

Kitchen Creations Faculty Newsletter #17

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Pregnancy and Type 2 Diabetes

Studies show that pregnant women with Type 2 diabetes are at increased risk for miscarriage and their babies are at increased risk for birth defects. Both miscarriages and birth defects are caused by high blood glucose levels early in pregnancy. A woman should not become pregnant until she has excellent blood glucose control. This means starting or continuing birth control methods until blood glucose control has improved.

The American Diabetes Association guidelines suggest a hemoglobin A1C level below 7%. Some physicians want a woman to have a hemoglobin A1C level as close to 6% as possible, before attempting to become pregnant. Hemoglobin A1C is the blood test that measures the average blood glucose of the past 3 months.

A woman with Type 2 diabetes should see her physician before she attempts to become pregnant. The physician wants to know how long the woman has had diabetes, what medications she is taking, and what her hemoglobin A1C is. The safety of most diabetes pills has not been established. In most cases this requires switching to insulin. If a woman is planning to become pregnant, some physicians will switch her to insulin before she becomes pregnant. The physician will look at all the medications a woman with Type 2 diabetes is taking and their safety before and after pregnancy. Other factors that the physician will consider are tobacco use, alcohol use, illicit drug use, family or personal history of birth defects or inherited diseases, and whether the woman has a support system in place. Complications of diabetes can have bad effects on pregnancy and pregnancy can have bad effects on complications. Kidney disease and high blood pressure are risk factors for early delivery and poor growth of the fetus.

It is very important to get excellent blood glucose control before pregnancy and maintain excellent blood glucose control for the entire pregnancy. A pregnant woman with diabetes needs to work with a RD (registered dietitian) and a nurse CDE (certified diabetes educator). Teaching includes the importance of diet, exercise and blood glucose monitoring. Blood glucose is usually checked in the morning before eating, after meals, and bedtime. Blood glucose should be 80 to 100 before meals and less than 155 2 hours after a meal.

This information is from DOC NEWS February 2007

www.diabetes.org/docnews

Karen Halderson, MPH, RD,LD, CDE
Extension Diabetes Coordinator

5 A Day brand is being replaced with Fruits & Veggies-More Matters

Produce for Better Health Foundation has announced that it is replacing the 5 A Day brand with Fruits & Veggies-More Matters on March 19, 2007

The Dietary Guidelines encourage adults to eat between 3.5 and 6.5 cups of fruits and vegetables daily, depending on their age, sex, and activity level. So the focus has been taken away from a specific number of servings. To meet the new dietary guidelines, most consumers will have to more than double the amount they currently consume. Fruit & Veggies-More Matters focuses on small, achievable steps, getting consumers to eat more fruits and vegetables over time.

Moms are the primary gatekeepers to the family. Messages that are straight-talking, positive, and supportive will be targeted to them. Only 14% of families with children eat 5 or more servings of fruits and vegetables in a day.

Produce for Better Health has developed a acronym T.A.S.T.E to encourage families increase fruits and vegetables.

T. – Try something new at every eating occasion.

A. – All forms of fruits and veggies count!

S. – Shop Smart.

T. – Turn it into a family activity

E. – Explore the bountiful variety (and satisfy everyone).

The new web site is already available. It is www.fruitsandveggiesmorematters.org CDC also has a new website www.cdc.gov/fruitsandveggies

Kitchen Creations Ideas & Tips

I think it is important to make Kitchen Creations fun and interesting. I try to find new products, foods, kitchen gadgets and appliances to share with them. I like to show them shortcuts in cooking for example, using the microwave and food processor in food preparation whenever possible. We have interesting door prizes each time.

Before the first class I make up packets in pocket folders for each participant. In this packet I include many of Karen's newsletter articles (often reformatted with a little clip art), all the paper handouts that are provided for Kitchen Creations, some of the extra recipes we use that aren't in the books and any hand outs that we have found we like to use over the years. This way they have a folder to bring each class to add notes to or handouts too. I tell them they only need to bring the folder to each class.

A few years ago I did a program "Cooking Ahead for One, Two or a Few". The recipes I compiled into the booklet I used have been analyzed by Karen Halderson for nutrient content. Most are good for people with diabetes. We use some of these recipes in our class. I include this booklet into my folder. I created this booklet partially in answer to those participants who had difficulty preparing nutritious meals during the hectic day to day life.

I like to get the pedometers and encourage them to log their steps from the first class to the last class. Some are better at turning them in than others. Last time we drew a nice door prize the last week among those that turned in their step log. Then I gave them a separate step log for the next 4 weeks and had a prize to draw from for those that mailed me their log. Less of the participants sent in the last log.

I buy one of the less expensive George Forman grills. We use it during the meat class. Each class that a person attends we put their name in a container to be drawn at the end of the last class. If they come to all 4 classes they have 4 chances of winning the grill, if they only come to 2 they have 2 chances. They must be present at the last class to win if their name is drawn.

One of the door prizes that creates a lot of interest is for my spring classes for the last class (I used to do these and the George Forman at my reunion) I buy some fresh herb plants and pot them with several in a pot. These little herb gardens are a big hit.

Connie Moyers
Roosevelt County Extension Home Economist

Reliable Medical Information on the Web
(from AARP magazine)

AARP Health has information on drugs, insurance and staying healthy at 50-plus.
www.aarp.org/health

American Cancer Society includes links to clinical trials and patient support groups.
www.cancer.org

American Diabetes Association has news of the latest research, provides nutrition information and recipes.

www.diabetes.org

American Heart Association features an on-line heart and stroke encyclopedia.

www.americanheart.org

Centers for Disease Control and Prevention has the latest information on public health and communicable diseases.

www.cdc.gov

Clinical Trials lists experimental treatments you may be eligible to receive.

www.clinicaltrials.gov

Family Doctor has straightforward general information from the American Academy of Family Physicians.

www.familydoctor.org

Healthfinder is a health library available in English and Spanish, sponsored by the U.S. Department of Health and Human Services.

www.healthfinder.gov

KidsHealth

www.kidshealth.org

Mayo Clinic offers on-line tools to help guide treatment decisions.

www.mayoclinic.com

Medem is a partnership among medical societies to foster doctor-patient communication; includes an online medical library.

www.medem.com

MedlinePlus is the National Library of Medicine's comprehensive health-information portal.

<http://medlineplus.gov>

National Cancer Institute provides clinical details about every type of cancer and the latest treatments.

www.cancer.gov

WebMD is a for profit news and information service with interactive activities.

www.webmd.com