 billion annually in Georgia. Older people incur at least $2.5 billion of these costs.

• Nutrition and physical activity are the foundation of preventing and managing heart diseases and diabetes.

• Modifiable risk factors for heart disease include smoking, inadequate physical activity, poor diet, obesity, high blood pressure, high blood cholesterol, and diabetes.
  • In Georgia, 94% of adults have at least one of these seven risk factors for heart disease.
  • People who have all seven of these risk factors are 38 times more likely to have a history of heart disease or stroke compared to those who have none of these risk factors.
  • Even having five risk factors increases the risk by 11 fold.
Thus, the proposed community intervention program can help reduce the risk of diabetes and heart disease, save health care costs, and improve the quality of life for older Georgians.

Community Intervention

“Seniors Taking Charge of Diabetes and Heart Health!” is a community intervention designed to help reduce these risks in older people. The intervention includes eight lessons that emphasize the health benefits of healthy eating and physical activity, provides menus and recipes, and promotes physical activities, such as walking and chair exercises. There are games and activities to make the lessons fun.

The nutritional information is based on the new 2005 Dietary Guidelines for Americans that recommends three servings of milk products daily, three servings of whole grain foods daily, and seven to ten servings of fruits and vegetables daily, based on calorie needs. The Georgia Division of Aging Services requires that meals funded by state and federal funds under the Older Americans Act Nutrition Program meet the 2005 Dietary Guidelines for Americans. So, people served by these programs receive at least one milk product, such as one cup of milk, at least one whole grain food, such as whole grain bread, and at least three servings of fruits and vegetables with lunch. Because the prevalence of diabetes and the risk of developing diabetes are high among older people in Georgia, the menus and recipes illustrate healthy food patterns for people with or without diabetes. The menus provide about 1,800 calories and the number of carbohydrate-containing foods (15 grams per serving) is three to four in the meals and one to two in the snacks. People will need to adjust this amount of food to meet their individual needs.

Target Audience

The target audience of older adults at senior centers includes many individuals with lifestyle-related diseases such as diabetes, hypertension, heart disease, and osteoporosis that may benefit from changes in diet and physical activity. Participants may also have low socioeconomic status and face challenges when making changes in their diet, physical activity, and other health-related habits. Those enrolled in the program may benefit from having a family member, friend, and/or caregiver attend as well to help the participant implement the recommended changes in their health behaviors.

Setting

This community intervention can be delivered at senior centers. Community-based interventions conducted at senior centers have been shown to be effective in changing knowledge and behaviors related to nutrition, physical activity, and health among older adults in Georgia (Burnett, 2003; Cheong et al., 2003; Ellis et al., 2005; Johnson et al., 2006; McCamey et al., 2003; Redmond, 2004; Wade, 2003). The intervention may benefit seniors in other settings as well.
Educators

The lessons are designed to be delivered by a person with a background in health and wellness, but not necessarily a nurse, registered dietitian, or other health care professional. Educators can invite additional speakers with expertise related to various aspects of health and wellness from their local health department, hospitals, pharmacies, and cooperative extension service.

Rationale for Evaluation with Pre-tests and Post-tests with Questionnaires

This program will be evaluated by conducting pre-tests and post-tests of the participants (before and after the lessons). The pre- and post-tests include a series of questions about knowledge and behaviors related to prevention and management of diabetes and heart disease, as well as practicing healthy dietary habits and physical activity. The evaluation will help determine how well this program improves dietary, physical activity, and other health-related knowledge and behaviors.

Timeline

On October 26, 2006, the Georgia Division of Aging Services and The University of Georgia will host a training session for the “Seniors Taking Charge of Diabetes and Heart Health!” Community Intervention and evaluation. It is suggested that AAA staff, Wellness Coordinators, service providers, and others attend this meeting.

During November through December 2006, staff from The University of Georgia will visit each Planning Service Area to provide technical assistance to the Wellness Coordinator and their educators with administering informed consent and the pre-test to older adult participants to collect the required outcome information.

From January through April 2007, Wellness Coordinators, their educators, and other partners will deliver the educational interventions at senior centers in Georgia.

In May 2007, staff from The University of Georgia will visit each Planning Service Area to assist the Wellness Coordinator, their educators, and other partners with administering a post-test to older adult participants to collect the required outcome information.

From June through August 2007, The University of Georgia will analyze the outcome information and write a report summarizing the findings of the study, which will be disseminated to all stakeholders.
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Acknowledgements

We thank Melinda Bell for developing the menus and recipes, Heather Stephens for developing “Bingo for Better Health,” Wendy Giminski for drawing the fruit and vegetable characters, Krysia Haag for drawing the chair exercise illustrations, and Nancy Omdahl for editorial assistance. The financial support of the Georgia Division of Aging Services, the Department of Foods and Nutrition, University of Georgia, and the Georgia Agricultural Experiment Station is gratefully acknowledged.

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Suggested Citation

Seniors Taking Charge of Diabetes and Heart Health!

Lesson One: My Eight Ways to Feel Great!

Lesson Two: Be Physically Active Everyday

Lesson Three: Healthy Eating – Up with Fruits, Vegetables, and Whole Grains, Down with Fat and Sodium

Lesson Four: Healthy Eating – Control Portions and Choose a Variety of Foods

Lesson Five: Prevent and Manage Heart Disease, Stroke, and Diabetes

Lesson Six: Get Checked for Diabetes and Heart Disease Risk Factors

Lesson Seven: Managing my Medications

Lesson Eight: Know the Warning Signs of Heart Attack, Stroke, and Diabetes
Seniors Taking Charge of Diabetes and Heart Health!
Lesson One: My Eight Ways to Feel Great!

Getting Ready

1. Review lesson plan before each session.
2. Copy and staple the handouts that best meet the needs of your audience (one set for each participant).
3. Gather supplies needed for lesson, recipe, and activities.

General Supplies

1. Handouts for participants.
2. Pens or pencils for participants to write on the handouts.
3. Step counters for participants.

Supplies When Preparing a Recipe for Participants (recommended, but note that this lesson introduces step counters and upcoming lessons as a whole, so time may be limited)

1. Ingredients to prepare the recipe provided or another “heart healthy” recipe.
2. Supplies for tasting the recipe, such as plates, forks or spoons, and napkins.

Beginning the Session

1. Introduce yourself by name and the organization that you represent. Take attendance.
2. Summarize the lesson by going over the objectives. Let the group know that the session will be informal and that questions can be asked at any time.

Objectives for Participants

1. Learn about the “Eight Ways to Feel Great.”
2. Learn about heart disease, stroke, and diabetes.
3. Set goals to prevent and manage heart disease and diabetes by using the “Eight Ways to Feel Great.”
4. Understand how to use a step counter and record steps on a Step Count Chart.
NOTES to Educator

These resources were helpful in preparing this lesson:


Script

Give participants their handouts.
Remember to take attendance.

Eight Ways to Feel Great

It is nice to see everyone here and I am looking forward to being with you the next few months. We are going to spend time talking about diabetes, heart disease, and stroke. These can be frightening problems, but the good news is that there are many things we can do to prevent and manage these conditions. You may already know about many of the healthy behaviors that are listed on the handout called “Diabetes and Heart Health – Eight Ways to Feel Great!” These are being physically active; eating healthy; managing medications; being smoke free; checking feet and blood sugar for those with diabetes; knowing the warning signs of heart attack, stroke and diabetes; and getting checked regularly by your doctors for several risk factors. Let’s carefully review each item on this handout together.

Carefully review each of the eight items on this handout with participants and answer any questions that they might have.

These “Eight Ways to Feel Great” will help us prevent and manage heart disease and diabetes, as well as many other chronic conditions. So they are good lifestyle choices for everyone.

Let’s look at our next handout titled “My Goals to Follow the Eight Ways to Feel Great for Diabetes and Heart Health.” Think back over the past week or two and take a few minutes to fill this out. Wait for participants to look this over.

Look in the column marked “almost everyday.” How many checks do you have in this column? Wait for responses. Good! Now look in the column marked “everyday.” How many checks do you have in this column? Wait for responses. Fantastic! Over the next few weeks, we are going to try to check more and more things in the “everyday” column. Look at questions seven
and eight. Has anyone marked “yes” for at least one of these? *Wait for responses.* Excellent! How about “yes” for both of these? *Wait for responses.* Outstanding – you are really doing a great job! Take a few minutes to set a new goal to work on the next few weeks. Write it in the far column on the right of the handout. *Wait for participants to do this.* Is there anything that might keep you from following the “Eight Ways to Feel Great?” If so, write it down and let’s talk about it. *Discuss with the participants.* Can you think of something that you can do to follow more of the “Eight Ways to Feel Great?” *Gather responses and discuss with the group.*

**Heart Disease, Stroke, and Diabetes**

Heart disease, stroke, and diabetes are all related to each other. We will focus on heart disease, stroke, and diabetes for the many reasons on the handout called *“Heart Disease, Stroke, and Diabetes: The Facts.”*

*Carefully review this handout with your participants.*

The reasons for focusing on heart disease, stroke, and diabetes include:

- In Georgia, at least 94% of adults have at least one of these risk factors for heart disease: smoking, inadequate physical activity, poor diet, obesity, high blood pressure, high blood cholesterol, and diabetes.
- Heart disease is the number one killer in Georgia and the nation.
- Stroke occurs in 700,000 people each year.
- Nearly 90% of stroke deaths are in people age 65 and older.
- People with diabetes are two to four times more likely to die from heart disease or to have a stroke than people without diabetes.
- Nearly 21 million children and adults -- 7.0% of the population -- have diabetes.
- Among those 60 and older, nearly 21% (10.3 million people) have diabetes.
- About half of all cases of diabetes are in people age 60 and older.
- African Americans are nearly twice as likely to have diabetes as Caucasians.
- Having diabetes, heart disease, or a stroke increases the risk of entering a nursing home.
- The prevalence of diabetes is higher in older people attending senior centers, compared to the general population of older adults.
- Many older people have “pre-diabetes,” which means that they have risk factors for getting diabetes in the near future.
- 54 million people in America have “pre-diabetes,” which is nearly one in every five people. Risk factors include being older, being overweight or obese, and being physically inactive.

As we saw on our first handout, the good news is that there are many things we can do to help prevent and manage diabetes, heart disease, and stroke.

Next we are going to discuss what heart disease and diabetes really mean. Look at the handout called *“What are Heart Disease, Stroke, and Diabetes?”*

*Carefully review this handout with the participants. The text below provides a bit more information than the handout.*
Our “cardiovascular system” includes our heart and blood vessels. The heart pumps blood through our vessels to carry oxygen and nutrients to all the organs in our body. There are many types of heart and blood vessel diseases, including:

- **Hardening of the arteries**, which means our blood vessels become hard and blood does not flow as well.
- **High blood pressure**, happens in part because of hardening of the arteries, causing too much pressure on our blood vessels and heart.
- **Heart attacks** usually happen when a blood clot blocks a blood vessel in the heart and causes part of the heart to die.
- **Heart failure** is when the heart becomes too weak to easily pump blood to the rest of the body.
- **Stroke and TIA (transient ischemic attacks)**: A stroke happens when a blood vessel leading to the brain is blocked by a blood clot or the vessel bursts. This can cause part of the brain to die. A TIA is a "warning stroke" or "mini-stroke" that produces stroke-like symptoms but no lasting damage. Recognizing and treating TIAs can reduce the risk of a major stroke.

People can have diabetes without even knowing it. Symptoms can include feeling tired and excess fatigue, thirst, hunger, and urination. A blood glucose test is usually used to diagnose diabetes and also helps your doctor determine if you have “pre-diabetes.” Your doctor will do this test as part of your regular physical exam.

Diabetes is diagnosed when your blood sugar levels are too high. There are two main types of diabetes - Type 1 diabetes and Type 2 diabetes. People with Type 1 diabetes can’t make any insulin and they need insulin injections to survive. Type 2 diabetes is the most common form in older people. With Type 2 diabetes, your pancreas, an organ located by your liver, may still make some insulin, but not enough to keep your blood sugar normal. It is also possible that your body cannot use the insulin your pancreas is making. People with Type 2 diabetes control their blood sugar in several ways, such as through diet and exercise; with diet, exercise, and oral medication; or with diet, exercise, and insulin. Your doctor will decide the treatments that are best for you, but it’s up to you to take care of yourself and manage your diabetes.

Diabetes can have serious and life-threatening effects on your health, so we are going to talk about the many ways that people can prevent and manage diabetes, as well as heart disease.

**Menu and Recipe for Healthy Eating**

In each lesson, we will focus on healthy eating by reviewing a one-day menu and a healthy recipe. Let’s review the handout titled “Day One Menu.” Review handout with participants. This menu follows the recommendations of the 2005 Dietary Guidelines for Americans and includes seven or more servings of fruits and vegetables, with at least one dark green vegetable and one orange vegetable. The menu includes at least three servings of whole grains, such as whole grain bread, cereal, or brown rice, and three servings of low-fat milk products. All these foods are important to include in our daily diet to keep us healthy. The menus provide about 1,800 calories and contain carbohydrates at each meal and snack to help you space them...
throughout the day. Meals and snacks are also balanced with moderate amounts of fat and protein. Fluids are included to help keep us hydrated.

The menus show healthy food choices and meal patterns. As you will find, eating healthy can be delicious and satisfying everyday of the week. Be sure to follow specific dietary restrictions or recommendations given to you by your physician, registered dietitian, pharmacist, or other health care professional.

The menu has lots of ideas and a recipe that I hope you will try at home. If a recipe is provided for participants to try, encourage them to describe flavors and the healthy parts of the menu and recipe. Be sure to tell participants what is in the recipe, in case anyone is allergic to any of the ingredients.

Another fun part of our time together is physical activity.

**Be Physically Active Everyday!**

What are some of the things you like to do to stay active? *Wait for responses.* Regular activity has countless health benefits, particularly in fighting heart disease and diabetes. Being physically active helps keep our heart, lungs, muscles, and bones strong. It also helps us stay limber and maintain our balance so that we are able to do our daily activities safely. Physical activity lowers the risk of depression and keeps oxygen and nutrients flowing to our brain for a sharp mind. It even helps us stay positive by improving our mood and self-esteem. With so many benefits, we can see why physical activity should be a part of our everyday lives.

The 2005 Dietary Guidelines for Americans recommend that we get at least 30 minutes of moderate intensity activity, above our usual activities, on most, and preferably all, days of the week. Examples of moderate activities are regular walking, housework, yard work, lawn mowing, painting, ballroom dancing, light sports, golf, and bicycling. The recommended 30 minutes can be done in three, short, ten-minute sessions, as long as you do a total of 30 minutes daily. Higher intensities and longer durations offer even more benefits, so long as we increase our activity gradually and within our individual ability levels.

Each week, we will discuss ways to stay physically active. Being active is not as hard as you may think. Even small steps toward being more active can help, even if it is simply walking at the park or senior center with a friend or family member, or doing strengthening exercises done in a chair. Each week, we will discuss ways to be physically active and we will do some exercises within our comfort and ability level.

**Step Counter to be Physically Active Everyday**

One of our physical activity goals is to walk a little more everyday. We all have different ability levels, so our aim is to take small steps toward personal improvement. You do not have to train for a marathon or a competition to be more active. Each time we meet, we will each set a new individual goal to walk a few more steps than we did the week before.
Moderate and gradual walking programs are safe for most and are great ways to help us stay moving. The real danger lies in NOT being physically active. It is important to talk to your doctor before increasing your physical activity. So, to receive a new step counter, you should complete the form titled “Physician’s Clearance to Participate in Physical Activity and Walking.” If you haven’t completed this form or have not yet received clearance from your doctor, then please speak with me after our session so we can complete this important paperwork.

If you have severe peripheral neuropathy, which can cause pain, tingling, numbness, or a loss of feeling in the feet, you may want to ask your doctor about doing another kind of physical activity, such as stationary biking or swimming. Also, people with retinopathy, which impairs eyesight, may also need to consider these other forms of physical activity.

We will use step counters, also referred to as pedometers, which are a fun and easy way to watch our progress. Some of you may already have a step counter and have learned how to use it. We are going to review using a step counter again to be sure everyone is comfortable with it. Let’s review the handout called “Using My Step Counter Everyday!” This handout will show us how easy it is to use a step counter. Next, let’s review the handout called “Step Count Chart.” Show participants where to record their step counts everyday.

Be sure to write down your steps at the end of each day, or pick another time when it is easy to remember to write down your steps. This may be right after your evening meal, when you take the last of your medications each day, or when you brush your teeth before you go to bed. You may ask your senior center director or manager if you can keep your Step Count Chart at the center.

Let’s take a walk around the room to be sure our step counters are working. Depending on the participants and the site, you may want to go outside for a walk.

I am going to write down your number of steps next week, so be sure to record your steps in your Step Count Chart. Be sure to bring your Step Count Chart back the next time we meet so I can help follow your progress throughout our lessons.

I hope you’re excited and motivated to learn more about staying healthy and feeling great. Please come back again to our next session because we will be talking more about fun ways to stay active and will have a game of bingo to play that you won’t want to miss!
Diabetes and Heart Health – Eight Ways to Feel Great!

1. Be physically active
   - Get at least 30 minutes of moderate physical activity everyday
   - Choose a variety of activities that are within my ability level

2. Eat healthy: up with fruits and vegetables, down with fat and sodium
   - Strive for 7 to 10 servings of fruits and vegetables everyday
   - Choose many colors of fruits and vegetables
   - Choose foods with less fat and less sodium

3. Eat healthy: control portions and choose variety
   - Plan my plate to control portions at meals
   - Plan my plate and healthy snacks with a variety of colorful fruits and vegetables, whole grains, low-fat protein foods, and low-fat milk products

4. Manage my medications for diabetes and heart health
   - Take all my medicines as directed by my doctor and pharmacist
   - Ask questions about my medicines
   - Keep my medicines organized

5. Be smoke free
   - Avoid all tobacco (cigarettes, cigars, pipes, chewing tobacco, snuff)

6. Check my feet and blood sugar if I have diabetes
   - Feet: check everyday for sores or injury
   - Blood sugar: test as directed by my doctor

7. Know the warning signs of heart attack, stroke and diabetes
   - Heart disease: chest pain, trouble breathing, sweating, nausea, light-headed
   - Stroke: weakness on one side, trouble seeing, trouble walking, sudden headache
   - Diabetes: increased thirst, hunger, fatigue, urination; unusual weight loss; blurred vision; sores that won’t heal

8. Get checked regularly by my doctor(s) for risk factors
   - Blood pressure, blood cholesterol, blood sugar, vision, foot health for everyone
   - If I have diabetes, then also have my doctor(s) check my blood A1c twice per year and my feet at least once per year
### My Goals to Follow the “Eight Ways to Feel Great”
**for Diabetes and Heart Health (Lesson One)**

<table>
<thead>
<tr>
<th>My New Goal(s) For Next Week</th>
<th>Every Day</th>
<th>Almost Everyday</th>
<th>Not Very Often This Past Week</th>
</tr>
</thead>
</table>

1. **Be physically active**

2. **Eat healthy: 7 to 10 fruits and vegetables daily;**
   - limit fat and sodium

3. **Eat healthy: control portions and choose variety**

4. **Take my medicines as recommended by my doctor**

5. **Be smoke free: avoid cigarettes, pipes, cigars, chewing tobacco, and snuff**

6. **Check my blood sugar and feet if I have diabetes**

7. **Know warning signs for heart attack, stroke, and diabetes:**
   - YES
   - NO
   - _______

8. **Get checked regularly for blood pressure, blood cholesterol, blood sugar, vision, foot health, and A1c (A1c for diabetes only):**
   - YES
   - NO
   - _______

- What keeps me from following my “Eight Ways to Feel Great” everyday?

  ____________________________________________________________________________________

- What can I do to reach my goals to follow the “Eight Ways to Feel Great” everyday?

  ____________________________________________________________________________________
Heart Disease, Stroke, and Diabetes: The Facts

- In Georgia, at least 94% of adults have at least one of these risk factors for heart disease: smoking, inadequate physical activity, poor diet, obesity, high blood pressure, high blood cholesterol, and diabetes.

- Heart disease is the number one killer in Georgia and the nation.

- Stroke occurs in 700,000 people each year.

- Nearly 90% of stroke deaths are in people age 65 and older.

- People with diabetes are two to four times more likely to die from heart disease or to have a stroke than people without diabetes.

- Nearly 21 million children and adults -- 7.0% of the population -- have diabetes.

- Among those 60 and older, nearly 21% (10.3 million people) have diabetes.

- About half of all cases of diabetes are in people age 60 and older.

- African Americans are nearly twice as likely to have diabetes as Caucasians.

- Having diabetes, heart disease, or a stroke increases the risk of entering a nursing home.

- The prevalence of diabetes and heart disease is higher in older people attending senior centers, compared to the general population of older adults.

- Many older people have “pre-diabetes,” which means that they have risk factors for getting diabetes in the near future.

- 54 million Americans have “pre-diabetes,” which is nearly one in every five people. Risk factors include being older, being overweight or obese, and being physically inactive.

From the American Heart Association,
[http://www.americanheart.org/downloadable/heart/1136584495498OlderAm06.pdf](http://www.americanheart.org/downloadable/heart/1136584495498OlderAm06.pdf)
What are Heart Disease, Stroke, and Diabetes?

There are many types of heart and blood vessel diseases, including:

- **Hardening of the arteries**: blood vessels become hard and blood does not flow well.
- **High blood pressure**: hardening of the arteries, causing too much pressure on the blood vessels and heart.
- **Heart attacks**: usually a blood clot blocks a blood vessel in the heart causing part of the heart to die.
- **Heart failure**: the heart weakens and can’t easily pump blood to the body.
- **Stroke and TIA (transient ischemic attacks)**: Strokes happen when a blood vessel to the brain is blocked by a blood clot or the vessel bursts, causing part of the brain to die. A TIA is a "warning stroke" or "mini-stroke" that produces stroke-like symptoms but no lasting damage.

Diabetes and pre-diabetes:

- People can have diabetes without even knowing it.
- The body can’t use sugar very well and blood sugar becomes too high.
- Insulin helps the body use blood sugar.
- With Type 1 diabetes, people can’t make any insulin and so they need insulin shots.
- With Type 2 diabetes, the most common form in older people, the body usually still makes some insulin, but the body can’t use it very well.
- Treatment for Type 2 diabetes is usually a combination of healthy eating, physical activity, and medications.
- Symptoms of diabetes include feeling tired and excess fatigue, thirst, hunger, and urination.
- A blood glucose (sugar) test helps your doctor see if you have diabetes or “pre-diabetes.”
- “Pre-diabetes” means being at high risk for diabetes in the near future.

The American Heart Association, [www.americanheart.org](http://www.americanheart.org)
American Stroke Association, [www.strokeassociation.org](http://www.strokeassociation.org)
The American Diabetes Association, [www.diabetes.org](http://www.diabetes.org)
**Day One Menu**

**Breakfast**
Oatmeal, ½ cup cooked, sprinkled with ¼ teaspoon ground cinnamon and 1 packet of artificial sweetener
Raisins, ¼ cup
Milk, 1%, 1 cup
Coffee*

**Snack**
Yogurt, low-fat and low-calorie, vanilla or fruit flavored, ¼ cup
Mandarin oranges, canned in light syrup or juice, drained, ½ cup

**Lunch**
Banana sandwich, made with 2 slices whole wheat bread, 1 small sliced banana, 2 tablespoons peanut butter
Celery dippers, 3 small sticks (3 to 4 inches)
Cottage cheese, fat-free and calcium-fortified, ½ cup
Ice water

**Snack**
Whole wheat crackers (such as Triscuit), low-sodium variety, 5 each
Bean and tomato dip, fat-free, ½ cup

**Evening Meal**
Grilled hamburger, made with a 2-ounce grilled sirloin beef patty, 1 small hamburger bun (2 ounces), 1 teaspoon each light mayonnaise and mustard, 1 large lettuce leaf
Tossed salad, made with 1 cup romaine lettuce or fresh spinach, 1 small tomato (sliced), 1 tablespoon oil vinaigrette dressing
Maple-glazed sweet potato oven fries, 1 serving (recipe provided)
Unsweetened iced tea with lemon*

**Snack**
Graham crackers (2½-inch squares), 3 each
Milk, 1%, 1 cup

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**Nutrition Facts for Day 1:**
- 1,807 calories
- 50 g total fat (25% calories)
- 13 g saturated fat (6% calories)
- 261 g total carbohydrate (58% calories)
- 88 g protein (19% calories)

*Coffee and tea may be sweetened with packets of artificial sweetener as desired
Maple-Glazed Sweet Potato Oven Fries

Serves 2

Ingredients:

- 1 large sweet potato, peeled and cut into ½-inch thick wedges
- 2 teaspoons olive oil
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper
- ¼ cup sugar-free maple syrup
- Pinch ground cinnamon
- ¼ teaspoon vanilla extract

Directions:

1. Preheat oven to 450°F; line a small baking sheet with aluminum foil (preferably non-stick).
2. In a small bowl, combine potato wedges, oil, salt, and pepper to coat potatoes evenly.
3. Arrange potatoes in a single layer on baking sheet.
4. Bake potato wedges for 25 to 30 minutes, flipping halfway through baking time.*
5. While potatoes are baking, mix the maple syrup, vanilla, and cinnamon together in a small pot and place over medium-low heat.
6. Allow glaze to mull for about 10 minutes (can also place syrup mixture in a microwave safe bowl and microwave for about 10 seconds if you prefer).
7. Remove potato fries from oven; drizzle warm maple glaze on top of fries as desired and serve immediately.

*Exact baking times may vary depending on your oven; sweet potatoes are done when they are golden and tender.

**Nutrition Facts Per Serving:**

130 calories  
5 g total fat  
0.5 g saturated fat  
22 g total carbohydrate  
2 g protein
Physician's Clearance to Participate in Physical Activity and Walking

Your patient, _____________________, has indicated an interest in participating in a nutrition, physical activity, and walking program offered at their local senior center. The program is designed to help older adults eat better and walk more, and was developed by the Georgia Division of Aging Services and the University of Georgia. Participants will wear step counters to monitor the number of steps they take each day. About every two weeks each participant will be given a daily step goal based on the average daily steps from the previous week. The new step goal will be about a 10% increase. Also, about every one or two weeks, there will be lessons on nutrition, physical activity, and walking at the senior centers. Along with the lessons, about five to thirty minutes of group physical activity, including chair exercises for improving flexibility, balance, and strength will be offered. When and where possible, a group walking activity will also be included.

RELEASE TO REQUEST PERMISSION FROM PHYSICIAN

I give permission to _____________________ to ask my physician if I may participate in the physical activity and walking program at my senior center.

I give my physician my approval to sign the form.

Participant signature: _____________________ Date: ________________

Participant printed name: _____________________

PHYSICIAN SIGNATURE

My patient, _____________________ has medical approval to participate in the physical activity and walking program at their senior center.

___ The patient has no known contraindications to moderate physical activity.

___ The patient has conditions in which moderate physical activity is contraindicated.

Physician Signature: _____________________ Date: ________________

Physician printed name: _____________________

Physician address: _____________________

Physician phone: _____________________

Physician FAX: _____________________

Using My Step Counter Everyday!

1. Wear the step counter everyday, starting in the morning when I get up. Take it off in the evening before I go to bed.

2. Wear the step counter on my waist directly above the knee. Attach the safety strap to a belt loop or buttonhole or attach it with a safety pin to my clothes.

3. It won’t work in my pocket! So clip it to a belt or waistband, and make sure it is close and flat against my body.

4. It is OK to safety pin the step counter to my clothes at my waist.

5. Avoid getting the step counter wet. Take it off when bathing or sleeping.

6. At the start of each day, press the “reset” button to set the counter to zero.

7. At the end of each day, write the total daily steps on my Step Count Chart.

8. For an average stride, 2,000 steps is one mile.

Setting Goals

During the first week, just see how many steps I usually do. Then, after each week, set a new goal to walk a few hundred more steps each day. Write my goals in the Step Count Chart.

For example, if the first week I walked about 1,200 steps each day, then the next week, try to walk about 1,400 to 1,500 steps each day.

Problems and Solutions

If the display is blank or has funny characters:
- Then the battery may be run down, so replace the battery.
- Or the display was broken because it may have been dropped, hit, got too hot, or got wet, so ask my instructor for a new step counter.

Enjoy My Success and a Healthier Me!
## STEP COUNT CHART

**RECORD YOUR STEPS EACH DAY AND BRING TO THE SENIOR CENTER TO SHARE YOUR PROGRESS!**

**ID:** __________  **SENIOR CENTER:** __________  **MONTH:** __________  **YEAR:** __________

<table>
<thead>
<tr>
<th>MY DAILY GOAL</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
<th>WEEKLY TOTAL</th>
<th>DID I MEET MY GOAL? IDEAS TO MEET MY GOAL</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tbody>
</table>

Department of Foods and Nutrition, The University of Georgia, Athens, GA 30602
Division of Aging Services, Georgia Department of Human Resources, Atlanta, GA 30303
December 2006
Seniors Taking Charge of Diabetes and Heart Health!

Lesson Two: Be Physically Active Everyday

Getting Ready

1. Review lesson plan before each session.
2. Copy and staple the handouts that best meet the needs of your audience (one set for each participant).
3. Copy bingo game cards and pictures.
4. Gather supplies needed for lesson, recipe, and activities.

General Supplies

1. Handouts for participants. Consider purchasing stickers to put on the handouts of those who meet their goals for following more of the “Eight Ways to Feel Great.”
2. Pens or pencils for participants to write on the handouts.
3. Step counters to replace those that are lost or broken.
4. Play “Bingo for Better Health.” Supplies for bingo are bingo cards for all participants (found elsewhere in the manual), large dry beans for bingo pieces, hat or bowl, and prizes such as magnifying glasses, measuring cups, healthy snacks, bottled water, spice blends, packets of artificial sweetener, low-calorie and shelf-stable milk products, canned or fresh fruits and vegetables, lights, and lotion or hand cream.

Supplies When Preparing a Recipe for Participants (if time permits)

1. Ingredients to prepare the recipe provided or another “heart healthy” recipe.
2. Supplies for tasting the recipe, such as plates, forks or spoons, and napkins.

Begin the Lesson

1. Introduce yourself by name and the organization that you represent. Take attendance.
2. Summarize the lesson by giving the objectives. Let the group know that the lesson will be informal and that they can ask questions at any time.

Objectives for Participants

1. Learn the benefits of physical activity, different types of physical activity, and how to overcome common barriers to physical activity.
2. Set new goals to prevent and manage heart disease and diabetes.
3. Discuss progress using the step counter, review Step Count Charts, and set new physical activity goals.
NOTES to Educator

These resources were helpful in preparing this lesson:

- Making Physical Activity Part of Your Life: Overcoming Barriers to Physical Activity, [www.cdc.gov/nccdphp/dnpa/physical/life/overcome.htm](http://www.cdc.gov/nccdphp/dnpa/physical/life/overcome.htm)
- Physical Activity and Older Americans, [www.ahrq.gov/ppip/activity.htm](http://www.ahrq.gov/ppip/activity.htm)

Script

Give participants their handouts.
Remember to take attendance.

Introduction and Eight Ways to Feel Great

It is nice to see all of you today and thank you for joining our group. Let’s look at our goal sheet, which is the first handout titled “My Goals to Follow the Eight Ways to Feel Great for Diabetes and Heart Health.” Take a few minutes to fill out this sheet by thinking about how often you did these eight things during the past week or two. *Wait for participants to look this over.* Remember that we are going to be talking about many ways to stay healthy such as being physically active; eating healthy; managing medications; being smoke free; checking feet and blood sugar for those with diabetes; knowing the warning signs of heart attack, stroke and diabetes; and getting checked regularly by your doctors for various problems and risk factors.

If you checked some things in the “not very often this past week” column, you might want to work on these next week. Next look in the column marked “almost everyday.” Do you have very many checks in this column? *Wait for responses.* Good job! Next look in the “everyday” column. How many checks do you have here? *Wait for responses.* Outstanding! Now look at questions seven and eight. Has anyone marked “yes” for at least one of these? *Wait for responses.* Excellent! How about “yes” for both? *Wait for responses.* Fantastic – you are really doing great! Take a minute to set a new goal to strive for the next few weeks. Write it in the far column on the handout. *Wait for participants to do this.* Is there anything that keeps you from following the “Eight Ways to Feel Great?” If so, write it down and let’s talk about it. *Discuss with the participants.* Can you think of something that you can do to help you follow more of the “Eight Ways to Feel Great?” *Gather responses and discuss with the group.*

Today we are going to focus on being physically active. How much physical activity should we do each day? *Wait for responses.* Right! Thirty minutes of moderate physical activity everyday. We’ll discuss some tips about this today.
Types of Physical Activity

When we talk about physical activity, there are three main types of activities we can do to improve our physical function. These include:

1. Aerobic activities to condition our heart, lungs, and blood vessels and improve our endurance.
2. Strengthening and balance activities to build and maintain strong muscles, bones, and joints.
3. Flexibility activities to stay limber, free of stiffness, and have good circulation.

Next look at the handout called “Be Active in Many Ways.” It is important to choose different types of activities because each has its own benefits. Some activities contribute to more than one aspect of our health as well. For example, does anyone like to do stretching exercises? *Wait for responses.* Stretching exercises challenge and lengthen your muscles. They can be a great way to increase your flexibility and improve muscle tone and balance, all at the same time. We will learn some stretching exercises at our next lesson.

Always stay within your comfort level, and do the best you can whenever you are active. Be sure to do a light warm-up such as slow walking before becoming active to get your blood flowing and muscles warm. Cooling down with some stretches is relaxing and increases flexibility. You can see on your handout the many suggestions for being active, so try to think of activities that you enjoy in each category even if they are not listed. Mix it up!

Combining all three types of activity contributes to a healthy body.

Activity Considerations for Those with Diabetes and Heart Disease

For people who currently have diabetes, there are some things to remember for physical activity, especially for those with complications. Some exercises, such as heavy weight lifting, have the potential to make eye problems worse by increasing pressure in the blood vessels of the eyes. In addition, some people with diabetes who have nerve damage and numbness in the feet may want to choose other activities such as swimming and stationary biking rather than walking to prevent irritation of sores on the feet. People with diabetes need to pay close attention to their feet and check them daily for blisters or signs of injury. Buy shoes that fit well to help prevent foot problems.

Also, because physical activity can lower (or potentially raise) your blood sugar level, you should check it before and after exercise to see how activity will affect you if you have diabetes. People with diabetes who are physically active should carry a light snack such as three graham crackers, a small box of raisins, or two or three glucose tablets in case blood glucose drops too low. If glucose is 300 or more, then you may want to wait to exercise because activity could possibly cause it to rise even higher (such as in those with Type 1 diabetes). So, talk with your health care provider about physical activity when your blood sugar is high.
A carefully planned and moderate physical activity program can be a safe one that you will be able to do with your doctor’s advisement. The real danger to our health comes from NOT being active. Over time, lack of physical activity may decrease likelihood of independence, decrease mobility, or increase risk of chronic diseases. In fact, physical activity has been shown to improve blood glucose control by helping our bodies use insulin.

For those who currently have heart disease or who have many risk factors for heart disease, you should consult with your doctor before beginning a moderate physical activity program. It is important to listen to your body during activity so you can feel the early warning signs of a problem. For most patients, the benefits and improvements in heart health far outweigh the risks of participating in moderate physical activity.

**Physical Activity is a Lifestyle**

Regular physical activity should be a part of our everyday lives. As you know, being active does not mean becoming a top athlete or running a marathon. Extra activity in our daily lives can contribute to our physical activity goals. Next look at the handout titled “The Physically Active Lifestyle.” This handout gives you some ideas of activities you may already be doing that contribute to an active lifestyle. It also shows us how being active is a lot healthier than being sedentary. Simple additions to our daily activities burn extra calories and help keep our muscles and joints from becoming stiff and weak. Some suggestions may not be right for everyone, but choose one or two that you think you can manage. Make it a goal to add those things in the next week to your daily activities. Slowly work your way up each week as you feel able.

**Be Physically Active Everyday!**

Now, let’s talk about using our step counters. Did you use your step counter this past week? *Wait for responses.* Did you write down the number of steps in your Step Count Chart? *Wait for a show of hands.* Be sure to write down your steps at the end of each day, or pick another time when it is easy to remember to write down your steps. This may be right after your evening meal, when you take the last of your medications each day, or when you brush your teeth before you go to bed. You may ask your senior center director or manager if you can keep your Step Count Chart at the center. I hope you will make it a goal to increase your number of steps in the coming week. The step counter helps us to see our improvements and track our progress.

Moderate and gradual walking programs are safe for most and are great ways to help us stay moving. The real danger lies in NOT being physically active. Regardless, it is important to talk to your doctor before increasing your physical activity. So, to receive a new step counter, you should have completed the form titled “Physician’s Clearance to Participate in Physical Activity and Walking.” If you haven’t completed this form or have not yet received clearance from your doctor, then please speak with me after our session so we can complete this important paperwork.
Does anyone need help with their step counter or need a new Step Count Chart? *Respond as needed, then tell these participants that you will help them at the end of the lesson.* Let’s take a walk around the room to be sure our step counters are working. *Depending on the participants and the site, you may want to go outside for a walk.*

**I am going to write down your number of steps for the past week, so if you have your Step Count Chart with you, then I would like to look at it. I may contact you in the next few days to get this information. Otherwise, please bring your Step Count Chart with you the next time we meet.**

As a final part of today’s lesson, let’s talk about a couple of ways that we can eat healthy, feel great and get ready to be active!

**Menu and Recipe for Healthy Eating**

Now we are going to review a menu, so go to the handout called “*Day Two Menu.*” Our menu contains a variety of healthy foods. It has seven or more servings of fruits and vegetables of many colors, at least three servings of whole grain foods, and three servings of low-fat milk products. These foods are important to eat everyday for overall good health.

Notice also that the menu contains several suggestions for staying hydrated. Getting enough fluids is especially important when we are physically active. Fluids such as water (plain or flavored), iced tea, coffee, low-fat milk, and 100% juices all contribute to our daily needs. Along with liquids, our fluid requirement can also be met with the help of foods in our diet that contain large amounts of water, like fruits and vegetables. The menu also provides a healthy balance of foods so that we have the energy and nutrients to fuel our active bodies and feel our best.

The menu also has a recipe for you to try at home. *Encourage participants to describe the healthy aspects of the menu and if the recipe is used for taste-testing, ask the participants to share their opinions. Be sure to tell the participants what is in the recipe in case anyone is allergic to any of the ingredients.*

Before we go today, how about a game of “Bingo for Better Health?” This bingo is very special because it will help us remember ways to be physically active daily!
Activity: “Bingo for Better Health”

Gather the group together to play “Bingo for Better Health.” The bingo cards are printed at the end of all of these lessons. Give participants large dry beans for bingo pieces and bingo cards that have a series of nutrition and health-related illustrations in each bingo square. Play this game as normal bingo is played. Shuffle the stack of large bingo pieces, select one to call out to participants, and show the bingo piece to participants. The first participant to accurately declare bingo wins. Ideas for prizes include magnifying glasses to read food and medication labels, measuring cups, healthy snacks, bottled water, spice blends, small packets of artificial sweetener, low-calorie pudding mix, shelf-stable milk or soy products (e.g., low-calorie milk powder, low-calorie cocoa packet, 8-ounce boxes of milk), canned or fresh fruits and vegetables, lights (e.g., night light, flashlight, key-chain light, other battery-powered lights), and small bottles of lotion or hand cream.

That’s all we have for today. Thank you for coming and remember to work on reaching your goal of finding ways to add more physical activity into each day. Remember to record the walking that you do in your Step Count Chart. You can do it!

Please be sure to come again to our next session. We will be talking about others ways to improve our health and will do some fun activities. See you then!
### My Goals to Follow the “Eight Ways to Feel Great” for Diabetes and Heart Health (Lesson Two)

<table>
<thead>
<tr>
<th></th>
<th>Not Very Often This Past Week</th>
<th>Almost Everyday</th>
<th>Everyday</th>
<th>My New Goal(s) For Next Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Be physically active</td>
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<tr>
<td>2. Eat healthy: 7 to 10 fruits and vegetables daily; limit fat and sodium</td>
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<tr>
<td>3. Eat healthy: control portions and choose variety</td>
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<td>4. Take my medicines as recommended by my doctor</td>
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<td>5. Be smoke free: avoid cigarettes, pipes, cigars, chewing tobacco, and snuff</td>
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<tr>
<td>6. Check my blood sugar and feet if I have diabetes</td>
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<td></td>
<td></td>
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<tr>
<td>7. Know warning signs for heart attack, stroke, and diabetes:</td>
<td>YES</td>
<td>NO</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Get checked regularly for blood pressure, blood cholesterol, blood sugar, vision, foot health, and A1c (A1c for diabetes only):</td>
<td>YES</td>
<td>NO</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- What keeps me from following my “Eight Ways to Feel Great” everyday?

- What can I do to reach my goals to follow the “Eight Ways to Feel Great” everyday?
Be Active in Many Ways

Being active can be more than walking or going up stairs. It also includes activities that target our muscles, improve balance and flexibility, and help us relax. Choose a variety of activities to improve your physical function and fitness.

<table>
<thead>
<tr>
<th>Type of Activity</th>
<th>Benefits</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aerobic and Endurance</strong></td>
<td>- Conditions the heart and lungs; helps keep blood vessels clear</td>
<td>- Brisk walking</td>
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<tr>
<td></td>
<td>- Burns calories</td>
<td>- Swimming or water aerobics</td>
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<tr>
<td></td>
<td>- Gets blood flowing and warms muscles</td>
<td>- Stationary biking</td>
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<tr>
<td></td>
<td></td>
<td>- Low impact aerobics</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Raking and gardening</td>
</tr>
<tr>
<td><strong>Strength and Balance</strong></td>
<td>- Tones muscles and makes them stronger</td>
<td>- Lifting light weights</td>
</tr>
<tr>
<td></td>
<td>- Makes everyday tasks (like carrying groceries) easier</td>
<td>(or small objects like soup cans)</td>
</tr>
<tr>
<td></td>
<td>- Protects against bone loss</td>
<td>- Sit-ups, leg lifts, or other activities that do not require equipment</td>
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<tr>
<td></td>
<td>- More muscle helps speed your metabolism to burn more energy</td>
<td>- Chair exercises</td>
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<tr>
<td></td>
<td>- Toned muscles and strong joints can improve balance</td>
<td>- Resistance bands</td>
</tr>
<tr>
<td><strong>Flexibility</strong></td>
<td>- Helps keep joints loose and Prevents stiffness</td>
<td>- Stretching</td>
</tr>
<tr>
<td></td>
<td>- Makes everyday tasks easier by improving mobility</td>
<td>- Yoga</td>
</tr>
<tr>
<td></td>
<td>- Some activities, such as stretching or yoga, can help relax your mind and body</td>
<td>- Pilates</td>
</tr>
</tbody>
</table>
Physical Activity to Feel Great!

Why be Active? Reap the Many Benefits!

- Aerobic activity strengthens our heart and lungs (walking)
- Strengthening and flexibility activities keep our muscles, bones, and joints strong, and improve our stability to reduce our chances of falls or injury
- Along with healthy eating, regular activity helps manage body weight
- Can improve our confidence and mood
- Keeps blood and oxygen going to our brains to keep our minds sharp
- Strength and flexibility activities make everyday movement easier and allow us to have more independence

What Keeps Us from Being Active?

<table>
<thead>
<tr>
<th>Barriers</th>
<th>Try This!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fear of injury</td>
<td>• Start with activities that feel comfortable; all activities are not for everyone</td>
</tr>
<tr>
<td></td>
<td>• Choose activities with low risk, such as chair exercises or walking, and progress as you feel able</td>
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<tr>
<td>Do not enjoy physical activity</td>
<td>• Try activities at times during the day when you feel most alert and ready to move</td>
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<tr>
<td></td>
<td>• Find a group, class, or friend to be active with</td>
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<tr>
<td></td>
<td>• Listen to music while you are active</td>
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<tr>
<td>Condition or illness that limits activity</td>
<td>• Follow your doctor’s advice and learn about activities that are right for you</td>
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<tr>
<td>Lack of energy and/or motivation</td>
<td>• Remember that exercise can actually give you energy</td>
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<tr>
<td></td>
<td>• Start with only 10 to 15 minutes; when you’ve reached that mark, you’ll want to keep going</td>
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</tbody>
</table>


Centers for Disease Control and Prevention, [http://www.cdc.gov/nccdphp/dnpa/physical/life/overcome.htm](http://www.cdc.gov/nccdphp/dnpa/physical/life/overcome.htm)

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December 2006
The Physically Active Lifestyle

Being active does not mean we have to go to a gym or be in a class to see health benefits. The list below has some activities that you may already be doing! Compare the moderate/light physical activities to the sedentary activities and see how many more calories you can burn when you are active!

*Calories burned depend on intensity, body size, muscle mass, etc.

<table>
<thead>
<tr>
<th>Suggested Moderate/Light Activity</th>
<th>Calories Burned (per 30 minutes, based on 150 lb person)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biking on a flat surface</td>
<td>220</td>
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<tr>
<td>Light housecleaning</td>
<td>120</td>
</tr>
<tr>
<td>Gardening</td>
<td>160</td>
</tr>
<tr>
<td>Water aerobics</td>
<td>145</td>
</tr>
<tr>
<td>Low impact aerobics</td>
<td>170</td>
</tr>
<tr>
<td>Yoga (stretching)</td>
<td>180</td>
</tr>
<tr>
<td>Vacuuming or sweeping</td>
<td>85</td>
</tr>
<tr>
<td>Brisk walking</td>
<td>150</td>
</tr>
<tr>
<td>Dancing</td>
<td>185</td>
</tr>
<tr>
<td>Golf</td>
<td>120</td>
</tr>
<tr>
<td>Swimming</td>
<td>300</td>
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<tr>
<td>Ping pong</td>
<td>135</td>
</tr>
<tr>
<td>Light weight lifting</td>
<td>105</td>
</tr>
<tr>
<td>Grocery shopping</td>
<td>120</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sedentary Activity</th>
<th>Calories Burned (per 30 minutes, based on 150 lb person)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sitting</td>
<td>40</td>
</tr>
<tr>
<td>Watching television</td>
<td>35</td>
</tr>
<tr>
<td>Playing cards</td>
<td>60</td>
</tr>
<tr>
<td>Napping</td>
<td>20</td>
</tr>
</tbody>
</table>

From Exercise Counts, [http://www.cancer.org/docroot/PED/content/PED_6_1x_Exercise_Counts.asp](http://www.cancer.org/docroot/PED/content/PED_6_1x_Exercise_Counts.asp)
Calorie Control Council, [http://www.caloriecontrol.org/exercalc.html](http://www.caloriecontrol.org/exercalc.html)
Day Two Menu

Breakfast
Warm peanut butter and jelly, made with 1 whole wheat English muffin (toasted), 1 tablespoon peanut butter, 1 teaspoon sugar-free preserves
Orange juice, calcium- and vitamin D-fortified, ½ cup
Hot tea

Snack
Mini shredded wheat squares cereal, unsweetened, ½ cup, sprinkled with 1 packet artificial sweetener
Milk, 1%, 1 cup

Lunch
Stuffed tuna twist wrap, 1 serving (recipe provided)
Pinto beans, canned, rinsed and drained, ½ cup
Ice water with lemon wedge

Snack
Kiwi fruit, 1 small OR apple, 1 small
Frozen yogurt, low-fat, ½ cup
Almonds, unsalted, chopped, 1 ounce (about 23)

Evening Meal
Oven-roasted skinless turkey breast, low-sodium variety, 3 ounces, with 1 tablespoon prepared low-sodium gravy
Mixed carrots and green peas, frozen, boiled, 1 cup, with 2 teaspoons added canola oil and salt-free seasoning to taste
Cornbread, 1 small cube (2 inches)
Tomato juice, low-sodium variety, ½ cup
Ice water

Snack
Red seedless grapes, ½ cup (about 16)
Milk, 1%, 1 cup

Nutrition Facts for Day 2:
1,840 calories
61 g total fat (30% calories)
13 g saturated fat (6% calories)
232 g carbohydrate (50% calories)
107 g protein (23% calories)
Stuffed Tuna Twist Wraps

Serves 2

Ingredients:

- ½ cup drained and flaked canned tuna, packed in water
- ¼ cup reduced-fat shredded sharp cheddar cheese
- 2 tablespoons light mayonnaise
- 2 tablespoons sweet pickle relish
- 2 tablespoons sun-dried tomatoes, packed in oil, drained, excess oil patted off (optional)
- 2 tablespoons shredded carrots
- 2 medium (7-inch diameter) whole wheat flour tortillas (preferably low-sodium)
- 2 cups romaine lettuce, chopped

Directions:

1. Mix tuna, mayonnaise, sun-dried tomatoes, carrots, and relish together in a small bowl.
2. Spread tuna mixture evenly onto flour tortillas toward one end; sprinkle 2 tablespoons cheese on top of tuna mixture on each tortilla; roll up.
3. Place roll-ups, seam side down, onto small, foil-lined baking pan.
4. Heat wraps in a 350°F oven to melt cheese and crisp tortillas, about 5 minutes (or place in the refrigerator and chill if you prefer to serve the wraps cold).
5. Serve each wrap on a bed of romaine lettuce (1 cup for each).

Nutrition Facts Per Serving:

- 315 calories
- 11 g total fat
- 3 g saturated fat
- 39 g total carbohydrate
- 24 g protein
Seniors Taking Charge of Diabetes and Heart Health!

Lesson Three: Healthy Eating – Up with Fruits, Vegetables and Whole Grains, Down with Fat and Sodium

Getting Ready

1. Review lesson plan before each session.
2. Prepare to do chair exercises. Choose either Module A with balls (found elsewhere in this document) or Tufts/CDC’s Growing Stronger, Part I (a separate booklet or online at: http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/growing_stronger.pdf).
3. Copy and staple the handouts that best meet the needs of your audience (one set for each participant).
4. Make copies of chair exercise guide for each participant to take home.
5. Copy bingo game cards and pictures if you have not done so from the previous lesson.
6. Gather supplies needed for lesson, recipe, and activities.
7. Consider inviting a local dietitian to discuss healthy eating for diabetes and heart health.

General Supplies

1. Handouts for participants.
2. Pens or pencils for participants to write on handouts.
3. Step counters to replace those that are lost or broken. Balls for chair exercises.
4. Examples of healthy foods, such as fruits, vegetables, 100% whole grain bread, canola oil, canned salmon.
5. Optional: If time permits, then play “Bingo for Better Health.” Supplies for bingo are bingo cards for all participants (found elsewhere in the manual), large dry beans for bingo pieces, hat or bowl, and prizes such as magnifying glasses, measuring cups, healthy snacks, bottled water, spice blends, packets of artificial sweetener, low-calorie and shelf-stable milk products, canned or fresh fruits and vegetables, lights, and lotion or cream.

Supplies When Preparing a Recipe for Participants (Strongly Recommended)

1. Ingredients to prepare the recipe provided or another “heart healthy” recipe.
2. Supplies for tasting the recipe, such as plates, forks or spoons, and napkins.

Beginning the Lesson

1. Introduce yourself by name and the organization that you represent. Take attendance.
2. Summarize the lesson by giving the objectives. Let the group know that the session will be informal and that they can ask questions at any time.

Objectives for Participants

1. Learn easy ways to increase the intake of plant foods, such as fruits, vegetables, and whole grains, and to decrease the intake of sodium, saturated fat, and trans-fats.
2. Set new goals to prevent and manage heart disease and diabetes.
3. Learn chair exercises to improve flexibility and balance, review Step Count Charts, and set new physical activity goals.
NOTES to Educator

These resources were helpful in preparing this lesson:

- American Dietetic Association, www.eatright.org
- USDA’s Food Pyramid, www.mypyramid.gov

Script

Give participants their handouts.
Remember to take attendance.

Introduction and Eight Ways to Feel Great

Welcome back! I am so glad you are here for today’s session. First let’s review our goal sheet, which is the handout called “My Goals to Follow the Eight Ways to Feel Great for Diabetes and Heart Health.” We’re going to spend a few more sessions together discussing several ways to maintain and improve our health such as being physically active; eating healthy; managing medications; being smoke free; checking feet and blood sugar for those with diabetes; knowing the warning signs of heart attack, stroke and diabetes; and getting checked regularly by your doctors for health problems and risk factors.

Let’s spend a few minutes filling this out. Think about how often you did these eight things during the past week or two. Wait for participants to look this over and fill it out. You may want to work on some of the things checked in the “not very often this past week” column. Now look in the column marked “almost everyday.” Do you have some checks in this column? Wait for responses. Great job! Now look in the “everyday” column. How many checks to you have here? Wait for responses. Amazing! We are working toward getting more checks in this column. Now look at questions seven and eight. Has anybody checked “yes” for at least one of these? Wait for responses. Incredible – you are really making progress! How about “yes” for both of these! Wait for responses. Fantastic – you are doing a wonderful job!

On the far right column take a minute to write a new goal to work toward for the next few weeks. Wait for participants to do this. Are there some things that keep you from following the “Eight Ways to Feel Great?” If so, let’s talk about them. Discuss with the group. Are there some things that you can do to help you do more of the “Eight Ways to Feel Great?” Gather responses and discuss with the participants.

Today we are going to discuss healthy eating, especially about eating more plant foods, such as fruits, vegetables, and whole grains, as well as finding ways to eat less fat and sodium.
Eating a Variety of Fruits and Vegetables - A Rainbow of Healthy Choices

How many of you enjoy eating lots of fruits and vegetables? Wait for responses. Here’s a special poem that will inspire us to love them even more!

Why, you ask, do I like to eat fruit?
It colors my plate, tastes so sweet, and adds variety to boot.
Bananas, strawberries, and other fruits of many kinds,
They’re the perfect snack for a pick-me-up when I’m running behind.
Baked cinnamon apples in the fall and plump grapes that go “pop” in the spring,
Any season is right.
And do you remember cool watermelon on a steamy summer night?
Fresh, frozen, canned or dried, I like them all the same,
They’re so satisfying and fun to eat, without putting more fat on my frame.
Won’t you join me in my love of these delicious little treats,
The flavor of perfectly ripe, juicy fruit simply can’t be beat!

And don’t forget the vegetables, I love to eat them, too,
I always eat at least seven servings before my day is through.
Dark green, orange, yellow, and red, so many colors to choose,
Collards, squash, and tomatoes are a few I just can’t refuse.
I say “pass the peas please” when I’m in a leguminous mood,
Other days I reach for peppers to add more zing to my food.
Thanksgiving just wouldn’t be the same without sweet potato pie,
Mom always said I’d like my veggies, if only I gave them a try.
So now you see why fruits and vegetables are so wonderful to eat,
Not only are they healthy for me, they make a scrumptious treat!

By Mindy Bell

Wow! Did anyone notice how many colors there were in this poem? Wait for responses and have participants name some of the colors they heard. Red, orange, green, yellow, purple, and blue are some of the vibrant colors of fruits and vegetables that make a rainbow on our plates. The colors show us that these foods are packed with nutrition to protect our bodies. Fruits and vegetables are great sources of fiber and water to keep things moving through our system and fill us up so we feel less hungry. They’re low in fat and calories, too! The benefits of adding more fruits and vegetables to our diets are endless. Depending on how active you are, you should aim to eat seven to ten servings of fruits and vegetables daily.

Variety really is the spice of life when it comes to fruits and vegetables. Dark, vibrant colors make it easy for us to “eat from the rainbow.” Let’s talk about some of the colors of fruits and vegetables. Can anyone think of some vegetables that are orange? Wait for responses and help participants think of examples. How about dark green? What are some dark green leafy vegetables you enjoy eating? Wait for responses and help participants think of examples. These are just two of the colors we should aim to eat everyday. Try to think of examples for each color like purple, blue, red, yellow, and white. Collect answers for each color.
When you go to the grocery store, look for many different colored fruits and vegetables. Each color gives a unique and delicious flavor and offers many health benefits.

**Daily Goals**

Depending on how active you are, it is recommended that older people eat seven to ten servings of fruits and vegetables daily. The 2005 Dietary Guidelines for Americans recommends seven servings of fruits and vegetables for older women who are sedentary and up to ten for older men who are more active. It also is recommended that people eat more vegetables than fruits. For example, if your goal is seven daily, then aim for three servings of fruits and four servings of vegetables.

Try to think of ways you could add more fruits and vegetables into your daily meals and snacks. Two to three servings of fruits and vegetables at every meal can help us reach our daily goal. Would anyone like to share some ideas? Wait for responses. Encourage participants to share their own ideas and talk about different ways to incorporate fruits and vegetables into their daily diet to help them reach their seven-to-ten-a-day goal.

Next, let’s look at the handout titled “Choose a Variety of Healthy Foods!” This handout shows healthy choices that can be found at the grocery store, including a variety of fresh, canned, and frozen fruits and vegetables.

Here are some tips for buying fruits and vegetables on a budget:
- Purchase fruits and vegetables that are in season or that are the weekly special.
- Shop at discount stores or buy store brands.
- When buying fresh foods, don’t buy more than you’ll eat because of the risk of spoilage, and buy healthy foods first before spending money on extra “treats.”
- Avoid buying vegetables with sauces or added items; these usually cost more and can be high in salt and fat.

**Eating and Preparing Fruits and Vegetables**

Fruits and vegetables are delicious and can be prepared in a number of healthy ways, as can be seen on the handout called “Enjoy Fruits and Vegetables My Way.” Try preparing fruits and vegetables in different ways and choose the methods you like best. Avoid adding large amounts of fat, salt, and sugar when preparing your fruits and vegetables.

Sometimes, problems with chewing or other dental problems may cause us to feel like we can’t eat fruits and vegetables. However, many fruits and vegetables can be prepared to make them softer and easier to chew. The handout gives several ideas for preparing fruits and vegetables to make them softer and here are some others:

- Try baking apples and pears in the oven to make them tender and delicious.
- Pureed fruit like applesauce counts as a fruit serving.
- Cooking vegetables in casseroles or enjoying low-sodium vegetable or bean soups are easy ways to add in more vegetables that are easy to chew.
• Canned fruits and vegetables that don’t have extra sugar or salt added are great options. These tend to be softer than many of the fresh varieties. Carrots, peaches, and green beans are some examples. Canned fruits and vegetables can also be enjoyed when fresh are not in season.
• Certain fruits and vegetables are naturally softer than others too. Bananas, tomatoes, and cooked beans, peas, and sweet potatoes are all examples.

**Whole Grains**

Whole grains are another group of plant foods that help keep us healthy. An easy way to eat whole grain foods is to switch from white bread to breads labeled “100% whole wheat.” Another way to eat more whole grains is to eat a breakfast cereal that is whole grain, such as oatmeal, oat flakes, or bran flakes. At least three servings daily are recommended. A serving is one slice of bread or about ½ cup to ¾ cup of cereal. Whole grain means the whole grain was used to make the food, which includes the bran, the germ that has a lot of nutrients, and the starchy part of the grain. Together they help keep us healthy and are tasty, too!

**Fat**

Now that we know how important it is to eat fruits, vegetables, and whole grains for our health, are there any foods or nutrients that we should avoid? *Collect answers.* Although there are no “good” foods and “bad” foods, there are certain foods that are better for us than others.

Most people probably think that all fat is bad for our health. But the good news is that some fats, such as monounsaturated fats found in nuts and olive oil, as well as omega-3 fats found in fish can protect our heart and blood vessels. It is recommended that oily fish, such as salmon or tuna, be consumed two times per week. Fish have healthy fats that help lower the risk of heart disease.

There are two kinds of fat that most people need to eat less of. These two are called saturated fat and trans-fats. People who need about 1,800 calories daily, which would include many older people, should usually eat less than 20 grams of saturated fat and less than 2 grams of trans fats. Both are listed on food labels, so read labels carefully and choose brands with the least amount of these fats. Where can we find these “unhealthy” fats? *Wait for responses.* Right, they are found in butter, stick margarine, full-fat dairy products, many packaged snack foods, and added sauces and gravies. These types of fat can raise our cholesterol and clog our blood vessels. So try to lower your intake of saturated fat and trans-fats by carefully reading food labels.

Can you tell me how you cut down on fat in foods? *Wait for responses and discuss as a group.* Yes, avoid fried foods, choose low-fat milk products and lean meats, and limit the amount of butter, margarine, salad dressing, and gravy added to foods. Bake, broil, or steam foods, rather than fry them. We can also make healthier fat choices, such as substituting one-half ounce of unsalted nuts (12 almonds, 24 pistachios, 7 walnut halves) or one tablespoon of peanut butter in place of one ounce of meat. Try having fish like salmon and tuna, and using small amounts of oils, such as olive and canola.

Another nutrient we need to watch is sodium or salt.
Sodium and Salt

Eating too much sodium, also known as salt, can contribute to high blood pressure, which increases the risk for heart disease and stroke. It can cause water retention and may make us feel bloated. Even though sodium can come from the salt we add to our food, most sodium comes from processed foods and foods served in restaurants. So it is easy to eat large amounts of sodium without even realizing it.

Compare labels and choose those with less sodium. Look for “low-sodium,” “sodium-free,” “salt-free,” and “reduced-sodium” on the labels. Recommendations for sodium intake range from 1,500 mg to 2,300 mg daily. The 2005 Dietary Guidelines for Americans recommends 1,500 mg of sodium for older people and others at risk for high blood pressure. So reducing your intake of sodium and salt can help lower your blood pressure. Be sure to work with your doctor to find a level that is best for you.

Activity: Can You Pick out the Hidden Sodium?

Refer to the activity sheet titled “Can You Pick Out the Hidden Sodium?” Take a few minutes to do this activity. When most of the participants are finished, read the questions and answers and discuss them. Point out foods that tend to have a lot of sodium (such as canned vegetables and soups, luncheon meats, condiments, etc.) and those that tend to be low in sodium (unsalted nuts, shredded wheat, fresh and frozen produce, etc.). Based on our activity, can anyone tell me some ways we can cut down on the sodium we eat? Wait for answers and discuss.

Right! Simple things like using spice blends, reading food labels, and stocking up on fruits and vegetables without added sodium can help us limit our sodium intake. Some vegetables, such as beans, may be rinsed under running water to reduce sodium content.

To help lower your intake of sodium, try using more herbs and spices. There are many fresh and dried herbs and herb blends at the grocery store that can add flavor to your food without increasing your salt intake. Read the labels closely and buy the brand with the least amount of sodium on the label.

Choosing Foods Wisely

The next handout is titled “Up with Fruits, Vegetables, Whole Grains and Down with Fat and Sodium.” Take a few minutes to look at this handout for ways you can eat healthier with wise food choices. Check off a few things that you will try in the next few weeks.

Now look at the handout called “Weekly Grocery List for Good Health.” This handout shows easy ways to include all the healthy foods we have been talking about. It has room to include your favorite fruits and vegetables that might not be on this list. Don’t forget your favorites! The number of servings in purchased amounts is shown. For example, a pound of a fruit or vegetable ranges from three to seven servings. A single banana is usually two servings of fruit, while a medium head of cabbage is about seven vegetable servings. Take a few minutes to look this over for ideas on what to buy at your next shopping trip. Discuss handout with the group.
Menu and Recipe for Healthy Eating

Now, let’s look at a sample menu and recipe for us to enjoy. Go to the handout called “Day Three Menu.” Would anyone like to comment on some of the healthy parts of today’s sample menu based on what we’ve talked about today? Wait for responses and encourage discussion. Our menu has at least seven servings of a variety of brightly colored fruits and vegetables. It also has at least three servings of whole grain foods and three servings of low-fat milk products. The menu uses low-sodium varieties of prepared foods, along with plenty of fresh foods eaten raw or seasoned with salt-free seasoning. The menu has small portions of healthy fats, too, such as nuts and canola oil. Also, the menu is limited in fats such as salad dressing, butter, and margarine.

The menu has a recipe with it for you to try at home. If the recipe is used for taste-testing, ask the participants to share their opinions and talk about the healthy aspects of the recipe. Be sure to tell the participants what is in the recipe in case anyone is allergic to any of the ingredients.

Another great part of today’s lesson is physical activity. Remember to:

Be Physically Active Everyday!

Have you been using your step counter to increase your walking? Wait for responses. If so, have you been writing down your step counts on the Step Count Chart? Wait for a show of hands. Has anyone increased their number of steps since the last time we met? Wait for responses and invite participants to share ways they've found to increase their number of steps. You should feel very proud of yourself! The step counter helps us to see our improvements, and it is a big accomplishment to reach a personal goal.

Does anyone need help with their step counter or need a new Step Count Chart? Respond as needed, then tell these participants that you will help them at the end of the lesson. Let’s take a walk around the room to be sure our step counters are working.

Today we are going to participate in another physical activity called chair exercises. These exercises will help add variety to your daily physical activities. Also, these are done in chairs, so you can practice at home on your own, too. We will do a group of six fun exercises today. Next week, we will do a different group of six more. We will continue to do our chair exercises at each lesson until we’ve learned all of them.

Begin chair exercise Module A or Tufts/CDC’s Growing Stronger exercises, Part I. Strongly encourage participants to try these with you and at home.
Activity: “Bingo for Better Health”

Optional: If time permits, then gather the group together to play “Bingo for Better Health.” The bingo cards are printed at the end of all of these lessons. Give participants large dry beans for bingo pieces and bingo cards that have a series of nutrition and health-related illustrations in each bingo square. Play this game as normal bingo is played. Shuffle the stack of large bingo pieces, select one to call out to participants, and show the bingo piece to participants. The first participant to accurately declare bingo wins. Ideas for prizes include magnifying glasses to read food and medication labels, measuring cups, healthy snacks, bottled water, spice blends, small packets of artificial sweetener, low-calorie pudding mix, shelf-stable milk or soy products (e.g., low-calorie milk powder, low-calorie cocoa packet, 8-ounce boxes of milk), canned or fresh fruits and vegetables, lights (e.g., night light, flashlight, key-chain light, other battery-powered lights), and small bottles of lotion or hand cream.

I hope you’ve enjoyed seeing some easy ways to eat healthy. Use what we’ve discussed when shopping and planning meals. Try adding more walking and other forms of physical activity into your daily routine as you feel able and ready. I look forward to seeing you next time!
**My Goals to Follow the “Eight Ways to Feel Great”**
for Diabetes and Heart Health (Lesson Three)

<table>
<thead>
<tr>
<th>Not Very Often This Past Week</th>
<th>Almost Everyday</th>
<th>Everyday</th>
<th>My New Goal(s) For Next Week</th>
</tr>
</thead>
</table>

1. Be physically active
2. Eat healthy: 7 to 10 fruits and vegetables daily; limit fat and sodium
3. Eat healthy: control portions and choose variety
4. Take my medicines as recommended by my doctor
5. Be smoke free: avoid cigarettes, pipes, cigars, chewing tobacco, and snuff
6. Check my blood sugar and feet if I have diabetes
7. Know warning signs for heart attack, stroke, and diabetes: YES NO
8. Get checked regularly for blood pressure, blood cholesterol, blood sugar, vision, foot health, and A1c (A1c for diabetes only): YES NO

- What keeps me from following my “Eight Ways to Feel Great” everyday?
  
- What can I do to reach my goals to follow the “Eight Ways to Feel Great” everyday?
Choose a Variety of Healthy Foods!

Seasonal/Fresh Produce
- Apples
- Bananas
- Berries
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Dark salad greens
- Grapes
- Onions
- Oranges
- Pears
- Peppers
- Plums
- Potatoes
- Sweet potatoes

Dairy
- Skim or 1% milk
- Hard and soft cheeses (low/reduced-fat)
- Pudding (no-sugar-added)
- Yogurt (artificially sweetened)

Canned and Jarred Goods
- Applesauce (no-sugar-added)
- Beans (kidney, navy, black, garbanzo, etc.)
- Fruits (peaches, pears, pineapple packed in juice or water)
- Jam or preserves (sugar-free)
- Vegetables (no-salt-added corn, tomatoes, peas, carrots)
- Soup (low-sodium with beans or vegetables)

Protein Sources
- Chicken or turkey breast (remove skin)
- Egg substitute or eggs
- Lean beef
- Lean pork
- Peanut butter
- Salmon or tuna
- Unsalted nuts

Frozen Foods
- Fruit (berries and peaches without syrup)
- Vegetables (spinach, green beans, corn, broccoli, carrots, peas, etc.)
- Whole grain waffles

Whole Grains
- Air-popped popcorn
- Bran muffin mix
- Brown rice
- Oatmeal
- Whole wheat bread
- Whole grain cereal
- Whole wheat crackers (like Triscuit)
- Whole grain English muffins
- Whole wheat pitas and tortillas

Other
- Spice blends and dried herbs
- Cooking spray; canola/olive oil
**Enjoy Fruits and Vegetables My Way**

Here are some healthy ideas for preparing and eating fruits and vegetables. Try different methods and see how you like to eat your produce!

<table>
<thead>
<tr>
<th>Cooking Method</th>
<th>Works Well For…</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Baking</strong></td>
<td>• Firm fruits that hold their shape</td>
<td>• Baked apples or pears</td>
</tr>
<tr>
<td></td>
<td>• Vegetables with enough water to prevent drying</td>
<td>• Baked potatoes, sweet potatoes, squash, onions</td>
</tr>
<tr>
<td><strong>Steaming/Microwave</strong></td>
<td>• Fairly tender vegetables, to decrease cooking time</td>
<td>• Steamed broccoli, carrots, asparagus, okra</td>
</tr>
<tr>
<td><strong>Sautéing</strong></td>
<td>• Works well with thin-cut root vegetables and those with strong flavors</td>
<td>• Sautéed vegetable medley</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Sautéed onions, peppers, green beans, celery, carrots</td>
</tr>
<tr>
<td><strong>Grilling/Roasting</strong></td>
<td>• Firm fruits</td>
<td>• Grilled pineapple kabobs</td>
</tr>
<tr>
<td></td>
<td>• Stone fruits</td>
<td>• Grilled plums and peaches</td>
</tr>
<tr>
<td></td>
<td>• Vegetables with enough water to prevent drying</td>
<td>• Grilled zucchini, peppers, tomatoes, corn, asparagus</td>
</tr>
<tr>
<td><strong>As part of a mixed dish</strong></td>
<td>• Fruits work well as part of desserts (little sugar added or use sugar substitute)</td>
<td>• Fruit compote, blueberry crumble, cranberry muffins, fruit parfait</td>
</tr>
<tr>
<td></td>
<td>• Vegetables work well in casseroles, pasta dishes, tortilla wraps, etc.</td>
<td>• Broccoli casserole, spinach quesadillas, mixed vegetable pasta salad</td>
</tr>
<tr>
<td><strong>Raw</strong></td>
<td>• Most ripe fruits</td>
<td>• Bananas, berries, grapes, oranges, peaches</td>
</tr>
<tr>
<td></td>
<td>• Vegetables tender and mild enough to eat raw</td>
<td>• Tomatoes, broccoli, salad greens, carrots</td>
</tr>
</tbody>
</table>

Department of Foods and Nutrition, The University of Georgia, Athens, GA 30602
Division of Aging Services, Georgia Department of Human Resources, Atlanta, GA 30303
December 2006
Can You Pick Out the Hidden Sodium?

Circle the letter by the foods with the most sodium. Check your answers on the next page to see how well you can spot “hidden sodium.”

1) Meats, Fish, and Poultry
   A. Fresh chicken, baked and seasoned with herbs, 3 ounces
   B. Cured meat, such as bacon, luncheon meats, and hot dogs
   C. Breaded and fried shrimp, from frozen, 3 ounces
   D. Fast food Chicken nuggets, 6 pieces

2) Vegetables
   A. Canned green beans, ½ cup
   B. Frozen peas, thawed in microwave, ½ cup
   C. Sautéed vegetable medley with added soy sauce for seasoning, ½ cup
   D. Canned no-salt-added tomatoes, ½ cup

3) Grains
   A. Boxed macaroni and cheese prepared mix, ½ cup
   B. Oatmeal, unflavored, with cinnamon and artificial sweetener, ½ cup
   C. Frozen ravioli meal, such as Lean Cuisine brand, 1 meal
   D. Shredded wheat, 1 cup

4) Dairy Products
   A. Fresh milk (skim, 1%, 2%, or whole), 1 cup
   B. Processed cheese (American), 1 slice
   C. Flavored nonfat yogurt, 1 cup
   D. Part-skim ricotta cheese, ¼ cup

5) Snacks
   A. Regular potato chips, 1 ounce
   B. Salted pretzels, 1 ounce
   C. Air-popped popcorn, 3 cups
   D. Unsalted dry-roasted almonds, 1 ounce

6) Condiments
   A. Regular salad dressing, 1 tablespoon
   B. Lemon juice, for salad, 1 tablespoon
   C. Dill pickle chips, 1 ounce
Can You Pick Out the Hidden Sodium?

Answer Key

*Means high in sodium.
“Low-sodium” foods have less than 140 milligrams (mg) per serving

1) Meats, Fish, and Poultry
A. Fresh chicken, baked and seasoned with herbs, 3 ounces = 65 mg
B. *Cured meat, like bacon, lunch meats, and hot dogs (2 med bacon slices = 290 mg)
C. *Breaded and fried shrimp, from frozen, 3 ounces = 290 mg
D. *Fast food Chicken nuggets, 6 pieces = 600 to 800 mg

2) Vegetables
A. *Canned green beans (not rinsed), ½ cup = 380 mg; rinsing ↓ sodium by about 40%
B. Frozen peas, boiled, ½ cup = 60 mg
C. *Sautéed vegetables, ½ cup, with 2 tablespoons soy sauce for seasoning = 2,630 mg
D. Canned no-salt-added tomatoes, ½ cup = 50 mg

3) Grains
A. *Boxed macaroni and cheese prepared mix, ½ cup = 365 mg
B. Oatmeal, unflavored, with cinnamon and artificial sweetener added, ½ cup = 1 mg
C. *Frozen ravioli meal, such as Lean Cuisine brand, 1 meal = 590 mg
D. Shredded wheat, 1 cup = 0 mg

4) Dairy Products
A. Fresh milk (skim, 1%, 2%, or whole), 1 cup = 120 mg
B. *Processed cheese (American), 1 slice = 200 mg
C. Flavored fat-free yogurt, 1 cup = 130 mg
D. Part-skim ricotta cheese, ¼ cup = 75 mg

5) Snacks
A. *Regular potato chips, 1 ounce = 180 mg
B. *Salted pretzels, 1 ounce = 485 mg
C. Air-popped popcorn, 3 cups = 1 mg
D. Unsalted dry-roasted almonds, 1 ounce = 0 mg

6) Condiments
A. *Regular salad dressing, 2 tablespoons = 210 mg
B. Lemon juice, for salad, 1 tablespoon = 0 mg
C. *Dill pickle chips, 1 ounce = 265 mg

From Diet Analysis Plus and food labels
# Up with Fruits, Vegetables, Whole Grains
## Down with Fat and Sodium

**Daily Goals**

<table>
<thead>
<tr>
<th>Check What You Will to Do To Eat Healthy!</th>
</tr>
</thead>
<tbody>
<tr>
<td>___ Add one more for snacks</td>
</tr>
<tr>
<td>___ Add one more for evening meal</td>
</tr>
<tr>
<td>___ Add one more for lunch</td>
</tr>
<tr>
<td>___ Add one more for breakfast</td>
</tr>
<tr>
<td>___ Put fresh fruit in a bowl where you can see it</td>
</tr>
<tr>
<td>___ Keep vegetable sticks in the refrigerator (carrots, celery)</td>
</tr>
<tr>
<td>___ Buy frozen, canned, and fresh produce each week</td>
</tr>
<tr>
<td>___ ½ cup of most, 1 cup leafy greens, 1 piece of fruit are typical servings</td>
</tr>
<tr>
<td>___ Eat whole grain cereals at breakfast, such as bran flakes</td>
</tr>
<tr>
<td>___ Switch from white breads to whole grain breads</td>
</tr>
<tr>
<td>___ Switch from white rice to brown rice</td>
</tr>
<tr>
<td>___ Look for 100% whole grain on the food label</td>
</tr>
<tr>
<td>___ 1 slice bread, ½ cup to 1 cup cereal, ½ cup rice are typical servings</td>
</tr>
<tr>
<td>___ Use vegetables oils, such as canola and olive oil</td>
</tr>
<tr>
<td>___ Eat fatty fish twice weekly, such as salmon, trout, or herring</td>
</tr>
<tr>
<td>___ Eat lean beef, pork, chicken, turkey</td>
</tr>
<tr>
<td>___ Remove visible fat and skin from meat and poultry</td>
</tr>
<tr>
<td>___ Eat tree nuts, peanuts, and peanut butter a few times weekly</td>
</tr>
<tr>
<td>___ Eat more fruits and vegetables</td>
</tr>
<tr>
<td>___ Buy foods labeled low-fat, low-saturated fat, no trans-fat</td>
</tr>
<tr>
<td>___ Drink skim or 1% milk, and other low-fat milk products</td>
</tr>
<tr>
<td>___ Buy lean meats</td>
</tr>
<tr>
<td>___ Remove skin from poultry</td>
</tr>
<tr>
<td>___ Avoid fried foods (fried fish, fried chicken, French fries)</td>
</tr>
<tr>
<td>___ Avoid processed snacks (chips, cookies, donuts)</td>
</tr>
<tr>
<td>___ Eat more fresh, frozen, and low-sodium canned fruits and vegetables</td>
</tr>
<tr>
<td>___ Eat foods labeled low-salt, low-sodium, reduced-salt, reduced-sodium</td>
</tr>
<tr>
<td>___ Eat less processed meats, such as lunch meat</td>
</tr>
<tr>
<td>___ Replace salt-shaker with shakers of spice-blends</td>
</tr>
<tr>
<td>___ Season foods with more spices and less salt</td>
</tr>
</tbody>
</table>
Weekly Grocery List for Good Health

Here is an example of some healthy foods for a one-week grocery list for ONE person. Modify this list to add other healthy foods to meet your energy needs, family size, and likes and dislikes. Use low-fat salad dressings and margarine, low-salt spice blends, and artificial sweeteners to add flavor and help reduce fat, salt, and sugar.

<table>
<thead>
<tr>
<th>Vegetables, 4 to 6 Servings Daily</th>
<th>Purchase Amount</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrots, fresh</td>
<td>1 pound</td>
<td>6 to 7</td>
</tr>
<tr>
<td>Broccoli, fresh or frozen</td>
<td>1 pound</td>
<td>4 to 5</td>
</tr>
<tr>
<td>Dark leafy greens</td>
<td>1 pound</td>
<td>4 to 5</td>
</tr>
<tr>
<td>Cabbage, fresh, small, 4 inches</td>
<td>1 small head</td>
<td>7</td>
</tr>
<tr>
<td>Corn or peas, low-sodium, canned or frozen</td>
<td>1 pound or can (15 to 16 oz)</td>
<td>3 to 4</td>
</tr>
<tr>
<td>Tomatoes, low-sodium canned or fresh</td>
<td>1 pound or can (15 to 16 oz)</td>
<td>3 to 4</td>
</tr>
<tr>
<td>Rinsed, cooked, dry beans</td>
<td>2 cans (15 oz each)</td>
<td>7</td>
</tr>
</tbody>
</table>

Add your favorites

<table>
<thead>
<tr>
<th>Fruits, 3 to 4 Servings Daily</th>
<th>Purchase Amount</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange or other 100% juice</td>
<td>1 carton (64 oz)</td>
<td>16</td>
</tr>
<tr>
<td>Grapes, fresh</td>
<td>½ pound (8 oz)</td>
<td>3</td>
</tr>
<tr>
<td>Bananas, medium</td>
<td>2 (8 oz)</td>
<td>4</td>
</tr>
<tr>
<td>Apples, pears, berries, other fresh fruit</td>
<td>1 pound (16 oz)</td>
<td>3 to 6</td>
</tr>
<tr>
<td>Frozen or canned in own juice</td>
<td>1 pound or can (16 to 20 oz)</td>
<td>4 to 6</td>
</tr>
</tbody>
</table>

Add your favorites

<table>
<thead>
<tr>
<th>Nuts, a Few Times Each Week</th>
<th>Purchase Amount</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peanuts, almonds, cashews, other, dry roast, no salt added</td>
<td>8 ounces</td>
<td>5 to 8</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>8 ounces</td>
<td>5 to 8</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Whole Grains, 3 Servings Daily</th>
<th>Purchase Amount</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>100% whole grain bread, sliced</td>
<td>1 pound, 16 slices</td>
<td>16</td>
</tr>
<tr>
<td>100% whole grain cereal</td>
<td>1 pound (16 oz)</td>
<td>16</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Milk Products, 3 Servings Daily</th>
<th>Purchase Amount</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk, skim or 1%</td>
<td>1 gallon</td>
<td>16</td>
</tr>
<tr>
<td>Cheese slices, reduced-fat, reduced-sodium</td>
<td>8 ounces</td>
<td>5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meat, Poultry, Fish, 5 to 6 oz Daily</th>
<th>Purchase Amount</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken, breast, no skin, no bones</td>
<td>1 pound (16 ounces)</td>
<td>3</td>
</tr>
<tr>
<td>Beef or pork, lean, remove visible fat</td>
<td>1 pound (16 ounces)</td>
<td>3</td>
</tr>
<tr>
<td>Salmon, fresh, frozen, canned</td>
<td>5 to 6 ounces</td>
<td>1</td>
</tr>
</tbody>
</table>
Day Three Menu

Breakfast
Whole grain cereal, unsweetened and fortified, ready-to-eat, ¾ cup*
Add ½ cup blueberries or ½ medium banana, and ¼ ounce unsalted walnuts (about 10 halves)
Milk, 1%, 1 cup
Orange, 1 small
Coffee

Snack
Whole wheat pita (6-inch diameter), toasted and cut into wedges, ½ each OR low-sodium whole wheat crackers, 5 each
Bean and tomato dip, fat-free, ¼ cup

Lunch
Chicken salad sandwich, 1 serving (recipe provided)
Corn on the cob, ½ large ear OR cooked corn, fresh or from frozen, ½ cup, with 1 teaspoon soft margarine for either option
Ice water with lemon

Snack
Yogurt, low-fat and low-calorie, peach flavored, ¼ cup (6-ounce container)
Peach, peeled and cut into chunks, 1 small OR peaches, canned in water or juice, drained, ½ cup

Evening Meal
Pork chop, lean, broiled, 3 ounces
Collard greens, steamed, ½ cup, with 1 teaspoon added olive or canola oil and salt-free seasoning to taste
Brown rice, ½ cup cooked, prepared in low-sodium chicken broth with a pinch of poultry seasoning and 1 teaspoon soft margarine
Carrot coins, boiled or steamed, ½ cup
Ice water or unsweetened tea

Snack
Air-popped popcorn, 3 cups
Milk, 1%, 1 cup

*Suggested whole grain cereals include wheat flakes, corn bran, shredded wheat

Nutrition Facts for Day 3:
1,756 calories
57 g total fat (29% calories)
12 g saturated fat (6% calories)
222 g total carbohydrate (51% calories)
102 g protein (23% calories)
Chicken Salad Sandwich

Serves 2

Ingredients:

- 1 cup (about 4 ounces) cooked fresh boneless skinless chicken breast OR grilled chicken breast strips, low-sodium variety, cut up into cubes
- ¼ cup light mayonnaise
- ½ teaspoon Dijon mustard
- ¼ cup chopped celery
- 2 tablespoons chopped chives (optional)
- 4 slices whole wheat bread, toasted if desired
- 2 large romaine lettuce leaves
- 1 small tomato, sliced (optional)

Directions:

1. Mix chicken, celery, mayonnaise, Dijon mustard, and chives (if desired) together in a small bowl.
2. Spread chicken mixture evenly onto 2 of the bread slices; top with lettuce, sliced tomato (if desired), and remaining bread slices; serve immediately or refrigerate.

Nutrition Facts Per Serving:

344 calories
15 g total fat
2.5 g saturated fat
31 g total carbohydrate
24 g protein
Seniors Taking Charge of Diabetes and Heart Health!

Lesson Four: Healthy Eating – Control Portions and Choose a Variety of Foods

Getting Ready
1. Review lesson plan before each session.
2. Prepare to do chair exercises. Choose either Module B with balls (found elsewhere in this document) or Tufts/CDC’s Growing Stronger, Part I (a separate booklet or online at: http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/growing_stronger.pdf).
3. Copy and staple the handouts that best meet the needs of your audience (one set for each participant). Copy the “Serving Size Guide” onto cardstock and laminate if desired; the other handouts can be copied onto regular paper.
4. Copy bingo game cards and pictures if you have not done so from a previous lesson.
5. Gather supplies needed for lesson, recipe, and activities.

General Supplies
1. Handouts for participants.
2. Pens or pencils for participants to write on handouts.
3. Step counters for those that are lost or broken. Balls for chair exercises.
4. Examples of commonly consumed foods, portioned into baggies, to illustrate portions. Read the lesson carefully to chose foods that will interest your audience.
5. A set of dry measuring cups and sample food labels to illustrate how to read Nutrition Facts.
6. Plastic plate with three sections, cereal bowl, and 8-ounce glass to demonstrate the plate method of meal planning.
7. Serving Size Guide examples (baseball, golf ball, dice, bar of soap, and deck of cards).
8. Optional: If time permits, then play “Bingo for Better Health.” Supplies for bingo are bingo cards for all participants (found elsewhere in the manual), large dry beans for bingo pieces, hat or bowl, and prizes such magnifying glasses, measuring cups, healthy snacks, bottled water, spice blends, packets of artificial sweetener, low-calorie and shelf-stable milk products, canned or fresh fruits and vegetables, lights, and lotion or hand cream.

Supplies When Preparing a Recipe for Participants (Strongly Recommended)
1. Ingredients to prepare the recipe provided or another “heart healthy” recipe.
2. Supplies for tasting the recipe, such as plates, forks or spoons, and napkins.

Beginning the Lesson
1. Introduce yourself by name and the organization that you represent. Take attendance.
2. Summarize the lesson by giving the objectives. Let the group know that the session will be informal and that they can ask questions at any time.

Objectives for Participants
1. Learn easy ways to control portion sizes and to consume a variety of healthy foods.
2. Learn how to use the plate method to control portion sizes and increase variety.
3. Set new goals to prevent and manage heart disease and diabetes.
4. Learn chair exercises to improve flexibility and balance, review Step Count Charts, and set new physical activity goals.
NOTES to Educator

This lesson will focus on portions (serving sizes) and the plate method. The plate method is a visual meal-planning method that is a healthy way to eat for most people and is especially helpful for people with diabetes and/or heart disease.

The target audience for this educational program is older adults who have low incomes, low literacy skills, and little experience with healthy meal planning. Therefore, several aspects of the plate method have been simplified, and the major focus is to help people fill their plates with foods that provide low-fat animal protein, whole grains, and other starchy foods (includes starchy vegetables), non-starchy vegetables, fruits, and low-fat milk products. People with higher skill levels and/or interest in meal planning to meet their specific calorie needs can be referred to a registered dietitian or certified diabetes educator for additional assistance.

In these meal plans, we recommend that the starchy part of the plate include breads, pastas, rice, and starchy vegetables such as peas, corn, potatoes, sweet potatoes, and legumes (cooked dry beans). Whole grain versions of bread, pasta, and rice are recommended. The menus with each lesson provide about 1,800 calories and have appropriate amounts of carbohydrates for people with diabetes in each meal and snack. Depending on calorie needs, meal plans may vary.

The primary protein sources in the menus are meat, poultry, and fish, so they are not appropriate for vegetarians. Good resources for meal planning for vegetarians can be found at the American Diabetes Association website (www.diabetes.org). If vegetarian and diabetic, the client should consult with a dietitian to be sure carbohydrates are not too high or too low.

These resources were helpful in preparing this lesson:

- Food models, NASCO products, www.nascofa.com, or 1-800-558-9595

Script

Give participants their handouts.  
Remember to take attendance.

Introduction and Eight Ways to Feel Great

It’s wonderful to see everyone back again today! Have you been practicing the “Eight Ways to Feel Great?” Wait for responses. First, let’s go to our goal sheet that is titled “My Goals to Follow the Eight Ways to Feel Great for Diabetes and Heart Health.” We’ve spent some time together discussing some ways to stay healthy such as being physically active; eating healthy;
managing medications; being smoke free; checking feet and blood sugar for those with diabetes; knowing the warning signs of heart attack, stroke, and diabetes; and getting checked regularly by your doctors for various problems and risk factors.

Take a few minutes to fill this out by thinking back over the past week or two about how often you have been able to do some of these things. *Wait for participants to fill this out.* If there are a lot of checks in the “not very often this past week” column, you may want to set a goal to work on these. Now look in the column marked “almost everyday.” Do you have some checks in this column marked “almost everyday?” *Wait for responses.* Great job! Now look in the “everyday” column. Do you have many checks here? *Wait for responses.* Amazing! We are working toward getting more checks in this column. Now look at questions 7 and 8. Has anybody checked “yes” for at least one of these? *Wait for responses.* Incredible – you are doing wonderful! How about “yes” for both of these! *Wait for responses.* Tremendous – you are making so much progress!

On the column on the far right, write a new goal to work on during the next few weeks. *Wait for participants to do this.* Are there things that keep you from doing some of the “Eight Ways to Feel Great?” Let’s discuss them. *Discuss with the participants.* Are there things you can do to help follow more of the “Eight Ways to Feel Great?” *Gather responses and discuss with the group.*

Today we are going to focus on controlling the portion sizes of the foods we eat, as well as how to choose a variety of foods.

**Understanding Portions and Visualizing Serving Sizes**

We all need to be more aware of the portion sizes that we eat. If you have diabetes, controlling portions of carbohydrate-containing foods is important to control your blood sugar. Keep in mind that foods that contain carbohydrates are grains (such as cereal, rice, pasta, and bread), as well as fruits, milk, and starchy vegetables.

Measuring our food is an easy way we can be sure we’re eating the right portions. *Hold up the ¾ cup measure.* For example, ¾ cup whole grain cereal is one serving. *Hold up the ½ cup measure.* This ½ cup measure shows how much one serving of cooked vegetables, starchy vegetables, or cut-up fruit is. *Hold up the 8-ounce glass.* Using this 8-ounce drinking glass, I can measure out a serving of milk, and if I fill this up halfway, I can measure one serving of 100% juice.

Sometimes measuring our food is not always convenient or possible, so let’s look at the handout called “Serving Size Guide” that can help us remember what typical serving sizes look like. You may want to hang this up on your refrigerator at home to help you remember what a typical serving of foods like fruits, vegetables, and grains looks like. It can be very simple to visualize serving sizes. Think about how half a cup of cut-up fruit or vegetables is about the amount that would fit into a cupped hand, or that a grain serving like a pancake or waffle is about the size of a compact disk or the diameter of the bottom of a full roll of toilet paper. These are good ways to control your portion sizes without having to measure your food.
Let's compare some serving sizes. *Have portions of various common foods measured out into plastic baggies. Have portions of foods people typically eat as well so you can compare these amounts to a standard serving size. Examples include a medium, 2-ounce bagel (2 grain servings) vs. ½ bagel (1 grain serving), 1 large banana (2 fruit servings) vs. ½ banana (1 fruit serving), 1 ½ cups whole grain cereal (2 servings) vs. ¾ cup whole grain cereal (1 serving), 1 large potato (2 servings) vs. 1 small, 3-ounce potato (1 serving). Hold up a baggie containing the larger, more typical portion of food and ask the participants if they can tell you how many servings that portion size counts as. Then, hold up the smaller portion to show them what an actual single serving is. Go through several examples.*

Now that we know what one serving is, let’s arrange them on a plate. Turn to the handout titled “Plan My Plate!” We will learn about how a plate for a meal should look by following this handout. You’ll probably notice as we go that the lunches your senior center provides look very much like the plates we are going to plan. We are using 1,800 calories to illustrate this method. If you need fewer calories then you will need to eat less food, such as eating one or two fewer servings of starchy carbohydrate-containing foods.

### Plan My Plate to Eat a Variety of Foods and Control Portions

*Show the 9-inch plastic plate with raised dividers, a small bowl (½ cup), and glass or cup (8 ounces). This nine-inch plate is the size of an average plate you might use at home for your lunch and evening meals. We are going to discuss what goes in each section of the plate and our other serving dishes for a person who needs 1,800 calories per day. This will show us how to plan our portions and get variety in our daily meals.*

1. Fill the largest section of the plate with two servings of starchy foods including grains and starchy vegetables. These foods are our richest sources of carbohydrates, which we all need to stay healthy, even if we have diabetes. One serving should be a grain, such as a slice of bread, 1 small roll or muffin, or piece of cornbread, ⅓ cup cooked pasta, or ⅓ cup cooked rice. Try whole grain versions of these for extra nutrition. The portion sizes of these foods should be about the thickness of your finger (about ½ inch). There should also be one serving of a starchy vegetable, such as ½ cup corn, peas, potato, sweet potato, winter squash, or cooked dry beans.

2. Fill one of the small sections of the plate with non-starchy vegetables. Aim for about one to two servings of these. Vegetables have lots of fiber, vitamins, and minerals to help us stay healthy. The serving size for most vegetables is ½ cup, except for raw leafy salad greens, where 1 cup is a serving. What are some of your favorite vegetables that you could put in the vegetable section of your plate? *Wait for answers.* Some more ideas for non-starchy vegetables are cabbage, green beans, carrots, cooked leafy greens, broccoli, and tomatoes. Remember, try to eat a variety by choosing different colors. Make your plate a rainbow!

3. Fill the other small section of the plate with a serving of protein, such as lean or low-fat beef, pork, poultry, or fish. Grill, broil, or bake your meats whenever possible. Trim the visible fat from meat, and remove the skin from poultry. A serving of meat, poultry, or fish is about...
3 ounces, or about the size of a deck of cards. Adding low-fat cheese in place of one ounce of meat could add calcium to your diet without adding carbohydrates.

4. Fill the cup with a milk product, such as 1 cup of skim or 1% milk, or 1 cup of yogurt. Be sure the yogurt is low-calorie or sweetened with artificial sweetener. These yogurt containers often say “light” on the front, but be sure to read the Nutrition Facts panel. If you don’t have a cup of milk at a meal, you can substitute milk with another starchy food or have the milk product with a snack.

5. Fill the small bowl with ½ cup fruit or have a piece of fruit about the size of a baseball. Serving sizes for most fruit and 100% juices are ½ cup. If raw fruit doesn’t quite satisfy your sweet tooth, try a baked apple with cinnamon and a packet of artificial sweetener or fruit canned in its own juice. If you don’t have a serving of fruit at a meal, you can substitute it with another starchy food or save the fruit for a snack.

Let’s review what we discussed about our plates by looking at the handout titled “Plan My Plate!” I’ll need some volunteers to help me plan a plate with the examples of foods I’ve brought. Have one volunteer fill half of the largest section with one starchy vegetable serving. Have another volunteer fill the other half with a starchy grain. Continue having volunteers place foods in the appropriate sections until the plate is filled. Or, have each volunteer practice planning the entire plate. Try planning your plates this way at home. Your handout will help you remember how many servings of each type of food you should have.

Planning your plate this way can help you reach the recommended seven to ten servings of fruits and vegetables daily. It can also help you to space your carbohydrate-containing foods evenly throughout the day. It helps us to eat balanced meals that have a variety of food groups. Remember to make your plate colorful by choosing brightly colored fruits and vegetables, like orange and dark green.

Now that we know how to plan our plates, let’s talk a little bit more about finding out what is in a serving of the foods we eat.

**Understanding Food Labels**

When you are at the grocery store, get into the habit of reading the Nutrition Facts panel before buying your foods. These labels are usually located on the side or back panel of a food package. You may need to carry a small magnifying glass with you because the labels can sometimes be small and hard to read! Nutrition labels can help you to see how much fat, carbohydrate, sodium, and other nutrients are in a serving of a food. So, let’s look at the handout titled “Understanding Food Labels.”

We should remember to look at the serving size and total carbohydrate to make sure we are not getting too much from one food or meal if we have diabetes. It’s also important to check for sodium on food labels because many processed foods have a lot of sodium added to them. The Nutrition Facts panel on food labels will help you to choose foods with less fat, saturated fat, sodium and added sugars. Has anyone read the nutrition label of a food and been surprised about
how much fat, sugar, or sodium was in it? *Wait for a show of hands. Ask participants to talk
about some of their experiences with reading food labels and how it has changed their eating
habits if applicable. Answer any questions participants may have regarding the food labels.
Show them a sample label from a commonly consumed packaged food.

**Menu and Recipe for Healthy Eating**

Let’s look at a sample menu and recipe for us to enjoy on the handout called “Day Four Menu.”
Today’s menu helps us see how we can watch our portion sizes and eat balanced meals and
snacks with a variety of foods. Each meal contains some carbohydrate from foods like whole
grains and starchy vegetables. Each meal also has protein from foods like lean meat, skinless
poultry, and fish, and small amounts of healthy fats from oils and nuts.

All of the foods on our menu are given in the right serving sizes to help with meal planning and
portion control. You may want to measure out foods that you eat regularly to help you be able to
“eyeball” how much a serving actually is. Once you know what a serving looks like, you won’t
need to measure anymore, but will still be able to control your portions. Keeping your “Serving
Size Guide” handy can also help you visualize portions. Notice that our menu contains at least
seven servings of fruits and vegetables, at least three servings of whole grains, and three servings
of low-fat milk products. Also, notice that some of these healthy carbohydrate-containing foods
are at each meal and snack to help us space our carbohydrates throughout the day. Spacing
carbohydrates helps to better control blood sugar.

The menu has a recipe for you to try at home. *Encourage participants to describe the healthy
aspects of the menu and if the recipe is used for tasting, ask the participants to share their
opinions. Be sure to tell the participants what is in the recipe in case anyone is allergic to any of
the ingredients.*

**Be Physically Active Everyday!**

Before we go today, let’s look at our Step Count Charts. Has anyone added extra walking to
their daily routine? *Wait for responses.* Would you like to share some of the ways you’ve found
to add more steps? *Wait for responses and discuss with group.* I want to encourage you to keep
trying to add more steps as you feel comfortable and to set new goals each week.

Does anyone need help with their step counter or need a new Step Count Chart? *Respond as
needed, then tell these participants that you will help them at the end of the lesson.* Remember to
record your step counts at the end of everyday because we will need these to measure your
improvements in a couple of weeks.

Last week, we did our first set of six chair exercises. Has anyone practiced any of these
exercises at home? *Wait for responses or a show of hands.* That’s wonderful, because these
exercises help us have more strength, balance, and flexibility.
Is everyone ready for some new chair exercises today? Let’s start with a fun warm-up to get us ready. *Begin chair exercise Module B* or Tufts/CDC’s Growing Stronger exercises, Part I. *Strongly encourage participants to try these with you and at home.*

**Activity: “Bingo for Better Health”**

*Optional: If time permits, then gather the group together to play “Bingo for Better Health.”* The bingo cards are printed at the end of all of these lessons. Give participants large dry beans for bingo pieces and bingo cards that have a series of nutrition and health-related illustrations in each bingo square. *Play this game as normal bingo is played.* Shuffle the stack of large bingo pieces, select one to call out to participants, and show the bingo piece to participants. *The first participant to accurately declare bingo wins.* Ideas for prizes include magnifying glasses to read food and medication labels, measuring cups, healthy snacks, bottled water, spice blends, small packets of artificial sweetener, low-calorie pudding mix, shelf-stable milk or soy products (e.g., low-calorie milk powder, low-calorie cocoa packet, 8-ounce boxes of milk), canned or fresh fruits and vegetables, lights (e.g., night light, flashlight, key-chain light, other battery-powered lights), and small bottles of lotion or hand cream.

*Take what we’ve discussed today, both to the grocery store as you look at food labels, and to your dinner table to decide how much to dip out onto your plate. Be sure to come next time. We’ll have a fun activity and will learn how diabetes and heart health are connected!*
My Goals to Follow the “Eight Ways to Feel Great”
for Diabetes and Heart Health (Lesson Four)

<table>
<thead>
<tr>
<th></th>
<th>Not Very Often This Past Week</th>
<th>Almost Everyday</th>
<th>Everyday</th>
<th>My New Goal(s) For Next Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Be physically active</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Eat healthy: 7 to 10</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>fruits and vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>limit fat and sodium</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Eat healthy: control</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>portions and choose</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>variety</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Take my medicines</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>as recommended by my</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>doctor</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>5. Be smoke free: avoid</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>cigarettes, pipes,</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>cigars, chewing tobacco,</td>
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<tr>
<td>and snuff</td>
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<tr>
<td>6. Check my blood sugar</td>
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<tr>
<td>and feet if I have</td>
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<tr>
<td>diabetes</td>
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<tr>
<td>7. Know warning signs for</td>
<td>YES</td>
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<td></td>
<td></td>
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<tr>
<td>heart attack, stroke,</td>
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<td></td>
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<tr>
<td>and diabetes</td>
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<tr>
<td>8. Get checked regularly</td>
<td>YES</td>
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<tr>
<td>for blood pressure,</td>
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<td>blood cholesterol,</td>
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<tr>
<td>blood sugar, vision,</td>
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<td></td>
</tr>
<tr>
<td>foot health, and A1c</td>
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<td></td>
</tr>
<tr>
<td>(A1c for diabetes only)</td>
<td></td>
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</tbody>
</table>

• What keeps me from following my “Eight Ways to Feel Great” everyday?
  ______________________________________________________

• What can I do to reach my goals to follow the “Eight Ways to Feel Great” everyday?
  ______________________________________________________
## Serving Size Guide

### GRAIN PRODUCTS

**One serving looks like…**

- 1 cup of cereal flakes = fist
- \(\frac{1}{2}\) cup of cooked rice, pasta, or potato = 1 cupped hand
- 1 pancake = diameter of the bottom of full toilet paper roll
- 1 piece of cornbread = bar of soap

### VEGETABLES AND FRUIT

**One serving looks like…**

- 1 cup of salad greens or 1 medium fruit = baseball
- 1 baked potato = fist
- \(\frac{1}{2}\) cup of fresh or cooked fruits or vegetables = 1 cupped hand
- \(\frac{1}{4}\) cup of raisins = large egg

### DAIRY AND CHEESE

**One serving looks like…**

- 1½ ounces of cheese = 4 stacked dice or 2 cheese slices
- \(\frac{1}{2}\) cup of ice cream = 1 cupped hand

### MEAT AND PROTEIN FOODS

**One serving looks like…**

- 3 ounces of meat, fish, and poultry = deck of cards
- 3 ounces of grilled or baked fish = checkbook

### FATS

1 teaspoon of margarine or spreads = 1 die

---

Plan My Plate!

PROTEIN FOODS
Meat, Fish, Poultry, Eggs,
Low-fat Cheese (2 to 3 oz)
or
Cottage Cheese (½ Cup)

STARCHY GRAIN
1 Slice Bread or
½ Cup Pasta or
½ Cup Rice

STARCHY VEGETABLE(S)
1 or 2 Servings
½ Cup Most
1 Cup Raw Leafy Salad

NON-STARCHY VEGETABLE(S)

FRUIT
½ Cup or
Small Piece
Fresh Fruit

Include the fruit or milk in your meal or as part of your snack.

MILK PRODUCT
Skim Milk or
1% Milk or
Yogurt (1 Cup)
Understanding Food Labels

Get into the habit of checking the Nutrition Facts before buying foods at the grocery store and compare labels, too.

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: ¾ cup (32 g)</td>
</tr>
<tr>
<td>Servings per container: 8</td>
</tr>
<tr>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
<td><strong>Calories</strong> 120  Cal. from Fat 5</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat 2 g 4%</td>
</tr>
<tr>
<td>Saturated Fat 0.5 g 3%</td>
</tr>
<tr>
<td>Trans Fat 0 g</td>
</tr>
<tr>
<td>Cholesterol 0 mg 0%</td>
</tr>
<tr>
<td>Sodium 80 mg 4%</td>
</tr>
<tr>
<td>Total Carbohydrate 20 g 7%</td>
</tr>
<tr>
<td>Dietary Fiber 5 g 20%</td>
</tr>
<tr>
<td>Sugars 4 g</td>
</tr>
<tr>
<td>Protein 3 g</td>
</tr>
<tr>
<td>Vitamin A 25%</td>
</tr>
<tr>
<td>Vitamin C 10%</td>
</tr>
<tr>
<td>Calcium 15%</td>
</tr>
<tr>
<td>Iron 8%</td>
</tr>
<tr>
<td>*Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>What to Look For…</th>
<th>What it Tells You…</th>
<th>Keep in Mind…</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size</strong></td>
<td>The amount that is the basis for all the amounts listed on the label</td>
<td>If you eat more than one serving, you must increase the nutrient amounts listed</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td># grams of all types of fat</td>
<td>Check saturated fat separately</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td># milligrams in a serving; 1,500 mg to 2,300 mg per day is recommended</td>
<td>Limit sodium; compare labels on processed foods</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td># grams carbohydrate, including sugars, starch, and fiber</td>
<td>Look at the total carbohydrate, not just sugar; subtract fiber if more than 5 grams fiber per serving</td>
</tr>
</tbody>
</table>
Day Four Menu

Breakfast
Sunrise scrambler, made with 1 large egg plus 2 egg whites (beaten with a splash of milk), ½ cup diced red bell peppers, 1 tablespoon chopped chives or black pepper to taste, 1 teaspoon soft margarine (for cooking)
Bran muffin, low-fat, 1 small (1 ounce)
Milk, 1%, 1 cup
Hot tea or coffee

Snack
Yogurt, low-fat and low-calorie, vanilla or fruit flavored, ¾ cup
Granola cereal, low-fat, ¼ cup

Lunch
Halibut or other fish, broiled or baked, 2 ounces, prepared with 1 teaspoon olive oil, lemon juice, and salt-free seasoning to taste
Baked potato, with skin, 1 small (about 3 ounces), topped with 1 teaspoon soft margarine, and ¼ cup lower sodium salsa
Black beans, canned, rinsed and drained, ½ cup
Orange, 1 medium
Ice water with lemon wedge

Snack
Red or white seedless grapes, ½ cup (about 16)
Animal crackers, 8 crackers

Evening Meal
Hawaiian pizza (top pita with other ingredients): 1 (6-inch diameter) whole wheat pita, 2 tablespoons no-salt-added tomato paste (mixed with dried basil/oregano if desired), 1 ounce lean diced lower sodium ham, ¼ cup diced pineapple (canned in juice, drained), ¼ cup shredded part-skim mozzarella cheese
Side salad, made with 1½ cups romaine or leaf lettuce, ½ cup broccoli, ½ cup diced tomatoes, ¼ cup shredded carrots, 1 tablespoon oil vinaigrette dressing
Ice water

Snack
Nutty pumpkin pie pudding, 1 serving (recipe provided)

Nutrition Facts for Day 4:
1,758 calories
51 g total fat (26% calories)
13 g saturated fat (7% calories)
243 g total carbohydrate (55% calories)
93 g protein (21% calories)
**Nutty Pumpkin Pie Pudding**

Serves 4

**Ingredients:**

- 1 (1-ounce) package sugar-free instant vanilla pudding mix
- 2 cups fat-free milk
- 1 cup canned pure pumpkin
- ½ teaspoon pumpkin pie spice or cinnamon
- ¼ cup light whipped topping
- 2 ounces (about ½ cup) toasted pecan halves

**Directions:**

1. Whisk together the milk and pudding mix according to package directions; refrigerate for 5 minutes to set.
2. Add pumpkin and pumpkin pie spice to pudding mixture and mix well to fully combine; fold in whipped topping for a lighter texture.
3. Spoon pumpkin mixture into 4 individual serving dishes and refrigerate to thoroughly chill.
4. Just before eating, stir ⅛ cup (about 2 tablespoons) toasted pecans into each pudding dish for added flavor and crunch.

**Nutrition Facts Per Serving:**

- 204 calories
- 11 g total fat
- 2 g saturated fat
- 21 g total carbohydrate
- 7 g protein
Seniors Taking Charge of Diabetes and Heart Health!

Lesson Five: Prevent and Manage Heart Disease, Stroke, and Diabetes

Getting Ready
1. Review lesson plan before each session.
2. Prepare to do chair exercises. Choose either Module C with balls (found elsewhere in this document) or Tufts/CDC’s Growing Stronger, Part II (a separate booklet or online at: http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/growing_stronger.pdf).
3. Copy and staple the handouts that best meet the needs of your audience (one set for each participant).
4. Copy bingo game cards and pictures if you have not done so from a previous lesson.
5. Gather supplies needed for lesson, recipe, and activities.
6. Consider inviting a certified diabetes educator or other qualified health professional to speak about this topic.

General Supplies
1. Handouts for participants.
2. Pens or pencils for participants to write on the handouts.
3. Step counters to replace those that are lost or broken. Balls for chair exercises.
4. Play “Bingo for Better Health.” Supplies for bingo are bingo cards for all participants (found elsewhere in the manual), large dry beans for bingo pieces, hat or bowl, and prizes such as magnifying glasses, measuring cups, healthy snacks, bottled water, spice blends, packets of artificial sweetener, low-calorie and shelf-stable milk products, canned or fresh fruits and vegetables, lights, and lotion or hand cream.

Supplies When Preparing a Recipe for Participants (Strongly Recommended)
1. Ingredients to prepare the recipe provided or another “heart healthy” recipe.
2. Supplies for tasting the recipe, such as plates, forks or spoons, and napkins.

Beginning the Lesson
1. Introduce yourself by name and the organization that you represent. Take attendance.
2. Summarize the lesson by giving the objectives. Let the group know that the session will be informal and that they can ask questions at any time.

Objectives for Participants
1. Learn the risk factors for heart disease, stroke and diabetes.
2. Understand the importance of getting checked for risk factors.
3. Learn the warning signs of heart attack, stroke, and diabetes.
4. Set new goals to prevent and manage heart disease and diabetes.
5. Learn chair exercises to improve flexibility and balance, review Step Count Charts, and set new physical activity goals.
NOTES to Educator

These resources were helpful in preparing this lesson:

- American Stroke Association, [www.strokeassociation.org](http://www.strokeassociation.org)

Script

*Give participants their handouts.*
*Remember to take attendance.*

**Introduction and Eight Ways to Feel Great**

It’s good to see everyone here today! Let’s look at our goal sheet, which is the next handout titled “My Goals to Follow the Eight Ways to Feel Great for Diabetes and Heart Health.” We are now about half way through our sessions in which we have been talking about many ways to maintain our health such as being physically active; eating healthy; managing medications; being smoke free; checking feet and blood sugar for those with diabetes; knowing the warning signs of heart attack, stroke and diabetes; and getting checked regularly by your doctors for various problems.

Think back over the past week or two and take a few minutes to fill this out. *Wait for participants to complete this.* Look in the column marked “almost everyday.” How many checks do you have in this column? *Wait for responses.* Wonderful! Now look in the column marked “everyday.” How many checks to you have in this column? *Wait for responses.* Spectacular! Over the next few weeks, we are going to try to check more and more things in the “everyday” column. Look at questions seven and eight. Has anyone marked “yes” for at least one of these? *Wait for responses.* Awesome! How about “yes” for both of these! *Wait for responses.* Fabulous – you are really doing a great job!

In the column on the far right set a new goal to work on until we meet again. *Wait for participants to finish this.* Is there anything that keeps you from following the “Eight Ways to Feel Great?” If so, write it down and let’s talk about it. *Discuss with the participants.* Can you think of something that you can do to follow more of the “Eight Ways to Feel Great?” *Gather responses and discuss with the group.*
Today we are going to focus on three things about heart disease, stroke, and diabetes. These three things are the risk factors, getting checked for the risk factors, and knowing the warning signs of each.

Risk Factors and Getting Checked

Look at the handout called “Risk Factors and Getting Checked for Heart Disease, Stroke, and Diabetes.”

Carefully review this handout with the participants using the information below.

The first important message on this handout is that everyone, no matter what their age, should strive to eat healthy, be physically active, and have a healthy body weight, because these help prevent and manage diabetes, heart disease, stroke, and other problems.

The next important message is about risk factors. What does “risk factor” mean? Wait for responses. Right! For example, when we say that low physical activity is a risk factor for getting a certain disease, it means that low physical activity increases the chances that a person will get a disease, such as heart disease.

The handout shows that some of the main risk factors for getting heart disease or stroke are having diabetes, high blood pressure (also known as hypertension), having high blood cholesterol or blood triglycerides (fat), smoking or using other tobacco products, being overweight or obese, having a family history of heart disease, stroke, or diabetes, and increasing age. Another important risk factor is a person’s race. For example, African Americans are generally at higher risk of these health problems than are Caucasians; however, the reasons for this are not clear.

Let’s think about what people who already have diabetes need to do. They need to talk with their doctor about how often to check their blood glucose (sugar) daily and what numbers they should aim for. Their doctor will test their blood A1c, usually about two times per year. This test shows how well the person is managing their diabetes by following their doctor’s recommendations for healthy eating, being physically active, and taking their medicines. Following a healthy diet is important, especially by controlling the intake of carbohydrates, spacing carbohydrate-containing foods throughout the day, and consuming reasonable portion sizes. Of course, physical activity is a key part of managing diabetes.

People with diabetes are two to four times more likely to die of heart disease or to have a stroke compared to people without diabetes. So it is very important that they follow their doctor’s advice for managing their blood sugar and their other risk factors, such as high blood pressure, high cholesterol, smoking, and being overweight or obese.

High blood pressure becomes more and more common as people age, and is a major risk factor for heart disease and stroke. Also, many people with diabetes have high blood pressure. Among people age 75 and older, 68% of the men and 83% of the women have high blood pressure. So your blood pressure will be checked at each doctor visit.
Those with **high blood pressure** may be prescribed medicine that should be taken as directed. Weight management through physical activity and healthy eating are recommended. Eating low-salt and low-sodium foods are particularly helpful for older people with high blood pressure, so read food labels carefully to choose the low-sodium varieties of foods. Limiting the amount of salt added to foods during cooking and at the table will also help. Potassium-rich foods, such as fruits, vegetables, and even milk products, help lower blood pressure. For those who drink, alcoholic beverages should be consumed in moderation, which is no more than one drink daily for women and no more than two drinks daily for men. One drink is defined as 12 ounces of beer, or five ounces of wine, or 1.5 ounces of hard liquor (or spirits).

**High blood cholesterol** is common too, and increases the chances of heart disease and stroke. Everyone should know their blood cholesterol levels. Between the ages of 60 and 79, about 52% of men and 71% of women have high blood cholesterol (defined as 200 mg/dL or greater). Your doctor will measure cholesterol and your triglycerides, which is another fatty substance in the blood. Depending on your age, the diseases you have, and the medications you take, your doctor will set various goals for your cholesterol and triglycerides, as well as your HDL cholesterol (the “good” cholesterol) and LDL cholesterol (the “bad” cholesterol).

Although less than 10% of older people smoke, it is still a major risk factor for heart disease and stroke, and other problems such as cancer. So it is recommended that all people avoid smoking and using tobacco products in any form, including cigarettes, cigars, pipes, chewing tobacco and snuff. Ask your doctor about enrolling in a smoking and tobacco cessation program to help stop using tobacco, if needed.

**Overweight and obesity** are risk factors for many conditions, including heart disease, stroke, and diabetes. Ask your doctor how to better manage your body weight through healthy eating and physical activity. Eating healthy foods, such as fruits, vegetables, low-fat milk products, and whole grains can help manage weight. Eat fewer “empty calories” that come from foods such as added sugars in processed foods and alcoholic beverages. Control portion sizes at meals and snacks by using the “plan my plate” methods to help manage your body weight.

Overweight and obesity are very common in older people. After age 60, more than 67% of older people are overweight and between 27% and 50% are obese. A person’s height and weight are used to determine the body mass index, or BMI (kg/m²). The handouts called “Body Weight in Older People” and “Body Mass Index Chart” can help you see if you are underweight, normal weight, overweight, or obese and shows the BMI for various weights and heights. A BMI of 25 to 29.9 is considered overweight, and a BMI of 30 or more is considered obese. For example, a person with a height of five feet and four inches who weighs 145 pounds has a BMI of 25. The same person who weighs 174 pounds would have a BMI of 30. Your doctor will help you determine whether or not you need to lose (or gain) weight to help you better manage and prevent heart disease, stroke, diabetes, and any other conditions you might have.

Let’s look back at our handout called “Risk Factors and Getting Checked for Heart Disease, Stroke, and Diabetes.” Even though we can’t change our family history and age, knowing our family history of diseases can help us to determine our own risk for diseases. For example, people whose parents, brothers, or sisters have had heart disease, stroke, or diabetes are at higher
risk for these problems. Your doctor will ask you about your family history along with checking you for the other risk factors. Your doctor will check your risk factors, such as those mentioned above: blood pressure, blood cholesterol, blood sugar, your body weight and changes in your body weight. In addition, for those with diabetes, your doctor will have your blood A1c checked about two times per year.

**Warning Signs of Heart Attack, Stroke, and Diabetes**

*Note to educator: this information comes directly from*
http://www.nhlbi.nih.gov/health/dci/Diseases/HeartAttack/HeartAttack_Signs.html,
http://www.ninds.nih.gov/disorders/stroke/stroke_needtoknow.htm,

It’s a good idea to be prepared for an emergency, such as a heart attack or stroke, which can happen to anyone and the chances increase with age. Part of being prepared is knowing the warning signs of heart attack and stroke and getting help fast. Let’s look carefully at the warning signs of a heart attack on the handout titled “Warning Signs for Heart Attack, Stroke, and Diabetes.” Some heart attacks are sudden and intense, but most heart attacks start slowly, with mild pain or discomfort. Often people aren't sure what's wrong and wait too long before getting help. *Review the warning signs of a heart attack on the handout.*

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain. If you think you or someone you're with is having a heart attack, or if you have chest pain that doesn’t go away as it usually does when you take prescribed medicine, don't wait longer than a few minutes (no more than five minutes) before calling for help.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. The sooner you get emergency help, the less damage there will be to your heart. Don’t drive yourself or anyone else to the hospital. Call an ambulance so that medical personnel can begin treatment on the way to the emergency room. The staff is also trained to revive someone whose heart has stopped.

Now let’s look at our handout again for the warning signs of a stroke. *Review the signs of a stroke on the handout.* As with heart attack, if you or someone with you has one or more of these signs, call 9-1-1 immediately so an ambulance can be sent for you. Also, check the time so you'll know when the first symptoms appeared. Getting help quickly is critical and can mean the difference between lifelong disability and recovery. In many cases, stroke can be treated with a drug that dissolves clots blocking blood flow to the brain. The window of opportunity to treat stroke patients is three hours, but a person needs to arrive at the emergency room within 60 minutes of having a stroke to be evaluated and receive treatment.

Your handout also tells you the signs of cardiac arrest. Cardiac arrest happens when the heart suddenly and unexpectedly stops beating. When this occurs, blood stops flowing to the brain and other vital organs, and usually causes death if not treated in minutes. Cardiac arrest requires treatment with a defibrillator, a device that sends an electrical shock to the heart. It can restore a
regular rhythm to a heart that is beating irregularly. Police, emergency medical technicians, and other first responders are usually trained and equipped to use a defibrillator. The sooner 9-1-1 is called after a person experiences cardiac arrest, the sooner potentially life-saving defibrillation can be provided. Special defibrillators that untrained bystanders can use in an emergency are becoming more available in some public places, like airports and shopping centers. These devices are called automated external defibrillators (AEDs). To prevent delivering a shock to someone who has fainted but is not having cardiac arrest, AEDs are programmed to deliver a shock using paddles placed on the chest only if the computer detects a dangerously abnormal heart rhythm. CPR should be given to a person experiencing cardiac arrest until defibrillation can be provided.

Also on your handout are the warning signs of diabetes. Many people have diabetes for a long time before they know it, and people with diabetes are two to four times more likely to die of heart disease or stroke than people without diabetes. That’s why it is important to get checked by your doctor regularly and learn to recognize the possible warning signs. Diabetes usually does not appear suddenly, but if you or someone you know has these symptoms, a doctor should be called and seen right away. These warnings signs are on your handout, so let’s review them together. *Review the warning signs of diabetes on the handout.*

Be sure to keep your handouts close by, such as up on your refrigerator, to help you remember the warning signs and what to do. It can be frightening to think about the sudden onset of a heart attack, stroke, cardiac arrest, and diabetes. So be prepared by knowing the warning signs and knowing what to do – which is call 9-1-1 for heart attack, stroke, and cardiac arrest, and call your doctor right away if you have the signs of diabetes.

**Activity: Diabetes and Heart Health Word Search**

Next let’s complete the activity on the handout called “Diabetes and Heart Health Word Search.” We are looking for many of the words and terms we discussed today. *Have participants take a few minutes to look for the answers. Discuss the concepts reviewed so far by going over the words on the word search.*

**Menu and Recipe for Healthy Eating**

Let’s look at a sample menu and healthy recipe for us to try. Remember that eating healthy foods can help protect the heart and blood vessels. Turn to the handout called “Day Five Menu.” This menu contains at least seven servings of fruits and vegetables, beginning with breakfast, and at least three servings of whole grains, and three servings of low-fat milk products. Eating these foods at every meal helps us to space our carbohydrates evenly throughout the day, which can help keep our blood sugar under control for those with diabetes. Lean meats, skinless poultry, and fish are also included to give us protein for strong muscles. Eating a variety of foods from many groups gives us the vitamins, minerals, carbohydrates, and protein we need to stay healthy. Our menu also contains small amounts of healthy fats from foods such as fish, nuts, and olive oil, which help protect our blood vessels.
The fruits and vegetables on our menu come in many bright colors. Can anyone tell me some of the different colors? *Wait for responses and emphasize colors such as dark green and orange fruits and vegetables.* Does anyone remember how many servings of fruits and vegetables we should eat each day? *Wait for responses.* Right – seven to ten servings everyday! I hope you’ve been working toward reaching this goal. Remember that fresh, frozen, canned, and dried all count.

The menu has several ideas and a recipe you can make at home. Remember to follow specific dietary restrictions or recommendations given to you by your physician, registered dietitian, pharmacist, or other health care professional. *If a recipe is provided for participants to try, encourage them to describe flavors and the healthy parts of the menu and recipe. Be sure to tell participants what is in the recipe, in case anyone is allergic to any of the ingredients.*

Another great part of today’s lesson is physical activity. Is everyone ready to talk about how we can be active?
Be Physically Active Everyday!

Being active can help to keep our heart healthy, which is very important for all of us, whether we have diabetes or not. Do you remember how much physical activity we should be getting everyday? *Wait for answers.* Right – at least 30 minutes of moderate physical activity everyday. For most people, even more is better. Increasing the amount of time you are physically active or increasing the intensity of your activities offers even more health benefits.

Who has ideas about ways to be physically active everyday? *Wait for answers and encourage discussion.*

Have you been using your step counter? *Wait for a show of hands.* Did you write down the number of steps in your Step Count Chart? *Wait for responses.*

Has anyone increased their number of steps since the last time we met? *Wait for responses.* Would anyone like to share what they’ve done to add more steps? *Wait for responses and discuss.*

Do you think you are feeling better by increasing your steps? I hope so! *Wait for responses and share in participants’ success.*

Keep up the good work! Try to set a new goal for the coming week to add more walking than you did before as you feel able and ready. If you are struggling with adding more walking or are running out of ideas, consider asking a friend or family member to walk with you or try walking at a park with paved trails on a nice day to make it more fun. Remember that adding steps can be as simple as walking from a parking lot to the store and walking in your home.

Does anyone need help with their step counter or need a new Step Count Chart? *Respond as needed and tell these participants that you will help them at the end of the lesson.*

Is everyone ready to try some new chair exercises today? Be sure to practice these at home too! *Begin chair exercise Module C or Tufts/CDC’s Growing Stronger exercises, Part II. Strongly encourage participants to try these with you and at home.*
Activity: “Bingo for Better Health”

Gather the group together to play “Bingo for Better Health.” The bingo cards are printed at the end of all of these lessons. Give participants large dry beans for bingo pieces and bingo cards that have a series of nutrition and health-related illustrations in each bingo square. Play this game as normal bingo is played. Shuffle the stack of large bingo pieces, select one to call out to participants, and show the bingo piece to participants. The first participant to accurately declare bingo wins. Ideas for prizes include magnifying glasses to read food and medication labels, measuring cups, healthy snacks, bottled water, spice blends, small packets of artificial sweetener, low-calorie pudding mix, shelf-stable milk or soy products (e.g., low-calorie milk powder, low-calorie cocoa packet, 8-ounce boxes of milk), canned or fresh fruits and vegetables, lights (e.g., night light, flashlight, key-chain light, other battery-powered lights), and small bottles of lotion or cream.

That’s all we have for today. I hope you’ve enjoyed today’s lesson. Come back again next time because we are planning to play bingo again. It is going to be a lot of fun, so be sure to come!
My Goals to Follow the “Eight Ways to Feel Great” for Diabetes and Heart Health (Lesson Five)

<table>
<thead>
<tr>
<th>My New Goal(s) for Next Week</th>
<th>Everyday</th>
<th>Almost Everyday</th>
<th>Not Very Often This Past Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Be physically active</td>
<td>_____</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>2. Eat healthy: 7 to 10</td>
<td>_____</td>
<td>_____</td>
<td>_____</td>
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<tr>
<td>fruits and vegetables daily;</td>
<td>_____</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>limit fat and sodium</td>
<td>_____</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>3. Eat healthy: control</td>
<td>_____</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>portions and choose variety</td>
<td>_____</td>
<td>_____</td>
<td>_____</td>
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<tr>
<td>4. Take my medicines as</td>
<td>_____</td>
<td>_____</td>
<td>_____</td>
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<tr>
<td>recommended by my doctor</td>
<td>_____</td>
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<td>_____</td>
</tr>
<tr>
<td>5. Be smoke free: avoid</td>
<td>_____</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>cigarettes, pipes, cigars,</td>
<td>_____</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>chewing tobacco, and snuff</td>
<td>_____</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>6. Check my blood sugar and</td>
<td>_____</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>feet if I have diabetes</td>
<td>_____</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>7. Know warning signs for</td>
<td>YES</td>
<td>NO</td>
<td>_____</td>
</tr>
<tr>
<td>heart attack, stroke, and</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>diabetes:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Get checked regularly for</td>
<td>YES</td>
<td>NO</td>
<td>_____</td>
</tr>
<tr>
<td>blood pressure, blood</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>cholesterol, blood sugar,</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>vision, foot health, and A1c</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(A1c for diabetes only):</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- What keeps me from following my “Eight Ways to Feel Great” everyday?

- What can I do to reach my goals to follow the “Eight Ways to Feel Great” everyday?
Risk Factors and Getting Checked for Heart Disease, Stroke, and Diabetes

Healthy eating, physical activity, and a healthy body weight are recommended for EVERYONE, because they help prevent and manage many chronic conditions including heart disease, stroke, and diabetes.

<table>
<thead>
<tr>
<th>Risk Factors for Heart Disease and Stroke</th>
<th>Get Checked, Eat Healthy and Be Physically Active!</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Diabetes</strong></td>
<td>___ If you have diabetes, check and manage blood sugar daily</td>
</tr>
<tr>
<td></td>
<td>___ Get blood A1c checked by my doctor two times per year</td>
</tr>
<tr>
<td></td>
<td>___ Take medicines and insulin as directed by my doctor</td>
</tr>
<tr>
<td></td>
<td>___ Control my carbohydrate intake and portion sizes</td>
</tr>
<tr>
<td><strong>High Blood Pressure (Hypertension)</strong></td>
<td>___ Get blood pressure checked at each doctor visit</td>
</tr>
<tr>
<td></td>
<td>___ Take medicines as directed by my doctor, if needed</td>
</tr>
<tr>
<td></td>
<td>___ Eat low-salt and low-sodium foods</td>
</tr>
<tr>
<td></td>
<td>___ Eat potassium-rich foods, such as fruits and vegetables</td>
</tr>
<tr>
<td></td>
<td>___ Limit alcohol consumption</td>
</tr>
<tr>
<td><strong>High Blood Cholesterol and Triglycerides</strong></td>
<td>___ Get blood cholesterol checked by my doctor:</td>
</tr>
<tr>
<td></td>
<td>___ At least once every 5 years for most people</td>
</tr>
<tr>
<td></td>
<td>___ At least once per year for those with diabetes</td>
</tr>
<tr>
<td></td>
<td>___ Take medicines as directed by my doctor, if needed</td>
</tr>
<tr>
<td></td>
<td>___ Eat foods low in saturated fat and low in cholesterol</td>
</tr>
<tr>
<td></td>
<td>___ Choose healthy fats in fish, nuts, and oils</td>
</tr>
<tr>
<td><strong>Smoking and Tobacco</strong></td>
<td>___ Stop smoking or using tobacco in any form</td>
</tr>
<tr>
<td></td>
<td>___ Enroll in a smoking/tobacco cessation program, if needed</td>
</tr>
<tr>
<td><strong>Overweight and Obesity</strong></td>
<td>___ Manage weight with physical activity and healthy eating</td>
</tr>
<tr>
<td></td>
<td>___ Eat fruits, vegetables, low-fat milk products, whole grains</td>
</tr>
<tr>
<td></td>
<td>___ Limit empty calories, such as added sugars and alcohol</td>
</tr>
<tr>
<td></td>
<td>___ Control portion sizes at meals and snacks</td>
</tr>
<tr>
<td><strong>Family History and Increasing Age</strong></td>
<td>___ Know my family history of heart disease, stroke, diabetes</td>
</tr>
<tr>
<td></td>
<td>___ Increasing age increases the risk of most health problems</td>
</tr>
<tr>
<td></td>
<td>___ Get checked for risk factors</td>
</tr>
</tbody>
</table>
Body Weight in Older People

No matter what your weight, it is important to consume vegetables, fruits, whole grains, low-fat milk products, and lean meats or other proteins and to be physically active everyday. If you are underweight, then talk with your doctor about gaining weight. If you are overweight or obese, then talk with your doctor about the possible health benefits of losing weight – even losing 5% to 10% of your body weight may improve your health.

<table>
<thead>
<tr>
<th>Weight Category</th>
<th>Body Mass Index (kg/m²)</th>
<th>Talk With Your Doctor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>Less than 18.5</td>
<td>Underweight increases the risk of illness and death. Increasing your food intake can help you gain weight.</td>
</tr>
<tr>
<td>Normal weight</td>
<td>18.5 to less than 25</td>
<td>Keep your weight in this range by making healthy food choices and being physically active everyday.</td>
</tr>
<tr>
<td>Overweight</td>
<td>25 to less than 30</td>
<td>Weight-loss may be most beneficial to those who have diabetes, high blood pressure, high LDL cholesterol, low HDL cholesterol, metabolic syndrome, heart disease, osteoarthritis, or other health problems.</td>
</tr>
<tr>
<td>Obese</td>
<td>30 or more</td>
<td>A medically supervised weight-loss program that improves healthy food choices and promotes physical activity is important for the prevention and management of diabetes, high blood pressure, high LDL cholesterol, low HDL cholesterol, metabolic syndrome, heart disease, osteoarthritis, and other obesity-related disorders.</td>
</tr>
</tbody>
</table>
# Body Mass Index Chart

<table>
<thead>
<tr>
<th>Height Feet, inches</th>
<th>19</th>
<th>20</th>
<th>21</th>
<th>22</th>
<th>23</th>
<th>24</th>
<th>25</th>
<th>26</th>
<th>27</th>
<th>28</th>
<th>29</th>
<th>30</th>
<th>35</th>
<th>40</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Normal</td>
<td>Overweight</td>
<td>Obese</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 ft, 10 in</td>
<td>91</td>
<td>96</td>
<td>100</td>
<td>105</td>
<td>110</td>
<td>115</td>
<td>119</td>
<td>124</td>
<td>129</td>
<td>134</td>
<td>138</td>
<td>143</td>
<td>167</td>
<td>191</td>
</tr>
<tr>
<td>4 ft, 11 in</td>
<td>94</td>
<td>99</td>
<td>104</td>
<td>109</td>
<td>114</td>
<td>119</td>
<td>124</td>
<td>128</td>
<td>133</td>
<td>138</td>
<td>143</td>
<td>148</td>
<td>173</td>
<td>198</td>
</tr>
<tr>
<td>5 ft</td>
<td>97</td>
<td>102</td>
<td>107</td>
<td>112</td>
<td>118</td>
<td>123</td>
<td>128</td>
<td>133</td>
<td>138</td>
<td>143</td>
<td>148</td>
<td>153</td>
<td>179</td>
<td>204</td>
</tr>
<tr>
<td>5 ft, 1 in</td>
<td>100</td>
<td>106</td>
<td>111</td>
<td>116</td>
<td>122</td>
<td>127</td>
<td>132</td>
<td>137</td>
<td>143</td>
<td>148</td>
<td>153</td>
<td>158</td>
<td>185</td>
<td>211</td>
</tr>
<tr>
<td>5 ft, 2 in</td>
<td>104</td>
<td>109</td>
<td>115</td>
<td>120</td>
<td>126</td>
<td>131</td>
<td>136</td>
<td>142</td>
<td>147</td>
<td>153</td>
<td>158</td>
<td>164</td>
<td>191</td>
<td>218</td>
</tr>
<tr>
<td>5 ft, 3 in</td>
<td>107</td>
<td>113</td>
<td>118</td>
<td>124</td>
<td>130</td>
<td>135</td>
<td>141</td>
<td>146</td>
<td>152</td>
<td>158</td>
<td>163</td>
<td>169</td>
<td>197</td>
<td>225</td>
</tr>
<tr>
<td>5 ft, 4 in</td>
<td>110</td>
<td>116</td>
<td>122</td>
<td>128</td>
<td>134</td>
<td>140</td>
<td>145</td>
<td>151</td>
<td>157</td>
<td>163</td>
<td>169</td>
<td>174</td>
<td>204</td>
<td>232</td>
</tr>
<tr>
<td>5 ft, 5 in</td>
<td>114</td>
<td>120</td>
<td>126</td>
<td>132</td>
<td>138</td>
<td>144</td>
<td>150</td>
<td>156</td>
<td>162</td>
<td>168</td>
<td>174</td>
<td>180</td>
<td>210</td>
<td>240</td>
</tr>
<tr>
<td>5 ft, 6 in</td>
<td>118</td>
<td>124</td>
<td>130</td>
<td>136</td>
<td>142</td>
<td>148</td>
<td>155</td>
<td>161</td>
<td>167</td>
<td>173</td>
<td>179</td>
<td>186</td>
<td>216</td>
<td>247</td>
</tr>
<tr>
<td>5 ft, 7 in</td>
<td>121</td>
<td>127</td>
<td>134</td>
<td>140</td>
<td>146</td>
<td>153</td>
<td>159</td>
<td>166</td>
<td>172</td>
<td>178</td>
<td>185</td>
<td>191</td>
<td>223</td>
<td>255</td>
</tr>
<tr>
<td>5 ft, 8 in</td>
<td>125</td>
<td>131</td>
<td>138</td>
<td>144</td>
<td>151</td>
<td>158</td>
<td>164</td>
<td>171</td>
<td>177</td>
<td>184</td>
<td>190</td>
<td>197</td>
<td>230</td>
<td>262</td>
</tr>
<tr>
<td>5 ft, 9 in</td>
<td>128</td>
<td>135</td>
<td>142</td>
<td>149</td>
<td>155</td>
<td>162</td>
<td>169</td>
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<td>182</td>
<td>189</td>
<td>196</td>
<td>203</td>
<td>236</td>
<td>270</td>
</tr>
<tr>
<td>5 ft, 10 in</td>
<td>132</td>
<td>139</td>
<td>146</td>
<td>153</td>
<td>160</td>
<td>167</td>
<td>174</td>
<td>181</td>
<td>188</td>
<td>195</td>
<td>202</td>
<td>207</td>
<td>243</td>
<td>278</td>
</tr>
<tr>
<td>5 ft, 11 in</td>
<td>136</td>
<td>143</td>
<td>150</td>
<td>157</td>
<td>165</td>
<td>172</td>
<td>179</td>
<td>186</td>
<td>193</td>
<td>200</td>
<td>208</td>
<td>215</td>
<td>250</td>
<td>286</td>
</tr>
<tr>
<td>6 ft</td>
<td>140</td>
<td>147</td>
<td>154</td>
<td>162</td>
<td>169</td>
<td>177</td>
<td>184</td>
<td>191</td>
<td>199</td>
<td>206</td>
<td>213</td>
<td>221</td>
<td>258</td>
<td>294</td>
</tr>
<tr>
<td>6 ft, 1 in</td>
<td>144</td>
<td>151</td>
<td>159</td>
<td>166</td>
<td>174</td>
<td>182</td>
<td>189</td>
<td>197</td>
<td>204</td>
<td>212</td>
<td>219</td>
<td>227</td>
<td>265</td>
<td>302</td>
</tr>
<tr>
<td>6 ft, 2 in</td>
<td>148</td>
<td>155</td>
<td>163</td>
<td>171</td>
<td>179</td>
<td>186</td>
<td>194</td>
<td>202</td>
<td>210</td>
<td>218</td>
<td>225</td>
<td>233</td>
<td>272</td>
<td>311</td>
</tr>
<tr>
<td>6 ft, 3 in</td>
<td>152</td>
<td>160</td>
<td>168</td>
<td>176</td>
<td>184</td>
<td>192</td>
<td>200</td>
<td>208</td>
<td>216</td>
<td>224</td>
<td>232</td>
<td>240</td>
<td>279</td>
<td>319</td>
</tr>
<tr>
<td>6 ft, 4 in</td>
<td>156</td>
<td>164</td>
<td>172</td>
<td>180</td>
<td>189</td>
<td>197</td>
<td>205</td>
<td>213</td>
<td>221</td>
<td>230</td>
<td>238</td>
<td>246</td>
<td>287</td>
<td>328</td>
</tr>
</tbody>
</table>
Warning Signs for Heart Attack, Stroke, and Diabetes

Protect yourself, family, friends, and others by knowing the warning signs and calling 9-1-1 immediately. Heart attack, stroke, and cardiac arrest are life-and-death emergencies, so every second counts. If you see or have any of the signs for heart attack or stroke, then call 9-1-1 immediately.

Heart attack warning signs – call 9-1-1

1. Chest discomfort: often in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
2. Discomfort in other areas of the upper body: can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath: may occur with or without chest discomfort.
4. Other signs: may include breaking out in a cold sweat, nausea or lightheadedness.

Stroke warning signs – call 9-1-1

1. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
2. Sudden confusion, trouble speaking or understanding.
3. Sudden trouble seeing in one or both eyes.
4. Sudden trouble walking, dizziness, loss of balance or coordination.
5. Sudden, severe headache with no known cause.

Cardiac arrest happens without warning and requires immediate treatment – first call 9-1-1, then get an automated external defibrillator or begin CPR

1. First sign is loss of consciousness, which is similar to fainting.
2. Breathing often stops and no heartbeat (pulse) can be felt.

Diabetes usually does not appear suddenly, but if you have these symptoms, you should call your doctor right away:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight-loss
- Increased fatigue
- Irritability
- Blurry vision

Diabetes and Heart Health Word Search

The words in the jumble above will help us remember our new healthy habits!

ACTIVE   FRUIT   MEDICATIONS   SERVING
CARBOHYDRATE  GOALS  MILK   SODIUM
CHOLESTEROL   GRAIN   PORTIONS  VARIETY
FLUIDS   HEART   PREVENTION  VEGETABLES
WALKING

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Division of Aging Services, Georgia Department of Human Resources, Atlanta, GA 30303
October 2006
Diabetes and Heart Health Word Search Answer Key

E T A R D Y H O B R A C
L O R E T S E L O H C
P R E V E N T I O N O G
G F R U I T R N
O M I L K T M I
G M A I V E V
N U L O E D R
I I S N G I E
K D S E S C S
L E O T D A
A V S A I T
W I B U I
T L L O
C E F N
A S N I A R G S
H E A R T V A R I E T Y
Day Five Menu

Breakfast
Fruit and grain parfait (divide and layer ingredients in a tall glass dish), made with 1 cup low-fat and low-calorie vanilla yogurt, ½ cup sliced strawberries, 1 cup fortified whole grain cereal (such as Wheaties), ¼ ounce (about 10 halves) unsalted chopped walnuts
Canadian bacon, 1 slice
Coffee

Snack
Wheat crackers (such as Wheat Thins), low-sodium variety, ¾ ounce (about 10)
Orange juice, calcium- and vitamin-D fortified, ½ cup

Lunch
Tomato vegetable soup (such as Campbell’s Healthy Request), lower sodium variety, 1 cup
½ grilled cheese sandwich, made with 1 slice whole wheat bread, 1 slice (about 1 ounce) reduced-fat cheddar cheese, 1 teaspoon soft margarine for grilling
Plum, 1 large OR pear, 1 small
Unsweetened iced tea

Snack
English muffin, toasted, ½ each, spread with 1 teaspoon sugar-free fruit preserves
Milk, 1%, ½ cup

Evening meal
Mini meatloaf muffins, 1 serving (recipe provided)
Black-eyed peas, frozen, boiled, with salt-free seasoning to taste, ½ cup
Broccoli, steamed, ½ cup, with 2 teaspoons added olive or canola oil, and lemon juice to taste
Acorn squash, ½ small, baked with 1 teaspoon soft margarine and a pinch of cinnamon
Ice water with lemon

Snack
Granola bar, low-fat, 1 small (such as Quaker Chewy)
Milk, 1%, ½ cup

**Nutrition Facts for Day 5:**
- 1,764 calories
- 59 g total fat (30% calories)
- 14 g saturated fat (7% calories)
- 240 g total carbohydrate (54% calories)
- 81 g protein (18% calories)
Mini Meatloaf Muffins

Serves 6 (12 mini meatloaves; 2 per serving)

Ingredients:

- 1 pound extra lean ground beef, such as ground sirloin
- 1 tablespoon grill seasoning
- 1 large egg, beaten
- 1 small yellow onion, finely chopped
- ½ small green bell pepper or 1 rib of celery, chopped
- ⅔ cup plain bread crumbs
- 2 (8-ounce) cans no-salt-added tomato sauce
- 1 tablespoon brown sugar
- 1 tablespoon each yellow mustard and white vinegar
- ¼ cup water

Directions:

1. Lightly mix ground beef, grill seasoning, beaten egg, onion, bell pepper or celery, bread crumbs, and one can of tomato sauce together.
2. Spray a 12-cup muffin tin with cooking spray. Spoon meatloaf mixture evenly into the muffin cups.
3. In a small bowl, prepare the sauce by mixing the remaining can of tomato sauce, brown sugar, mustard, vinegar, and water together; top each meatloaf muffin with 1 tablespoon of the mixture.
4. Bake meatloaf muffins approximately 25 to 30 minutes or until cooked through in a 350°F oven.
5. Top each meatloaf muffin with an extra tablespoon of sauce about 8 minutes before removing from oven.
6. Remove meatloaf muffins from oven and let sit 5 minutes; remove from muffin cups and serve.
7. Refrigerate leftover meatloaf promptly and use within 3 days.

<table>
<thead>
<tr>
<th>Nutrition Facts Per Serving:</th>
</tr>
</thead>
<tbody>
<tr>
<td>202 calories</td>
</tr>
<tr>
<td>8 g total fat</td>
</tr>
<tr>
<td>3 g saturated fat</td>
</tr>
<tr>
<td>15 g total carbohydrate</td>
</tr>
<tr>
<td>16 g protein</td>
</tr>
</tbody>
</table>
Get Checked for Diabetes and Heart Disease Risk Factors

Getting Ready

1. Review lesson plan before each session.
2. Prepare to do chair exercises. Choose either Module D with balls (found elsewhere in this document) or Tufts/CDC’s Growing Stronger, Part II (a separate booklet or online at: http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/growing_stronger.pdf).
3. Copy and staple the handouts that best meet the needs of your audience (one set for each participant).
4. Copy bingo game cards and pictures if you have not done so from a previous lesson.
5. Gather supplies needed for lesson, recipe, and activities.
6. Consider inviting a certified diabetes educator, cardiac rehabilitation professional, or other specialist to speak about this topic.

General Supplies

1. Handouts for participants.
2. Pens or pencils for participants to write on handouts.
3. Step counters to replace those that are lost or broken. Balls for chair exercises.
4. Play “Bingo for Better Health.” Supplies for bingo are bingo cards for all participants (found elsewhere in the manual), large dry beans for bingo pieces, hat or bowl, and prizes such as magnifying glasses, measuring cups, healthy snacks, bottled water, spice blends, packets of artificial sweetener, low-calorie and shelf-stable milk products, canned or fresh fruits and vegetables, lights, and lotion or hand cream.

Supplies When Preparing a Recipe for Participants (Strongly Recommended)

1. Ingredients to prepare the recipe provided or another “heart healthy” recipe.
2. Supplies for tasting the recipe, such as plates, forks or spoons, and napkins.

Beginning the Lesson

1. Introduce yourself by name and the organization that you represent. Take attendance.
2. Summarize the lesson by giving the objectives. Let the group know that the session will be informal and that they can ask questions at any time.

Objectives for Participants

1. Know why and what to get checked for diabetes and heart health.
2. Learn to use a “Get Checked Tracker” to help prevent and manage diabetes and heart disease.
3. Set new goals to prevent and manage heart disease and diabetes.
4. Learn chair exercises to improve flexibility and balance, review Step Count Charts, and set new physical activity goals.
NOTES to Educator

These resources were helpful in preparing this lesson:

- National Diabetes Education Program A1c information,  
- National Diabetes Information Clearinghouse information for skin and foot health,  
- American Heart Association for information on blood pressure and cholesterol,  
  http://www.americanheart.org/presenter.jhtml?identifier=183,  
  http://www.americanheart.org/presenter.jhtml?identifier=2112
- The American Diabetes Association,  

Script

Give participants their handouts.
Remember to take attendance.

Introduction and Eight Ways to Feel Great

It’s nice to see all of you today and I am glad to be with you! Let’s look at our goal sheet, which is the first handout titled “My Goals to Follow the Eight Ways to Feel Great for Diabetes and Heart Health.” Remember that we have been talking about a variety of ways to improve our health and well-being such as being physically active; eating healthy; managing medications; being smoke free; checking feet and blood sugar for those with diabetes; knowing the warning signs of heart attack, stroke and diabetes; and getting checked regularly by your doctors for various problems and risk factors.

Take a few minutes to fill out this sheet by thinking about how often you did these eight things during the past week or two. Wait for participants to review this. If you checked some things in the “not very often this past week” column, you might want to work on these next week. Next look in the column marked “almost everyday.” Do you have very many checks in this column? Wait for responses. Wonderful job! Next, look in the “everyday” column. How many checks to you have here? Wait for responses. Awesome! Now look at questions 7 and 8. Has anyone marked “yes” for at least one of these? Wait for responses. Fabulous! How about “yes” for both? Wait for responses. Spectacular – you are really doing great!

Take a few minutes to write in a new goal to work on; write this in the column on the far right of the handout. Wait for participants to finish this. Is there anything that keeps you from following the “Eight Ways to Feel Great?” If so, write it down and let’s talk about it. Discuss with the participants. Can you think of something that you can do to help you follow more of the “Eight Ways to Feel Great?” Gather responses and discuss with the group.
Today we are going to focus on getting checked for risk factors related to heart disease and diabetes, as well as the health of our feet and eyes.

Get Checked to Decrease Complications of Diabetes and Heart Disease

Refer to the handout called “Get Checked Tracker for Heart Disease and Diabetes.”

Among the many things we should do for our heart, remember that NOT smoking is really important. Smoking speeds up blood vessel damage and harms us in many other ways. So if you smoke, talk with your doctor about stopping!

Next, let’s talk about blood pressure. Your doctor will measure this at every visit. If your blood pressure is high, your doctor may recommend changes in your diet and physical activity, and may recommend medications. High blood pressure puts extra strain on our hearts. High blood pressure causes more fat to build up in our blood vessels and can increase the risk of heart attack and stroke. People can’t feel whether or not their blood pressure is too high, so it is important to have it checked regularly. Write down what your doctor told you about your blood pressure at your last visit.

High blood cholesterol is another risk factor, because when blood cholesterol is too high it can clog our blood vessels. People with diabetes or heart disease or who are taking medications to control their blood cholesterol will get this checked more often than those who do not have these problems. The cholesterol numbers listed in the handout are general guidelines and your doctor may set different numbers for you. For example, those with diabetes or heart disease, or many risk factors for these problems, may need to have their LDL, the “bad cholesterol” set even lower than 100. Write down what you doctor told you about your blood cholesterol. If you are not sure, then remember to ask your doctor about your cholesterol at your next visit!

Your feet are very important, so check them yourself everyday and ask your doctor or a specialist to check them at least once each year. Be sure to take good care of your feet and keep them free of cuts, blisters, sores, swelling, redness or sore toenails. Your doctor will help you if you develop these problems. Make a note here of anything that your doctor has told you about your feet and your foot care.

Recall that sudden changes in vision should be reported to your doctor immediately. Since vision can change as we age, our vision should be checked at least once each year. Your vision specialist will check for various eye diseases such as cataracts and glaucoma. Be sure to follow their advice for changes in your glasses or medications for various eye problems, such as glaucoma. Write down what your doctor last told you about your eyes and your vision.

Even people who do not have diabetes will get their blood sugar (also known as blood glucose) tested during an annual physical exam. Those with diabetes should follow their doctor’s advice on how to measure their own blood glucose. Some people with diabetes may need to test their blood sugar a few times per week, while others will need to check their blood sugar several times daily. The optimal level of blood sugar depends on if it is measured before a meal, after a meal, or after a fast, such as when you get up in the morning. If you have diabetes then your doctor will have told you how often to check your blood sugar and what your numbers should be. Write
this information here if you know. If you are not sure, then ask your doctor at your next visit! The better you control your blood sugar, the less likely you will develop complications such as eye disease, kidney disease, and problems walking.

Another blood test that is done for people who already have diabetes is called the A1c blood test. Your doctor will do this test for you about two times per year. A1c tells your doctor how well you are managing your diabetes through your diet, physical activity, and medications. The higher your blood sugar has been then the higher your A1c will be. Write down what your doctor told you about your A1c and be sure to ask them about your A1c at your next visit.

Many of you may have already had one or all of these tests done recently. If you have, great job! I hope you’ll continue to have these tests done and if you haven’t, that you will start soon.

Foot and Vision Care for Diabetes

Our eyes and feet, though small parts of our body, are very important in our daily activities. Our eyes allow us to see and enjoy our grandchildren, and our feet take us to visit with family and friends. Let’s look at the handout called “Taking Care of My Feet and Eyes - Checklist.”

For people with diabetes, it is important to check the feet daily to make sure calluses, ulcers, and other problems are not forming. Nerves and blood vessels in the legs and feet often become damaged in people with diabetes. It is important to check your feet and to be careful in exposing them to heat and cold, since you may not be able to feel an injury. You may need a small mirror to help you do this if you cannot see them easily. A foot care professional should check for problems for you as well, but it is important to monitor yourself daily.

Though diabetes typically does not lead to total vision loss for most, it can make us more prone to a variety of problems, such as cataracts, glaucoma, and damaged blood vessels in our eyes. We can prevent these problems or slow their progression by visiting an eye care professional regularly.

Menu and Recipe for Healthy Eating

Along with getting checked by health care professionals, let’s remember that healthy eating and physical activity can help us feel our best. Let’s look at today’s menu and a recipe on the handout called “Day Six Menu.” Notice that the menu shows many things we’ve discussed and includes at least seven servings of fruits and vegetables of many colors, at least three servings of whole grains, and three servings of low-fat milk products. Notice also that low-sodium and lower fat foods are on the menu. Look at all the flavorful foods the menu provides, too! Eating healthy can be delicious and satisfying!

I hope you’ve been trying the recipes in the handouts. You can enjoy the taste of many of your favorite foods by using a few lighter ingredients and leaner cooking methods like you will find in these recipes. If the recipe is prepared for taste-testing, then lead a group discussion about the healthy aspects of the recipe. Be sure to tell participants what is in the recipe in case anyone is allergic to the ingredients.
Be Physically Active Everyday!

Along with our healthy eating, is everyone ready to talk about physical activity?

Has anyone increased their number of steps since our last meeting? Gather responses and congratulate those who have. What are some ways you’ve found to add more walking to your daily routine? Wait for responses and discuss. Are you noticing a difference in how much energy you have? Wait for answers and share in their successes.

I hope you will continue to update your goals to add more walking and other activities to your day. Does anyone remember how much physical activity we should be aiming for? Wait for answers. Right – at least 30 minutes of moderate activity on most days, and preferably everyday. I hope you have been working toward reaching this goal.

Does anyone need help with their step counter or need a new Step Count Chart? Respond as needed, then tell these participants that you will help them at the end of the lesson.

Is everyone ready for more chair exercises today? They’re so much fun, and they help increase our strength, flexibility, and balance. Has anyone practiced the exercises we’ve learned at home? Wait for a show of hands. Begin exercise Module D or Tufts/CDC’s Growing Stronger exercises, Part II. Strongly encourage participants to try these with you and at home.

Activity: “Bingo for Better Health”

Gather the group together to play “Bingo for Better Health.” The bingo cards are printed at the end of all of these lessons. Give participants large dry beans for bingo pieces and bingo cards that have a series of nutrition and health-related illustrations in each bingo square. Play this game as normal bingo is played. Shuffle the stack of large bingo pieces, select one to call out to participants, and show the bingo piece to participants. The first participant to accurately declare bingo wins. Ideas for prizes include magnifying glasses to read food and medication labels, measuring cups, healthy snacks, bottled water, spice blends, small packets of artificial sweetener, low-calorie pudding mix, shelf-stable milk or soy products (e.g., low-calorie milk powder, low-calorie cocoa packet, 8-ounce boxes of milk), canned or fresh fruits and vegetables, lights (e.g., night light, flashlight, key-chain light, other battery-powered lights), and small bottles of lotion or hand cream.

I hope you will come to our next meeting. You are all doing a great job, and I hope you are enjoying the journey toward improving your health. Hopefully you are already noticing a difference in how you feel. I will see you at our next meeting when we will learn about another way that we can feel great!
My Goals to Follow the “Eight Ways to Feel Great” for Diabetes and Heart Health (Lesson Six)

<table>
<thead>
<tr>
<th></th>
<th>Not Very Often</th>
<th>Almost Everyday</th>
<th>Everyday</th>
<th>My New Goal(s) For Next Week</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>This Past Week</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Be physically active</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Eat healthy: 7 to 10</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>fruits and vegetables daily;</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>limit fat and sodium</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Eat healthy: control</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>portions and choose variety</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Take my medicines as</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>recommended by my doctor</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>5. Be smoke free: avoid</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>cigarettes, pipes, cigars,</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>chewing tobacco, and snuff</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Check my blood sugar</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>and feet if I have diabetes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Know warning signs for heart</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>attack, stroke, and diabetes:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>YES   NO</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Get checked regularly for</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>blood pressure, blood</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>cholesterol, blood sugar,</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>vision, foot health, and A1c</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(A1c for diabetes only):</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>YES   NO</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What keeps me from following my “Eight Ways to Feel Great” everyday?

______________________________________________________

What can I do to reach my goals to follow the “Eight Ways to Feel Great” everyday?

______________________________________________________
Get Checked Tracker for Heart Disease and Diabetes

Getting checked along with healthy eating, regular physical activity, having a healthy body weight, not smoking or using tobacco products, and taking medicines properly are important. Ask your doctor to help you set goals that are right for you.

<table>
<thead>
<tr>
<th>Get Checked For</th>
<th>Get Checked Tracker</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Pressure</td>
<td>![Image](481x630 to 564x696)</td>
</tr>
<tr>
<td>__ Every doctor visit</td>
<td></td>
</tr>
<tr>
<td>__ Less than 120/80 mm Hg in general</td>
<td></td>
</tr>
<tr>
<td>__ Less than 130/80 mm Hg for people with diabetes</td>
<td></td>
</tr>
<tr>
<td>__ My last blood pressure was: __________</td>
<td></td>
</tr>
<tr>
<td>__ My doctor told me to:</td>
<td></td>
</tr>
<tr>
<td>__ At least once every 5 years in general</td>
<td></td>
</tr>
<tr>
<td>__ At least once per year for people with diabetes</td>
<td></td>
</tr>
<tr>
<td>__ Usually total cholesterol should be less than 200 mg/dL</td>
<td></td>
</tr>
<tr>
<td>__ Usually LDL-cholesterol “bad” should be less than 100 mg/dL</td>
<td></td>
</tr>
<tr>
<td>__ My last total cholesterol was: __________</td>
<td></td>
</tr>
<tr>
<td>__ My last LDL-cholesterol was: __________</td>
<td></td>
</tr>
<tr>
<td>__ My doctor told me to:</td>
<td></td>
</tr>
<tr>
<td>Feet</td>
<td>![Image](481x630 to 564x696)</td>
</tr>
<tr>
<td>__ Wear shoes that fit properly</td>
<td></td>
</tr>
<tr>
<td>__ Self-check everyday for injury</td>
<td></td>
</tr>
<tr>
<td>__ Professional check feet at least once per year</td>
<td></td>
</tr>
<tr>
<td>__ My professional told me to:</td>
<td></td>
</tr>
<tr>
<td>Vision</td>
<td>![Image](481x630 to 564x696)</td>
</tr>
<tr>
<td>__ Call my doctor if I have a sudden change in vision</td>
<td></td>
</tr>
<tr>
<td>__ Professional check vision at least once per year</td>
<td></td>
</tr>
<tr>
<td>__ My professional told me to:</td>
<td></td>
</tr>
<tr>
<td>Blood Sugar</td>
<td>![Image](481x630 to 564x696)</td>
</tr>
<tr>
<td>__ If no diabetes, then doctor checks once each year</td>
<td></td>
</tr>
<tr>
<td>__ If have diabetes, my doctor told me to check how often? __________</td>
<td></td>
</tr>
<tr>
<td>__ If have diabetes, my doctor said my numbers should be: __________</td>
<td></td>
</tr>
<tr>
<td>Blood A1c (For People With Diabetes)</td>
<td>![Image](481x630 to 564x696)</td>
</tr>
<tr>
<td>__ For people with diabetes, doctor usually checks twice per year</td>
<td></td>
</tr>
<tr>
<td>__ Usually A1c should be less than 7%</td>
<td></td>
</tr>
<tr>
<td>__ 8% or more means diabetes is not well-controlled</td>
<td></td>
</tr>
<tr>
<td>__ My last A1c was: __________</td>
<td></td>
</tr>
<tr>
<td>__ My doctor told me to:</td>
<td></td>
</tr>
</tbody>
</table>

American Heart Association, [http://www.americanheart.org](http://www.americanheart.org)
# Taking Care of My Feet and Eyes - Checklist

<table>
<thead>
<tr>
<th>Foot Care</th>
<th>Vision Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>___ Wash feet in warm water everyday</td>
<td>___ Keep blood sugar as close to normal as possible (very important for people with diabetes)</td>
</tr>
<tr>
<td>___ Look at feet to make sure there are no blisters, sores, redness, etc.</td>
<td>___ Keep blood pressure as close to normal as possible</td>
</tr>
<tr>
<td>___ If feet are dry, rub lotion on them after washing and drying; do not put lotion between toes</td>
<td>___ See an eye professional once per year, even if vision is clear, to catch problems early</td>
</tr>
<tr>
<td>___ File corns and calluses gently with an emery board or pumice stone after bathing</td>
<td>___ Wear sunglasses outside to protect eyes from cataracts that can develop earlier in people with diabetes</td>
</tr>
<tr>
<td>___ Trim toenails when needed after bathing; do not cut too short</td>
<td>___ Call your eye care professional right away if you notice any sudden change in your vision</td>
</tr>
<tr>
<td>___ Always wear shoes or slippers to protect your feet</td>
<td></td>
</tr>
<tr>
<td>___ Wear shoes that fit properly and are not too snug</td>
<td></td>
</tr>
<tr>
<td>___ Feel the insides of shoes before putting them on to check for sharp objects that could injure feet</td>
<td></td>
</tr>
<tr>
<td>___ Contact your doctor immediately if you notice any changes or problems with your feet</td>
<td></td>
</tr>
<tr>
<td>___ Get your feet checked by a professional at least once per year</td>
<td></td>
</tr>
</tbody>
</table>

Day Six Menu

Breakfast
Biscuit, 1 small (about 2½-inch diameter), with 1 teaspoon soft margarine and 1 slice (1 ounce) lower sodium lean ham
Fruit cup, made with 1 small red apple (sliced) and 1 small (or ½ medium) banana (sliced)
Milk, 1%, 1 cup
Hot tea

Snack
Carrot slices or sticks, raw, ½ cup
Cottage cheese, fat-free, calcium-fortified, ½ cup

Lunch
Pita pocket sandwich, made with ½ (6-inch diameter) whole wheat pita (opened and toasted), 2 teaspoons light mayonnaise, 2 ounces cooked boneless skinless chicken breast (cubed), ½ cup chopped green leaf or romaine lettuce, 2 tablespoons unsalted almonds (sliced)
Green peas, frozen, boiled, ½ cup, with 1 teaspoon added canola or olive oil
Orange juice, calcium- and vitamin D-fortified, ½ cup
Ice water with lime

Snack
Tortilla chips, low-fat baked, ¾ ounce (about 10)
Bean and tomato dip, fat-free, ½ cup

Evening Meal
Spaghetti, made with ½ cup cooked spaghetti noodles and ¼ cup lower sodium marinara sauce
Italian turkey meatballs, 1 serving (recipe provided)
Whole wheat bread, toasted, 1 slice, rubbed with fresh garlic, and brushed with 1 teaspoon olive oil
Side salad, made with 1 cup romaine lettuce or fresh spinach, ¼ cup minced red onion, ½ cup sliced cucumbers, 1 tablespoon oil vinaigrette dressing
Ice water

Snack
Animal crackers, 8 crackers
Milk, 1%, 1 cup

Nutrition Facts for Day 6:
1,745 calories
50 g total fat (26% calories)
11 g saturated fat (6% calories)
231 g total carbohydrate (53% calories)
101 g protein (23% calories)
Italian Turkey Meatballs

Serves 5 (20 meatballs; 4 per serving)

Ingredients:

- 1 pound ground turkey breast (or extra lean ground beef)
- 1 tablespoon fennel seeds
- 1 tablespoon grill seasoning (preferably salt-free)
- 1 tablespoon olive oil
- 2 tablespoons no-salt-added tomato paste
- *½ teaspoon dried basil
- *½ teaspoon dried oregano

Directions:

1. Preheat oven to 400°F.
2. In a large bowl, with hands, mix together all ingredients until evenly combined (do not overwork the turkey).
3. Roll the ground turkey mixture into golf ball sized meatballs and place onto a baking sheet lined with non-stick foil; wash hands thoroughly with warm water and soap.
4. Cook meatballs about 10 minutes per side (about 20 minutes total) until golden and cooked through.
5. Refrigerate leftovers promptly and use within 1 to 2 days.

*1 teaspoon salt-free Italian seasoning blend may be substituted (such as Mrs. Dash or McCormick)

<table>
<thead>
<tr>
<th>Nutrition Facts Per Serving:</th>
</tr>
</thead>
<tbody>
<tr>
<td>128 calories</td>
</tr>
<tr>
<td>6 g total fat</td>
</tr>
<tr>
<td>1.5 g saturated fat</td>
</tr>
<tr>
<td>1 g total carbohydrate</td>
</tr>
<tr>
<td>17 g protein</td>
</tr>
</tbody>
</table>
Seniors Taking Charge of Diabetes and Heart Health!

Lesson Seven: Managing my Medications

Getting Ready

1. Review lesson plan before each session.
2. Prepare to do chair exercises. Choose either Modules A and B with balls (found elsewhere in this document) or Tufts/CDC’s Growing Stronger, Part III (a separate booklet or online at: http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/growing_stronger.pdf).
3. Copy and staple the handouts that best meet the needs of your audience (one set for each participant). Copy the “Medication Summary” card onto cardstock; the other handouts can be copied onto regular paper.
4. Copy bingo game cards and pictures if you have not done so from a previous lesson.
5. Gather supplies needed for lesson, recipe, and activities.
6. Consider inviting a pharmacist, pharmacy technician, or other health care professional to talk more about medication management.

General Supplies

1. Handouts for participants.
2. Pens or pencils for participants to write on handouts.
3. Step counters to replace those that are lost or broken. Balls for chair exercises.
4. Pillbox or other visual aid to demonstrate how to organize multiple medications.
5. Optional: If time permits, then play “Bingo for Better Health.” Supplies for bingo are bingo cards for all participants (found elsewhere in the manual), large dry beans for bingo pieces, hat or bowl, and prizes such as magnifying glasses, measuring cups, healthy snacks, bottled water, spice blends, packets of artificial sweetener, low-calorie and shelf-stable milk products, canned or fresh fruits and vegetables, lights, and lotion or hand cream.

Supplies When Preparing a Recipe for Participants (Strongly Recommended)

1. Ingredients to prepare the recipe provided or another “heart healthy” recipe.
2. Supplies for tasting the recipe, such as plates, forks or spoons, and napkins.

Beginning the Lesson

1. Introduce yourself by name and the organization that you represent. Take attendance.
2. Summarize the lesson by giving the objectives. Let the group know that the session will be informal and that they can ask questions at any time.

Objectives for Participants

1. Know how to improve medication management to increase safety and organization.
2. Learn to talk with doctors and pharmacists to manage medications.
3. Set new goals to prevent and manage heart disease and diabetes.
4. Do chair exercises to improve flexibility and balance, review Step Count Charts, and set new physical activity goals.
NOTES to Educator

These resources were helpful in preparing this lesson:


Script

Give participants their handouts.  
Remember to take attendance.

Introduction and Eight Ways to Feel Great

Welcome back! I am so glad you are here for today’s session. First let’s review our goal sheet, which is the handout called “My Goals to Follow the Eight Ways to Feel Great for Diabetes and Heart Health.” We have spent the past few months together discussing many ways to stay healthy such as being physically active; eating healthy; managing medications; being smoke free; checking feet and blood sugar for those with diabetes; knowing the warning signs of heart attack, stroke and diabetes; and getting those regular check-ups by our doctors to find the little problems before they become big problems.

Let’s spend a few minutes filling this out. *Wait for participants to complete this.* Think about how often you did these eight things during the past week or two. You may want to work on some of the things checked in the “not very often this past week” column. Now look in the column marked “almost everyday.” Do you have some checks in this column? *Wait for responses.* Very good job! Now look in the “everyday” column. How many checks to you have here? *Wait for responses.* Superb! We are working toward getting more checks in this column. Now look at questions seven and eight. Has anybody checked “yes” for at least one of these? *Wait for responses.* Magnificent – you are really making progress! How about “yes” for both of these! *Wait for responses.* Sensational – you are really doing great!

Take a few minutes to write a new goal to work on during the next few weeks before we meet again. *Wait for participants to finish this.* Are there some things that keep you from following the “Eight Ways to Feel Great?” If so, let’s talk about them. *Discuss with the group.* Are there some things that you can do to help you do more of the “Eight Ways to Feel Great?” *Gather responses and discuss with the participants.*

Today we are going to focus on managing our medications for diabetes, heart health, and other conditions.
Taking My Medications

Medicines can improve our health. They help prevent and manage heart disease and diabetes. Medicines may be needed to control our blood sugar, blood pressure, or cholesterol. It is very important to take medications as directed to avoid problems or complications.

It is a good idea to keep a list of your medicines with you in your purse or wallet at all times. Give a copy of your medicine list to a friend or family member or senior center director in case of an emergency. A list can help you and health care professionals keep track of your medicines and health conditions. Have a copy in an easy to find place near your phone for when you call your doctor or pharmacist.

If you don’t have a list of your medicines, then it would be a good idea to fill out a “Medication Summary” card. Have participants refer to the “Medication Summary” card. You can take this card home to fill out. Be sure to write down insulin (if you take it) and all medicines prescribed by your doctor. Also, include any over-the-counter non-prescription medicines (such as aspirin and laxatives) and dietary supplements (vitamins, minerals, herbs, and other substances).

Safety and Organization of Medicine

For our medicines to do their job, we should take them as directed by our doctor and pharmacist. Some tips about this can be found on the handout called “Take My Medicine Safely.” Let’s review this together.

1. Use the same pharmacy for all of your medications. This will help avoid gaps and confusion in your records.

2. Ask your doctor or pharmacist questions, such as cost, staying organized, special dietary restrictions, taking with or without food, in the morning or at night, and the number of times daily. They will have many ideas to help you.

3. Use your “Medication Summary” card to write down all prescription, non-prescription, and dietary or herbal supplements you are taking. Keep this card with you and bring it to doctor appointments.

4. Give friends and family a list of your medications by making copies of the “Medication Summary” card.

5. Read labels and follow directions carefully. Ask your pharmacist to print labels in large type if needed. Keep the information in a safe place, be aware of possible side effects, and know what each medicine is for. Read labels on both your prescription and over-the-counter medicines.

6. Take the right dosage. More does not mean better. Less is not better either, even though some medicines are expensive, so always take prescription and over-the-counter medications in the proper amount to avoid problems.
7. Keep track of side effects that you may feel from medicines. Let your doctor know of any unexpected changes in the way you feel.

8. Discard medicines when they expire.

9. Refill prescriptions on time to avoid missing doses.

If you are like many people, you are taking many medicines and it can be hard to stay organized. Let’s keep reading this sheet for ideas on how to stay organized. With just a little planning, you can make it easy to take all of your medicines without problems.

10. Use a pill box or other system to help you keep medicines organized.

11. Ask family members or a friend to help you keep your medicine organized if needed.

12. Have a routine for taking medicine to avoid taking too little or too much.

13. Store medicines properly and away from heat, light, and children.

Would anyone like to share any additional tips on how to keep their medicines organized? Wait for responses and discuss.

Now that we know what we can do at home to help stay safe and organized when taking our medicine, what can we do at the doctor’s office or the pharmacy to manage our medicine? Wait for responses and discuss.

Talking with My Doctor and Pharmacist

Next, let’s look at the handout called “Talking to My Doctor and Pharmacist about My Medicine.” Carefully review each item on this handout together.

Bring all of these handouts, as well as your completed “Medication Summary” card with you to your next visit with your doctor, pharmacist, or other health care professional. To get the best care possible, they all need to know about your medicines. Having a family member, friend, or caregiver go with you to appointments can help you be sure you get all your questions answered.

The more you know about your medicines, the more confident you will feel about taking them. Remember to ask family members or trusted friends to help you with your medicine when needed. The goal is to take them safely to get the most benefits and avoid serious problems.

When it comes to using aspirin, be sure to ask your doctor for more information, including if it is an appropriate choice for you.
Activity: Medication Management Fill-in-the-Blank

Next, let’s see what we know about managing our medicines by doing the activity sheet called “Medication Management Fill-in-the-Blank.” You can work with your neighbor and use all of your handouts to help figure out the answer. Allow participants a few minutes to finish. When everyone is finished, review the answers with the group.

Remember that healthy eating and physical activity are both important parts of our everyday living that can help us prevent and manage diabetes and heart disease. Our medicines are always more effective when combined with healthy lifestyle habits.

Menu and Recipe for Healthy Eating

Is everyone ready to look at today’s healthy menu and recipe? Go to the handout called “Day Seven Menu.” This menu illustrates ways to eat healthy because it contains at least seven servings of fruits and vegetables, at least three servings of whole grains, and three servings of low-fat milk products. These foods should be eaten everyday because they provide us with energy, vitamins, minerals, fiber, and other nutrients. Eating these foods at our meals and snacks helps us to space our carbohydrates throughout the day as well. Notice too that the menu limits fat and uses lower sodium varieties of common foods when possible. As we’ve talked about, our medicines always work better when combined with healthy lifestyle habits like choosing nutritious foods. You can stretch your medication dollar by following a healthy diet that enhances the good effects of your medicine.

Remember that food and some of your medicines may interact, so be sure to check with your pharmacist and read your medication information sheet carefully to find out how you should take your medicine to avoid interactions. You may be asked to follow special instructions, such as waiting to eat until after you’ve taken your medicine, because of the way drugs may interact with food.

I hope you have been trying the recipes provided. You can enjoy the taste of many of your favorite foods by using a few lighter ingredients and leaner cooking methods like you will find in these recipes. If the recipe is prepared for taste-testing, then lead a group discussion about the healthy aspects of the recipe. Be sure to tell participants what is in the recipe in case anyone is allergic to the ingredients.

Be Physically Activity Everyday!

Along with a healthy diet, remember that keeping physically active is also important for our health and helping our medicines to work effectively. Does anyone know how much physical activity we should be getting everyday? Wait for responses. Right – at least 30 minutes of moderate activity everyday. Adding more can give us even greater benefits.

Has anyone increased their number of steps since our last meeting? Wait for responses. Have you been writing down you step counts in your Step Count Chart? Wait for a show of hands.
What are some of the ways you’ve found to add more walking to your daily routine? *Wait for responses and discuss.*

Does anyone need help with their step counter or need a new Step Count Chart? *Respond as needed, then tell these participants that you will help them at the end of the lesson.*

Keep working toward reaching your physical activity goals. It feels so good to have more energy, so keep on moving!

To help us add to our physical activity, let’s do our chair exercises. Is everyone ready for more chair exercises today? They’re so much fun, so let’s try some. *Begin exercise Modules A and B or Tufts/CDC’s Growing Stronger exercises, Part III.*

**Activity: “Bingo for Better Health”**

*Optional: If time permits, then gather the group together to play “Bingo for Better Health.” The bingo cards are printed at the end of all of these lessons. Give participants large dry beans for bingo pieces and bingo cards that have a series of nutrition and health-related illustrations in each bingo square. Play this game as normal bingo is played. Shuffle the stack of large bingo pieces, select one to call out to participants, and show the bingo piece to participants. The first participant to accurately declare bingo wins. Ideas for prizes include magnifying glasses to read food and medication labels, measuring cups, healthy snacks, bottled water, spice blends, small packets of artificial sweetener, low-calorie pudding mix, shelf-stable milk or soy products (e.g., low-calorie milk powder, low-calorie cocoa packet, 8-ounce boxes of milk), canned or fresh fruits and vegetables, lights (e.g., night light, flashlight, key-chain light, other battery-powered lights), and small bottles of lotion or hand cream.*

**Great job! That’s all we have for today. Use your handouts to help with medication management. Our next meeting will be our final one, so be sure to bring your Step Count Chart so we can see how you’ve improved over the past several weeks. We will have a game of “Bingo for Better Health” next time to end up our sessions together, so don’t miss it!**
# My Goals to Follow the “Eight Ways to Feel Great”
for Diabetes and Heart Health (Lesson Seven)

<table>
<thead>
<tr>
<th>My New Goal(s) For Next Week</th>
<th>Everyday</th>
<th>Almost Everyday</th>
<th>Not Very Often This Past Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Be physically active</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Eat healthy: 7 to 10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>fruits and vegetables daily;</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>limit fat and sodium</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>3. Eat healthy: control</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>portions and choose variety</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>4. Take my medicines as</td>
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<tr>
<td>recommended by my doctor</td>
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<td></td>
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<tr>
<td>5. Be smoke free: avoid</td>
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<td></td>
</tr>
<tr>
<td>cigarettes, pipes, cigars,</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>chewing tobacco, and snuff</td>
<td></td>
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<tr>
<td>6. Check my blood sugar</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>and feet if I have diabetes</td>
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<tr>
<td>7. Know warning signs for heart</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>attack, stroke, and diabetes:</td>
<td><strong>YES</strong></td>
<td><strong>NO</strong></td>
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</tr>
<tr>
<td>8. Get checked regularly for</td>
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<tr>
<td>blood pressure, blood cholesterol,</td>
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<tr>
<td>blood sugar, vision, foot health</td>
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<tr>
<td>and A1c (A1c for diabetes only):</td>
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</table>

- **What keeps me from following my “Eight Ways to Feel Great” everyday?**

  _________________________________________________________

- **What can I do to reach my goals to follow the “Eight Ways to Feel Great” everyday?**

  _________________________________________________________
### MEDICATION SUMMARY

**My medical conditions include (circle or list):**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Other conditions (list):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abnormal EKG</td>
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<tr>
<td>Angina</td>
<td></td>
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<tr>
<td>Arthritis</td>
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<tr>
<td>Depression</td>
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<td>Diabetes</td>
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<td>Epilepsy</td>
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<tr>
<td>Hearing impairment</td>
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<tr>
<td>Heart condition</td>
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<tr>
<td>Hemodialysis</td>
<td></td>
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<tr>
<td>High blood pressure</td>
<td></td>
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<tr>
<td>Pacemaker</td>
<td></td>
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<tr>
<td>Visual impairment</td>
<td></td>
</tr>
</tbody>
</table>

**I am allergic to (circle or list):**

<table>
<thead>
<tr>
<th>Allergy</th>
<th>Food allergies (list):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insect bites</td>
<td></td>
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<tr>
<td>Aspirin</td>
<td></td>
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<tr>
<td>Antibiotics</td>
<td></td>
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<tr>
<td>Codeine</td>
<td></td>
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<tr>
<td>Other medications (list):</td>
<td></td>
</tr>
</tbody>
</table>

**NAME:**

**Doctors’ name and phone numbers:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
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</thead>
</table>

**Medical Insurance Company and ID number:**

**Pharmacists’ name and phone numbers:**

**Prescription Drug Plan and ID number:**

**Emergency contact numbers:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Relationship</th>
<th>Phone numbers</th>
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<tbody>
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</tbody>
</table>

**Nurse:**

**Family member:**

**Other contact:**

**Phone numbers:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Name of prescription medicine</td>
<td>What it is for</td>
</tr>
<tr>
<td>-------------------------------</td>
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<td></td>
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</table>

<table>
<thead>
<tr>
<th>Name of non-prescription medicine (include OTC, vitamins, minerals, herbs, and home remedies)</th>
<th>What it is for</th>
<th>Doctor who prescribed</th>
<th>How and when to take</th>
<th>How much to take/dosage/strength</th>
<th>Color/Shape</th>
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</tbody>
</table>

For more copies, go to http://noahnet.myweb.uga.edu/plansmm.html.
Take My Medicine Safely

1. _____ Use the same pharmacy for all of my medications.

2. _____ Ask my doctor or pharmacist questions, such as cost, staying organized, special dietary restrictions, etc.

3. _____ Use my “Medication Summary” card to write down all prescription, non-prescription, and dietary or herbal supplements I am taking. Keep this card with me and bring to doctor appointments.

4. _____ Give friends and family a list of my medications.

5. _____ Read labels and follow directions carefully. Ask my pharmacist to print labels in large type if needed.

6. _____ Take the right dosage. More is not better. Less is not better either, even though some medicines are expensive.

7. _____ Keep track of side effects that I may feel from medicines. Let my doctor know of any unexpected changes in the way I feel.

8. _____ Discard medicines when they expire.

9. _____ Refill prescriptions on time to avoid missing doses.

Organize My Medicine

10. _____ Use a pill box to help me keep medicines organized.

11. _____ Ask family members or a friend to help me keep my medicine organized.

12. _____ Have a routine for taking medicine to avoid taking too little or too much.

13. _____ Store medicines properly and away from heat, light, and children.
Talking to My Doctor and Pharmacist about My Medicine

1. ___ What is the name of the medicine and why was it prescribed for me?

2. ___ What should I do if I miss a dose?

3. ___ How often do I need to take this medicine and for how long?

4. ___ Does my medicine have any side effects that I should watch for and what should I do if I experience any of them?

5. ___ When should the medicine start working and how will I know if it is working?

6. ___ Are there any special instructions for eating when I take this medicine (take with food or water; take before, during, or after meals, etc.)?

7. ___ Is there a less expensive alternative or generic form?

8. ___ Is it safe to take my over-the-counter drugs with this medicine?

9. ___ Is there an alternative to tablets if I have trouble swallowing them?

10. ___ What does the timing of each dose mean (for example, do I have to take this in the middle of the night)?

11. ___ How should this medicine be stored?

*Ask family members to go with you to the doctor to help ask questions if needed. Tell your doctor about medicines you are already taking, your diet, allergies you may have, and any other health information, so that you can receive the best care.
Medication Management Fill-in-the-Blank

1. My __________ or __________ can answer questions I have about my prescriptions and over-the-counter medicines.

2. ______ effects are feelings I may experience when taking a medication.

3. A __________ is a container that can help me to organize my medicines.

4. The ______ is the amount of a medicine that I should take as prescribed by my doctor.

5. I should use only one ______________ for all of my medicines to avoid confusion and gaps in my record.

6. __________ my medicines on time is important to avoid missing dosages.

7. It is important to read and follow the instructions on the __________ of my medicines to be sure I take them properly.

8. Keeping a ______________ Summary Card with me, especially when I visit the doctor, can help give my health care team important information about my medicines.

9. When medicines__________, I should discard them.

10. Having a _____________ for taking my medicines can help me remember to take them.

Word Bank

<table>
<thead>
<tr>
<th>Doctor</th>
<th>Side</th>
<th>Label</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pharmacist</td>
<td>Refilling</td>
<td>Dose</td>
</tr>
<tr>
<td>Time</td>
<td>Medication</td>
<td>Expire</td>
</tr>
<tr>
<td>Pillbox</td>
<td>Pharmacy</td>
<td></td>
</tr>
</tbody>
</table>
Medication Management Fill-in-the-Blank

ANSWER KEY

1. My doctor or pharmacist can answer questions I have about my prescriptions and over-the-counter medicines.

2. Side effects are feelings I may experience when taking a medication.

3. A pillbox is a container that can help me to organize my medicines.

4. The dose is the amount of a medicine that I should take, as prescribed by my doctor.

5. I should use only one pharmacy for all of my medicines to avoid confusion and gaps in my record.

6. Refilling my medicines on time is important to avoid missing dosages.

7. It is important to read and follow the instructions on the label of my medicines to be sure I take them properly.

8. Keeping a Medication Summary Card with me, especially when I visit the doctor, can help give my health care team important information about my medicines.

9. When medicines expire, I should discard them.

10. Having a time for taking my medicines can help me remember to take them.
Day Seven Menu

Breakfast
Whole grain cereal, unsweetened and fortified, ready-to-eat, ¾ cup* 
Milk, 1%, 1 cup 
Cantaloupe, cubed, ½ cup 
Coffee 

Snack
Whole wheat mini bagel, toasted (about 1 ounce), 1 each 
Ricotta cheese, part-skim, ¼ cup 

Lunch
Lentil soup, lower sodium variety, 1 cup 
Wheat crackers, ¼ ounce (about 10) 
Orange, 1 small 
Side salad, made with 1 cup leaf lettuce or fresh spinach, ¼ cup sliced mushrooms, ¼ cup diced red bell peppers, 1 tablespoon light ranch dressing 
Ice water 

Snack
Graham crackers (2½-inch squares), 3 each 
Pumpkin dip, made with ½ cup canned pumpkin, 2 tablespoons fat-free cream cheese, 1 teaspoon cinnamon, sweetened with artificial sweetener 

Evening Meal
Oven-baked pecan chicken tenders, 1 serving (recipe provided) 
Corn on the cob, ½ large ear OR cooked corn, fresh or from frozen, ½ cup, with 1 teaspoon soft margarine for either option 
Cherries, pitted, ½ cup (about 12) OR red seedless grapes, ½ cup (about 16) 
Unsweetened iced tea with lemon 

Snack
Whole grain rice cake, 1 large (such as Quaker brand), topped with 1 tablespoon peanut butter 
Milk, 1%, 1 cup 

*Suggested whole grain cereals include Cheerios, corn bran, puffed wheat, shredded wheat, Multigrain Chex 

Nutrition Facts for Day 7: 
1,819 calories 
55 g total fat (27% calories) 
14 g saturated fat (7% calories) 
239 g total carbohydrate (53% calories) 
106 g protein (23% calories)
Oven-Baked Pecan Chicken Tenders

Serves 3 (about 6 large tenders or 1 pound chicken; 2 tenders/serving)

Ingredients:

- ⅓ cup all-purpose flour
- ⅓ cup whole wheat flour
- ½ cup pecans, finely chopped in food processor
- ⅔ cup plain bread crumbs
- ½ cup egg substitute with a splash of milk
- 1 pound chicken breast tenderloin strips
- Pinch salt and pepper (to season chicken)

Directions:

1. Preheat oven to 350°F. Season chicken tenders lightly with salt and pepper.
2. Line up 3 small bowls, with the first containing the flours, the second containing the egg substitute, and the third containing the bread crumbs and pecans.
3. Dip each piece of chicken first into the flour mixture, then the egg substitute, then the pecan/bread crumb mixture, being sure to coat each tender completely.
4. Place tenders on a baking pan lined with non-stick aluminum foil; wash hands thoroughly; place chicken in the oven to bake 12 to 13 minutes per side.
5. Refrigerate any leftovers promptly and use within 1 to 2 days.

Nutrition Facts Per Serving:

500 calories
16 g total fat
3 g saturated fat
39 g total carbohydrate
46 g protein
Getting Ready

1. Review lesson plan before each session.
2. Prepare to do chair exercises. Choose either Modules C and D with balls (found elsewhere in this document) or Tufts/CDC’s Growing Stronger, Part III (a separate booklet or online at: http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/growing_stronger.pdf).
3. Copy and staple the handouts that best meet the needs of your audience (one set for each participant).
4. Copy bingo game cards and pictures if you have not done so from a previous lesson.
5. Gather supplies needed for lesson, recipe, and activities.

General Supplies

1. Handouts for participants.
2. Pens or pencils for participants to write on handouts.
3. Step counters to replace those that are lost or broken. Balls for chair exercises.
4. Play “Bingo for Better Health.” Supplies for bingo are bingo cards for all participants (found elsewhere in the manual), large dry beans for bingo pieces, hat or bowl, and prizes such as magnifying glasses, measuring cups, healthy snacks, bottled water, spice blends, packets of artificial sweetener, low-calorie and shelf-stable milk products, canned or fresh fruits and vegetables, lights, and lotion or hand cream.

Supplies When Preparing a Recipe for Participants (Strongly Recommended)

1. Ingredients to prepare the recipe provided or another “heart healthy” recipe.
2. Supplies for tasting the recipe, such as plates, forks or spoons, and napkins.

Beginning the Lesson

1. Introduce yourself by name and the organization that you represent. Take attendance.
2. Summarize the lesson by giving the objectives. Let the group know that the session will be informal and that they can ask questions at any time.

Objectives for Participants

1. Learn the warning signs of heart disease, heart attack, stroke, and diabetes, and review emergency procedures.
2. Set new goals to prevent and manage heart disease and diabetes.
3. Do chair exercises to improve flexibility and balance, review Step Count Charts, and set new physical activity goals.
NOTES to Educator

These resources were helpful in preparing this lesson:

- American Heart Association, for warning signs and risk factors for heart disease, [www.americanheart.org/presenter.jhtml?identifier=3016999](http://www.americanheart.org/presenter.jhtml?identifier=3016999)
- National Institutes of Health Medline Plus Medical Library for information on blood pressure, heart attack, and other health topics, [www.medlineplus.gov](http://www.medlineplus.gov)
- American Stroke Association, [www.strokeassociation.org](http://www.strokeassociation.org)

Script

*Give participants their handouts.*  
*Remember to take attendance.*

**Introduction and Eight Ways to Feel Great**

It’s wonderful to see everyone back again today! Have you been practicing the “Eight Ways to Feel Great?” *Wait for responses.* This is our last session to talk about diabetes and heart health and all the ways we can maintain and improve our health. These include being physically active; eating healthy; managing medications; being smoke free; checking feet and blood sugar for those with diabetes; knowing the warning signs of heart attack, stroke and diabetes; and getting checked regularly by our doctors for various conditions and risk factors.

Let’s go to our goal sheet that is titled “*My Goals to Follow the Eight Ways to Feel Great for Diabetes and Heart Health.*” Take a few minutes to fill this out by thinking back over the past week or two about how often you have been able to do some of these things. If there are a lot of checks in the “not very often this past week” column, you may want to set a goal to work on these. Now look in the column marked “almost everyday.” Do you have some checks in this column marked “almost everyday?” *Wait for responses.* Very good! Now look in the “everyday” column. Do you have many checks here? *Wait for responses.* Marvelous! We are working toward getting more checks in this column. Now look at questions seven and eight. Has anybody checked “yes” for at least one of these? *Wait for responses.* Superb – you are doing wonderful! How about “yes” for both of these? *Wait for responses.* Sensational – you are making so much progress!

In the far right column write in a new goal to work on. *Wait for participants to finish this.* Are there things that keep you from doing some of the “Eight Ways to Feel Great?” Let’s discuss them. *Discuss with the participants.* Are there things you can do to help you follow more of the “Eight Ways to Feel Great?” *Gather responses and discuss with the group.*
Today we are going to focus mainly on the warning signs of heart disease, heart attack, stroke, and diabetes. We’ll also talk about diabetes, because so many people either have diabetes or are at risk for having it.

**Heart Disease, Heart Attack, and Stroke – Know the Warning Signs**


We talked about the warning signs at earlier sessions, but they are so important that we will review them today. Find the handout titled “Warning Signs of Heart Disease.” High blood pressure is often called a “silent” disease, because most people don’t feel anything when they have it. High blood pressure damages your blood vessels and increases your chances of having heart disease, a heart attack or a stroke. So follow your doctor’s advice about taking your medications, eating healthy, and being physically active.

The next part of the handout describes heart disease, which is really many different problems such as hardening of the arteries, high blood pressure, heart attacks, heart failure, stroke and TIAs (transient ischemic attacks). Heart disease develops slowly over our life. Some people don’t have symptoms and their first sign might be a heart attack. Some people feel angina (pain in the chest) or have arrhythmia, which is irregular heartbeats. Your doctor will help you with all of these conditions.

Heart attack and stroke are life-and-death emergencies, so every second counts. If you see or have any of the symptoms listed on the handout for heart attack and stroke, then call 9-1-1 immediately. People experience heart attacks and strokes in different ways, so even if only some of these signs occur, be sure to get help immediately. *Review the warning signs of a heart attack on the handout.*

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain. If you think you or someone you're with is having a heart attack, or if you have chest pain that doesn’t go away as it usually does when you take prescribed medicine, don't wait longer than a few minutes (no more than five minutes) before calling for help.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. The sooner you get emergency help, the less damage there will be to your heart. Don’t drive yourself or anyone else to the hospital. Call an ambulance so that medical personnel can begin treatment on the way to the emergency room. The staff is also trained to revive someone whose heart has stopped.
Now let’s look at our handout again for the warning signs of a stroke. Review the signs of a stroke on the handout. As with heart attack, if you or someone with you has one or more of these signs, call 9-1-1 immediately so an ambulance can be sent for you. Also, check the time so you’ll know when the first symptoms appeared. Getting help quickly is critical and can mean the difference between lifelong disability and recovery. In many cases, stroke can be treated with a drug that dissolves clots blocking blood flow to the brain. The window of opportunity to treat stroke patients is three hours, but a person needs to arrive at the emergency room within 60 minutes of having a stroke to be evaluated and receive treatment.

Your handout also tells you the signs of cardiac arrest. Cardiac arrest happens when the heart suddenly and unexpectedly stops beating. When this occurs, blood stops flowing to the brain and other vital organs, and usually causes death if not treated in minutes. Cardiac arrest requires treatment with a defibrillator, a device that sends an electrical shock to the heart. It can restore a regular rhythm to a heart that is beating irregularly. Police, emergency medical technicians, and other first responders are usually trained and equipped to use a defibrillator. The sooner 9-1-1 is called after a person experiences cardiac arrest, the sooner potentially life-saving defibrillation can be provided. Special defibrillators that untrained bystanders can use in an emergency are becoming more available in some public places, like airports and shopping centers. These devices are called automated external defibrillators (AEDs). To prevent delivering a shock to someone who has fainted but is not having cardiac arrest, AEDs are programmed to deliver a shock using paddles placed on the chest only if the computer detects a dangerously abnormal heart rhythm. CPR should be given to a person experiencing cardiac arrest until defibrillation can be provided.

It is frightening to think about the sudden onset of a heart attack, stroke, or cardiac arrest. So be prepared by knowing the warning signs and knowing what to do – which is call 9-1-1 for heart attack, stroke, and cardiac arrest.
Diabetes

The next handout is called “Warning Signs and Risk Factors of Diabetes.” Diabetes usually does not appear suddenly. However, if you or someone you know has these warning signs, then call or see a doctor right away. Let’s review the warnings signs together that are listed on your handout:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight-loss
- Increased fatigue
- Irritability
- Blurry vision

Many people have risk factors for diabetes that are listed on the handout. So if you or the people you know have some of these risk factors, then they need to be extra aware of taking steps to prevent diabetes. Some things we can’t change and they are called “not modifiable” risk factors. These include having a family history of diabetes and belonging to certain ethnic groups such as African American, Latino, Native American, Asian American, or Pacific Islander. Women who had gestational diabetes during pregnancy or had a baby weigh nine pounds or more are also at risk.

There are risk factors that are modifiable and we can control them. These are being overweight or obese, physical inactivity, and a poor diet, such as eating too many calories. After our sessions together, you know many ways to improve your health habits to improve weight control, physical activity, and eating patterns.

Activity: Warning Signs Matching Quiz

Next, we have a fun little quiz to tease our brains. See the handout titled “Warning Signs Matching Quiz.” For the nine items on the quiz, see if it is a warning sign of either diabetes or heart attack or stroke. Feel free to work with a partner on this. Give participants a few minutes to complete the quiz together. Then review it with them and answer any questions. The answer key is at the bottom of the quiz.

More Brain Teasers

Since you did so well on this last quiz, I have a few more questions for you.

1. How many minutes per day of physical activity should we be aiming for? *Wait for responses.* Right! At least 30 minutes of moderate physical activity daily. It can be accumulated through short bouts of 10 minutes during the day. There are even more benefits from more activity done at higher intensities.
2. What are the some types of physical activity that keep our bodies healthy in different ways? *Wait for responses.* Yes! Aerobic activity for the heart and lungs; strength exercises for strong bones, muscles, and joints; flexibility exercises for healthy joints and ease of movement.

3. How many servings of fruits and vegetables should we eat everyday? *Wait for responses.* Right! Seven to ten servings of a variety of colorful fruits and vegetables, including dark green and orange vegetables. A serving size is usually ½ cup of most fruits and vegetables or a small piece of fruit or 1 cup of raw leafy greens or ¼ cup of dried fruit, such as raisins. Fresh, frozen, or canned are all healthy. When you buy canned vegetables, make sure they are low-sodium.

4. True or False. Having diabetes puts us at greater risk for heart-related problems such as heart disease, heart attack, and high blood pressure. *Wait for responses.* True! Diabetes greatly increases the chances of heart disease, heart attack, and stroke. Your doctor will help you lower risk as much as possibly by encouraging you to be more physically active, to eat healthy, and take your medicines as directed.

5. Name one way to keep our medicines better organized. *Wait for responses.* Great answers! Use a pillbox, keep all medication information together in a safe place, have a family member or friend help us keep our medicines in order and remind us to take them.

6. What should we have checked regularly by health care professionals to stay healthy? *Wait for responses.* Right! Blood pressure, cholesterol, eyes, feet, and A1c (A1c for diabetes only) should be checked regularly.

7. What is the first thing we should do if we think someone is having a heart attack or stroke? *Wait for responses.* Yes! Dial 9-1-1 for emergency treatment.

Very good! You really know a lot!

**Menu and Recipe for Healthy Eating**

Is everyone ready for our healthy menu and recipe? Let’s look at the handout called “*Day Eight Menu.*” This menu includes the healthy eating principles we’ve talked the past few months. It has at least seven servings of fruits and vegetables, at least three servings of whole grains, and three servings of low-fat milk products. There are many colors in this menu, including dark green, orange, and bright colored berries that add a variety of flavors and nutrients to our meals and snacks. The menu has sensible serving sizes to help control how much we eat. It has lean sources of protein, such as poultry and low-fat meat, along with healthy fats in the nuts, peanut butter, and fish.

The sample menu is low in sodium and uses seasonings, such as spice blends, herbs, and small amounts of canola or olive oil, to add flavor to foods. Has anyone tried a spice blend instead of using salt? *Wait for answers and ask participants to comment on the flavors.* Fat and saturated
fat are kept low by using margarine and 1% milk. You can go even lower fat by choosing skim milk. I hope these ideas will help in your own meal planning.

Have you tried any of the recipes yet? I hope you enjoyed them. *If the recipe is prepared for taste-testing, then lead a group discussion about the healthy aspects of the recipe. Be sure to tell participants what is in the recipe in case anyone is allergic to the ingredients.*

Our next message of the day is to be physically active!

**Be Physically Active Everyday!**

Let’s look at our Step Count Charts and talk about physical activity. *I am going to write down your number of steps for this past week, so if you have your Step Count Chart with you, then I would like to look at it. I may contact you in the next few days to get this information.*

Has anyone increased their number of steps since our last meeting? *Wait for responses and ask participants how they increased their steps.* Even if you have not increased your number of steps, maintaining your current step count and staying consistent is a healthy goal. Continue recording your steps in your Step Count Chart or other place so you can make more progress and set new goals for walking each day.

If anyone needs a new Step Count Chart, then please let me know and I will give you a new one.

Congratulations to everyone who has reached the goal of doing 30 minutes of moderate physical activity everyday! If you are still working toward this goal, keep up the good work! I know you will get there soon. Remember that there are even greater benefits to being more physically active each day by increasing either the time or intensity of your activities as you feel able and ready.

Remember that many exercises may be done in a chair, so even if you are unable to walk as much as you’d like, chair exercises are a great way to help you stay strong and limber.

Speaking of chair exercises, let’s do some of these together. *Begin chair exercise Modules C and D or Tufts/CDC’s Growing Stronger, Part III. Encourage participants to continue doing these exercises at home.*

*Remember to record steps from participants and/or contact them shortly to get this information.*
Activity: “Bingo for Better Health”

Gather the group together to play “Bingo for Better Health.” The bingo cards are printed at the end of all of these lessons. Give participants large dry beans for bingo pieces and bingo cards that have a series of nutrition and health-related illustrations in each bingo square. Play this game as normal bingo is played. Shuffle the stack of large bingo pieces, select one to call out to participants, and show the bingo piece to participants. The first participant to accurately declare bingo wins. Ideas for prizes include magnifying glasses to read food and medication labels, measuring cups, healthy snacks, bottled water, spice blends, small packets of artificial sweetener, low-calorie pudding mix, shelf-stable milk or soy products (e.g., low-calorie milk powder, low-calorie cocoa packet, 8-ounce boxes of milk), canned or fresh fruits and vegetables, lights (e.g., night light, flashlight, key-chain light, other battery-powered lights), and small bottles of lotion or hand cream.

It really has been a treat being with you over the past few months. Keep reaching for your goals and remember that the joy truly is in the journey toward better health. I wish you health and happiness in your newfound wisdom to manage and prevent heart disease and diabetes successfully.
### My Goals to Follow the “Eight Ways to Feel Great”
for Diabetes and Heart Health (Lesson Eight)

<table>
<thead>
<tr>
<th>My New Goal(s) For Next Week</th>
<th>Everyday</th>
<th>Almost Everyday</th>
<th>Not Very Often This Past Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Be physically active</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Eat healthy: 7 to 10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>fruits and vegetables daily;</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>limit fat and sodium</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Eat healthy: control</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>portions and choose variety</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>4. Take my medicines as</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>recommended by my doctor</td>
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<td></td>
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<tr>
<td>5. Be smoke free: avoid</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>cigarettes, pipes, cigars,</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>chewing tobacco, and snuff</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Check my blood sugar</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>and feet if I have diabetes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Know warning signs for</td>
<td>YES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>heart attack, stroke, and</td>
<td>NO</td>
<td></td>
<td></td>
</tr>
<tr>
<td>diabetes:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Get checked regularly for</td>
<td>YES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>blood pressure, blood</td>
<td>NO</td>
<td></td>
<td></td>
</tr>
<tr>
<td>cholesterol, blood sugar,</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>vision, foot health, and</td>
<td></td>
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<td></td>
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<tr>
<td>A1c (A1c for diabetes only):</td>
<td></td>
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</tr>
</tbody>
</table>

- **What keeps me from following my “Eight Ways to Feel Great” everyday?**

- **What can I do to reach my goals to follow the “Eight Ways to Feel Great” everyday?**
Warning Signs of Heart Disease

Some signs of heart disease are hard to feel, such as high blood pressure. But other signs, such as heart attack and stroke can strike suddenly and are life and death emergencies. Call 9-1-1 immediately if you see or have the signs of heart attack or stroke.

<table>
<thead>
<tr>
<th>Problem</th>
<th>Warning Signs</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure</td>
<td>• High blood pressure is dangerous because it usually has no signs or symptoms. So get checked regularly!</td>
</tr>
</tbody>
</table>
| Heart Disease    | • Describes many conditions, including hardening of the arteries, high blood pressure, heart attacks, heart failure, and stroke and transient ischemic attacks  
|                  | • Can develop slowly without symptoms  
|                  | • First sign may be a heart attack  
|                  | • Angina (pain felt in the chest)  
|                  | • Arrhythmia (irregular heartbeat) |
| Heart Attack     | • Discomfort in chest or other part of upper body  
|                  | • Shortness of breath  
|                  | • Cold sweat, nausea, lightheadedness, or other symptoms  
|                  | • Call 9-1-1 if see or have these problems |
| Stroke           | • Sudden numbness or weakness in face, arm or leg, especially on one side of the body  
|                  | • Sudden confusion, trouble speaking or understanding  
|                  | • Sudden trouble seeing in one or both eyes  
|                  | • Sudden trouble walking, dizziness, loss of balance or coordination  
|                  | • Sudden, severe headache with no known cause  
|                  | • Call 9-1-1 if see or have these problems |

From Medline Plus Medical Library, the National Institutes of Health, [www.medlineplus.gov](http://www.medlineplus.gov)  
Warning Signs and Risk Factors of Diabetes

Many people have had diabetes for years before they are diagnosed or aware that they have it. Get checked regularly by your doctor for diabetes.

**Warning signs of diabetes:**

- Frequent urination
- Unusual weight-loss
- Excessive thirst
- Increased fatigue
- Extreme hunger
- Irritability
- Blurry vision

**Risk factors for diabetes: the more things you check, the higher your risk of getting diabetes:**

- **Not modifiable - things you can’t change:**
  - Family history of Type 2 diabetes (parent or sibling with diabetes)
  - African American, Latino, Native American, Asian American, or Pacific Islander ethnicity
  - Had gestational diabetes during a pregnancy or gave birth to a baby greater than 9 pounds
  - Increasing age (although Type 2 diabetes can develop at any age)

- **Modifiable – you can do something about these!**
  - Being overweight or obese; carrying extra weight around the waist
  - Physical inactivity
  - Poor diet, such as eating too many calories

Take action now to get checked! Manage your weight, be physically active, and eat healthy everyday to help prevent and manage diabetes.

Warning Signs Matching Quiz

Match the disease on the right with the symptom on the left. Diseases are used more than once.

_____1. Blurry vision
_____2. Excessive thirst
_____3. Shortness of breath
_____4. Sudden trouble walking
_____5. Extreme hunger
_____6. Discomfort in the chest
_____7. Sudden, severe headache
_____8. Frequent urination
_____9. Sudden confusion or trouble speaking

A. Diabetes
B. Heart attack
C. Stroke

Protect yourself, family, friends, and others by knowing the warning signs and calling 9-1-1 fast. Heart attack and stroke are life-and-death emergencies, so every second counts. If you see or have any of the signs for heart attack or stroke, then call 9-1-1 fast.

ANSWER KEY

1. Blurry vision: A (diabetes)
2. Excessive thirst: A (diabetes)
3. Shortness of breath: B (heart attack)
4. Sudden trouble walking: C (stroke)
5. Extreme hunger: A (diabetes)
6. Discomfort in the chest: B (heart attack)
7. Sudden, severe headache: C (stroke)
8. Frequent urination: A (diabetes)
9. Sudden confusion or trouble speaking: C (stroke)
Day Eight Menu

Breakfast
Nut-crusted cinnamon French toast with berries, 1 serving (recipe provided)
Coffee

Snack
Pear, baked, 1 small, sprinkled with 1 teaspoon cinnamon/artificial sweetener mixture
Milk, 1%, 1 cup

Lunch
Turkey salad, made with 2 cups fresh spinach or other salad greens, 2 ounces cubed skinless roasted turkey breast (low-sodium variety), ½ cup mandarin oranges (canned in light syrup or juice, drained), ¼ cup diced tomatoes, ½ cup kidney beans (canned, rinsed and drained), 1 tablespoon light ranch dressing
3 peanut butter sandwich crackers
Ice water

Snack
Part-skim mozzarella cheese stick, 1 each (about 1 ounce)
Granola bar, low-fat, 1 small (such as Quaker Chewy)

Evening Meal
Salmon, grilled, 3 ounces, drizzled with 1 teaspoon olive or canola oil and sprinkled with salt-free seasoning
Green beans, fresh or from frozen, boiled, ½ cup, with 1 teaspoon added canola oil and salt-free seasoning to taste
Baked sweet potato, with skin, ½ large or 1 small (about 3 ounces), sprinkled with cinnamon and spread with 1 teaspoon soft margarine
Whole wheat dinner roll, 1 small (about 1 ounce), spread with 2 teaspoons sugar-free fruit preserves
Unsweetened iced tea

Snack
Yogurt, low-fat and low-calorie, vanilla or fruit flavored, ¼ cup
Vanilla wafers, crumbled, 5 each

Nutrition Facts for Day 8:

- 1,847 calories
- 56 g total fat (27% calories)
- 11 g saturated fat (5% calories)
- 244 g total carbohydrate (53% calories)
- 104 g protein (23% calories)
Nut-Crusted Cinnamon French Toast with Berries

Serves 2 (4 slices; 2 per serving)

Ingredients:

- 4 slices whole wheat bread
- ⅔ cup egg substitute
- ¼ cup fat-free milk
- ½ teaspoon ground cinnamon
- ¼ teaspoon almond extract (optional)
- 1 cup whole grain flake cereal, such as oat bran flakes
- 3 tablespoons unsalted almonds
- 1 cup sliced strawberries (fresh or frozen without added syrup)
- ¼ cup sugar-free maple syrup
- cooking spray

Directions:

1. In a food processor, pulse almonds to crush into small pieces; add in the cereal and process to mix the cereal and nuts together into a crumb mixture and pour into a medium bowl.
2. In a shallow dish, such as a pie pan, whisk together the egg substitute, milk, almond extract (optional), and cinnamon.
3. Lightly spray a large skillet with cooking spray and preheat the skillet over medium-low heat (about 250 to 300˚F).
4. Working in batches, soak bread slices in egg mixture for 30 seconds per side.
5. Sprinkle soaked bread slices with the cereal/nut mixture to coat.
6. Place bread slices on skillet, flipping to brown both sides to golden (about 3 minutes per side).
7. Remove toast to a plate and place ½ cup sliced strawberries on top of each serving of toast (2 slices); serve immediately with 1 tablespoon sugar-free syrup per slice of toast.

Nutrition Facts Per Serving:
356 calories
10 g total fat
1 g saturated fat
56 g total carbohydrate
19 g protein
References and Further Reading


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