

Diabetes Forecast's Annual Resource Guide –

Diabetes Forecast devotes their January issue to a Resource Guide each year. It provides a comprehensive listing of the latest in diabetes products and services. The Resource Guide 2008 is available at www.diabetes.org/diabetes-forecast/resource-guide.jsp.

Included in the 2008 Guide are new products; testing equipment and continuous blood glucose monitors; insulins and type 2 medications; insulin delivery systems; treatments for low blood glucose.

This is a great way to find just the product your client needs, or to keep up to date with the most current products available.

National Heart, Lung and Blood Institute announced changed treatment strategy in the ACCORD study – 2.6.2008

The ACCORD (Action to Control Cardiovascular Risk in Diabetes) study enrolled over 10,000 participants in a study of people with type 2 diabetes who were at especially high risk for heart attack and stroke. The primary strategy was to intensively lower blood glucose below current recommendations, with a goal of achieving A1C values of less than 6.0 percent. A comparison treatment plan aimed at a goal of 7.0 to 7.9 percent.

Prior studies indicated that reducing blood sugar to levels found in non-diabetic adults might reduce the rate of cardiovascular diseases among those with diabetes. Other aspects of the ACCORD trial included treatment to normalize blood pressure or blood lipids.

Review of data available showed that those with intensively controlled blood glucose levels were at higher risk of death than those in the less-intensive standard treatment strategy.

It is important to note that death rates in both groups were lower than seen in similar populations in other studies.

Also, no medication was implicated since clinicians could use any Food and Drug Administration-approved diabetes medication or combination of medications to achieve the lower blood sugar goals.

Participants will continue to be followed receiving the less-intense blood glucose controlling treatment, and continuing treatment for blood pressure and blood lipids until the trial's planned conclusion in June 2009.

Large randomized clinical trials such as the ACCORD are essential in determining the best treatment strategies available. It will be interesting to learn the findings at the conclusion of the trial.

Carol Marr, RD
Diabetes Prevention and Control Program

American Diabetes Association: Clinical Practice Recommendations 2008

Every January the American Diabetes Association publishes Clinical Practice Recommendations. Below is a summary of **Nutrition Recommendations and Interventions for Diabetes**

Nutrition and MNT (Medical Nutrition Therapy)

Energy Balance, Overweight, and Obesity recommendations:

- Modest weight loss has been shown to improve insulin resistance. Weight loss is recommended for individuals who have or are at risk for diabetes
- For weight loss, either low-carbohydrate or low fat calorie restricted diets may be effective in the short term (up to 1 year)
- For patients on low-carbohydrate diets, monitor lipid profiles, renal function, and protein intake (in those with kidney disease) and adjust diabetes medications as needed.
- Physical activity and behavior modifications are important components of weight loss programs and helpful in maintenance of weight loss.
- Weight loss medications may be considered in the treatment of overweight and obese individuals with type 2 diabetes. Weight loss medications can help achieve a 5-10% weight loss when combined with lifestyle modification.
- Bariatric surgery may be considered for some individuals with type 2 diabetes and a BMI of 35 or above. Bariatric surgery can result in marked improvement in blood glucose control. The long-term benefits and risks of bariatric surgery in individuals with pre-diabetes or diabetes continue to be studied.

Nutrition Recommendations and Interventions for the Prevention of Diabetes
(Primary Prevention)

- Structured programs that emphasize lifestyle changes that include moderate weight loss (7% of body weight) and regular physical activity (150min/week) with dietary strategies that include reduced calories and reduced intake of fat, can reduce the risk for developing diabetes.
- Individuals at high risk for type 2 diabetes should be encouraged to increase fiber intake (USDA recommends 14 g fiber/1,000 calories). One half of grain intake should be from whole grains.
- There isn't sufficient, consistent information to conclude that low-glycemic load diets reduce the risk of diabetes. Nevertheless, low-glycemic index foods that are rich in fiber and other nutrients should be encouraged.

- Observational studies report that moderate alcohol intake may reduce the risk for diabetes, but data do not support recommending alcohol consumption to individuals at risk of diabetes.
- No nutrition recommendation can be made for preventing type 1 diabetes.
- Although there are insufficient data at present for any specific recommendations for prevention of type 2 diabetes in youth, it is reasonable to apply approaches demonstrated to be effective in adults, as long as nutritional needs for normal growth and development are maintained.

The summary of Clinical Practice Recommendations will be continued in the next Kitchen Creations Faculty Newsletter.

Diabetes Publications

Several diabetes related publications are listed below. Extension Home Economists are familiar with the Control your Diabetes for Life series, but we want to make sure that the RD's and CDE's who teach Kitchen Creations are aware of the series, too.

Control your Diabetes for Life publication series

The English version the *Control your Diabetes for Life* series of publications has been updated and is available as a PDF file. The Spanish version is being translated and should be available soon. Currently the 2003 Spanish version is available as a PDF file.

We've added a *Control Your Diabetes for Life: Nutrition Series*. Currently 4 publications are available as a PDF file. One more nutrition publication will be added. The nutrition series publications are only available in English at this time, but they are being translated.

Here is what is available now.

- Circular 569-A Control your Diabetes for Life: What is Diabetes?
- Circular 569-B Control your Diabetes for Life: Who Gets Diabetes?
- Circular 569-C Control your Diabetes for Life: Healthy Living with Diabetes
- Circular 569-D Control your Diabetes for Life: Navigating the Health Care System
- Circular 569-E Control your Diabetes for Life: Know Your Numbers
- Circular 569-F Control your Diabetes for Life: Diabetes Medications
- Circular 569-G Control your Diabetes for Life: Coping with Diabetes
- Circular 569-H Control your Diabetes for Life: Exercise for People with Diabetes
- Circular 569- I Control your Diabetes for Life: Preventing Complications
- Circular 569- J Control your Diabetes for Life: Healthy Feet

Circular 631-A Control your Diabetes for Life: Nutrition Series – Choosing Foods at Meals and Snacks

Circular 631-B Control your Diabetes for Life: Nutrition Series – Now to Read a Nutrition Facts Label

Circular 631-C Control your Diabetes for Life: Nutrition Series – What About Sweets?
Circular 631-D Control your Diabetes for Life: Nutrition Series – Keeping Heart Healthy

How to get Control your Diabetes for Life publications

Go to www.cahe.nmsu.edu

Click on Publications and Videos (left side of page)

Under Publications available on-line
Click on Extension How to Publications

Click on Food and Nutrition (E series)
Scroll down to Diabetes Series

Diabetes Care and Education Practice Group publications

The Diabetes Care and Education Practice Group of the American Dietetic Association has publications on their web page. Go to www.dce.org
Click on Publications, then click on Patient Education Slicks.

New publications are:

Healthier Eating with Whole Grains – version 1
It has an explanation on change in counting fiber

Healthier Eating with Whole Grains – version 2
This version **does not** contain information on subtracting fiber

Meal-Replacement Products for People with Diabetes.

Calories Count

Sweet Taste Without the Calories

Choose Your Foods: Exchange Lists for Diabetes

The American Dietetic Association and American Diabetes Association have updated the Exchange Lists. A wider variety of food and beverages and more culturally diverse choices are included. Combination foods and fast foods choices have been expanded. Information on exercise, eating healthy in restaurants, and reading food labels has been added. A glossary of diabetes related terms has also been added.
Note: this is a good reference for serving sizes

To order Choose Your Foods go to: www.eatright.org/catalog

Subtracting Fiber?

Both Healthier Eating with Whole Grains version 1 and Choose Your Foods: Exchange Lists for Diabetes now state “If a food contains 5 grams or more of dietary fiber per serving, subtract half of the grams of fiber from the total grams of carbohydrate. This was changed because in the guidelines from the *Institute of Medicine Dietary References Intakes for Energy* fiber is calculated as having about half the energy (2 kcal/g) of other carbohydrates (4 kcal/g). Adjustment is only practical if the amount of fiber per serving is 5 grams or more. **Subtracting fiber from carbohydrate should only be used with people that need to fine tune their insulin to carbohydrate ratio (people on insulin pumps). It is not something that otherwise needs to be taught or used.**

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