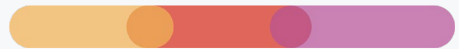




Prediabetes in Family Planning



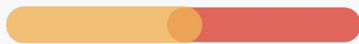
How to Initiate Counseling for Adolescents and Young Adults

Jill Weisenberger, MS, RDN

April 22, 2021



Disclosures



This nursing continuing professional development activity has been approved for a maximum of **1** contact hour by JSI Research & Training Institute, Inc.

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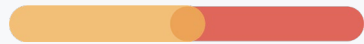
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- American Diabetes Association author
- No others are relevant to this presentation





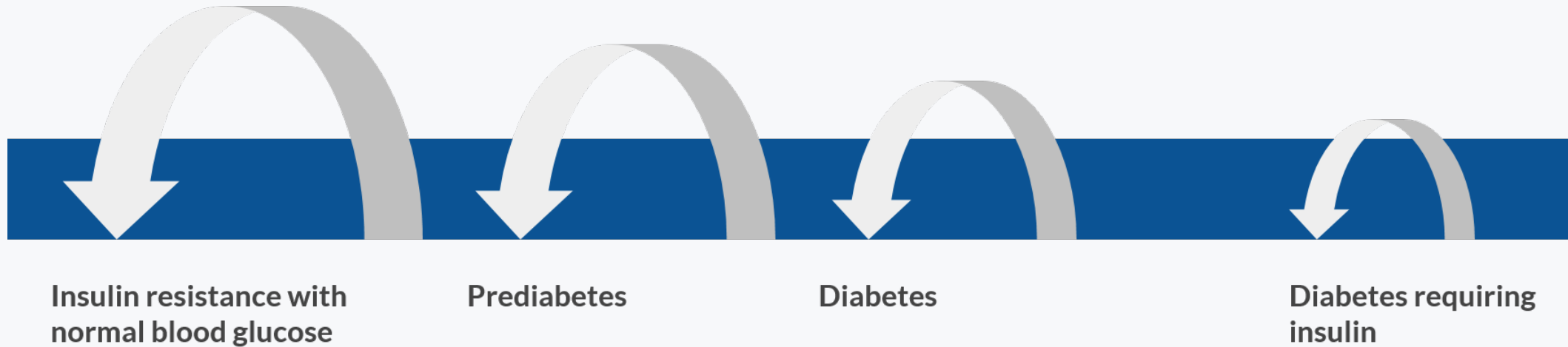
Learning Objectives



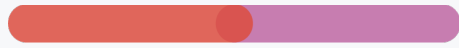
By the end of this session, participants will be able to:

1. Explain at least two strategies for initiating a conversation related to obesity and diabetes prevention during discussion of pregnancy
2. Describe at least three strategies for addressing obesity and diabetes prevention with emphasis on high-impact, lower-effort changes
3. Identify at least two recommended resources that address underlying factors related to environmental and community factors.

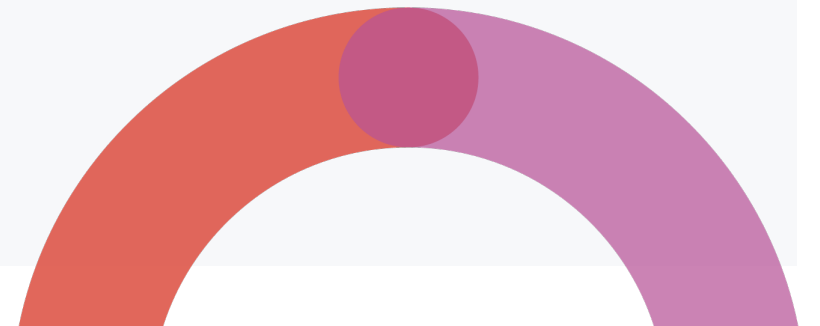
Pathogenesis



Associated Health Problems



- Hypertension, heart attack, and stroke
- Non-alcoholic fatty liver disease
- Several cancers
- Increased miscarriage, birth defects, and C-section
- Increased risk of obesity and type 2 diabetes among offspring



Participant questions from Session # 1

1. Why is there a greater risk to offspring born to moms with hyperglycemia and/or obesity? Is it genetics or something else?
2. Are the racial disparities on diabetes rates related to genetics or environment?
3. Why is there a different BMI cutoff for Asian Americans?



Prediabetes Treatment



- Weight loss
 - 7% of body weight
- Physical activity
 - >150 minutes weekly
- Diet
 - Avoid sugary drinks
 - Lower calorie-high nutrient choices
- Medication
 - Metformin
- Tobacco cessation



What Moves Us to Action?



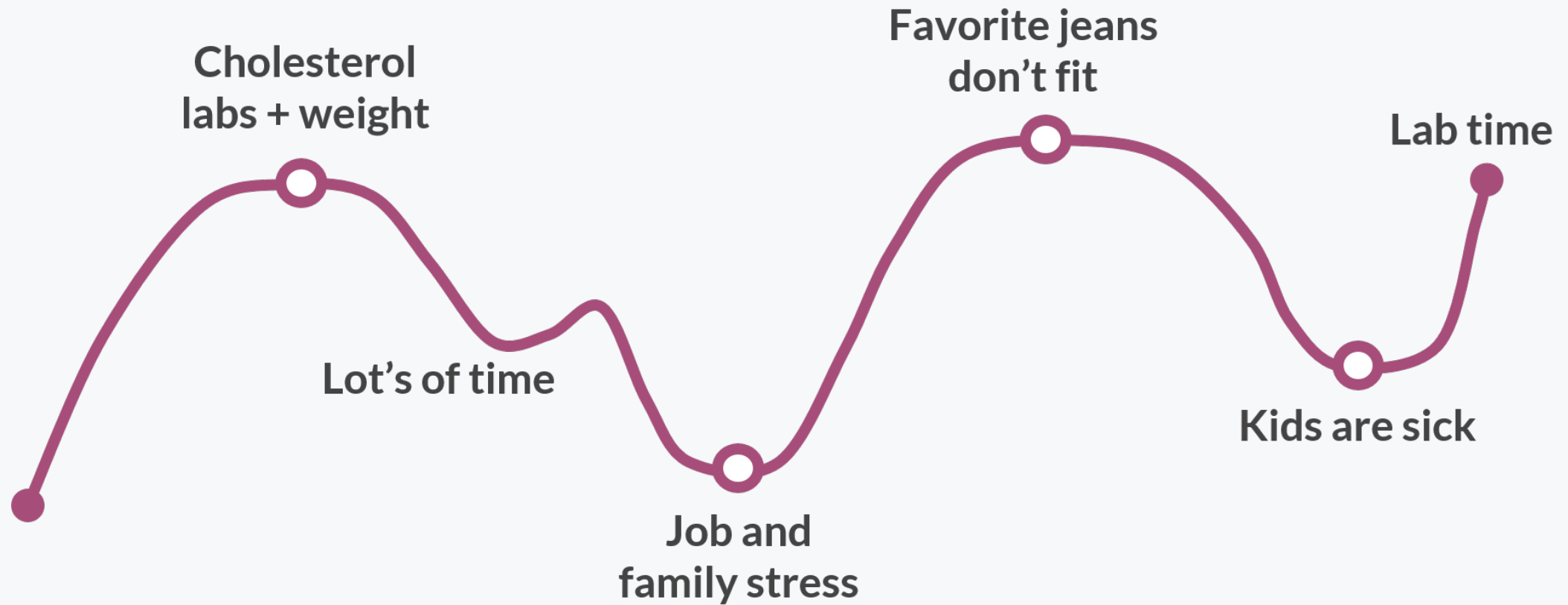
Motivation: We perceive taking action as less painful than taking no action

- Making an appointment for birth control after having a pregnancy scare
- Starting a walking program when the worry about high blood pressure becomes too great

Willpower: Fighting desires with self-control

- Weakens as the day goes on, under stress, with used up reserves

Motivation



**Motivation and willpower are unreliable.
Lacking them is NOT a character flaw.**

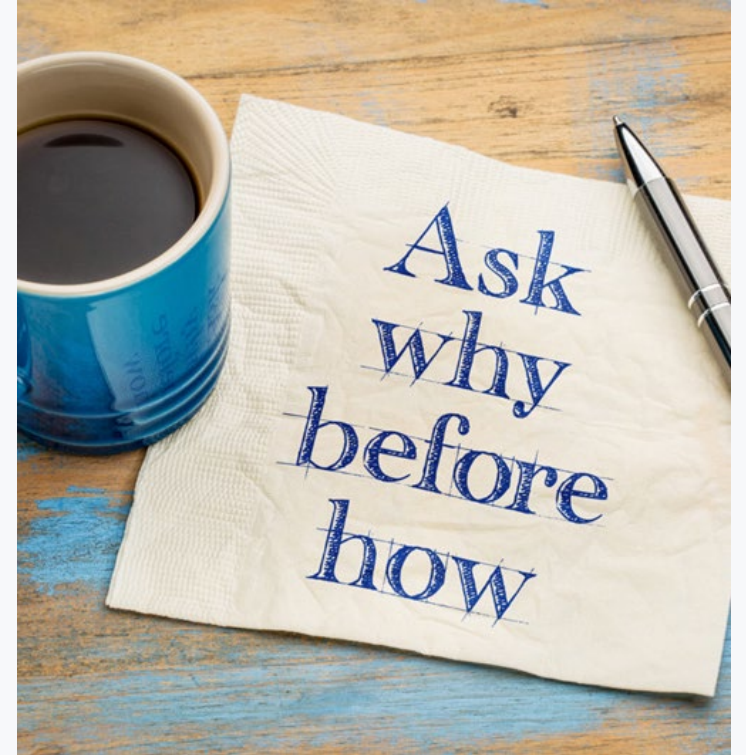


Put the WHY Before the HOW

WHY?

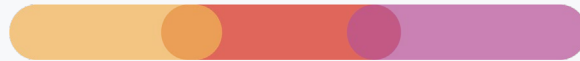
- Eat vegetables
- Exercise daily
- Get to bed on time
- Make time for yourself

Dig for a personal WHY to move to action



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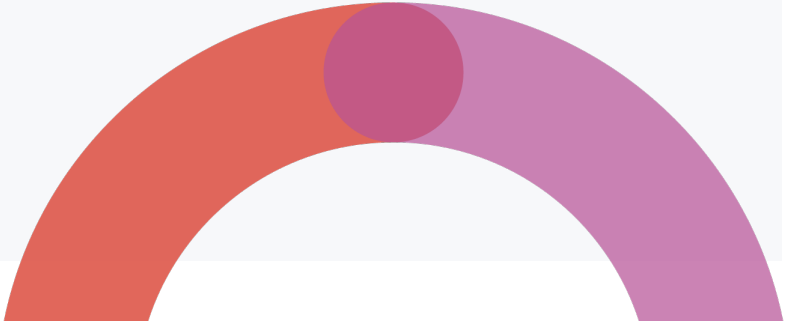
Imagine Your Healthiest Self



"I have the stamina to care for my parents, as well as my kids. I go to bed proud that I'm showing my children how to take care of others and myself and that I'm giving my kids a good healthy start in life."

Prompts

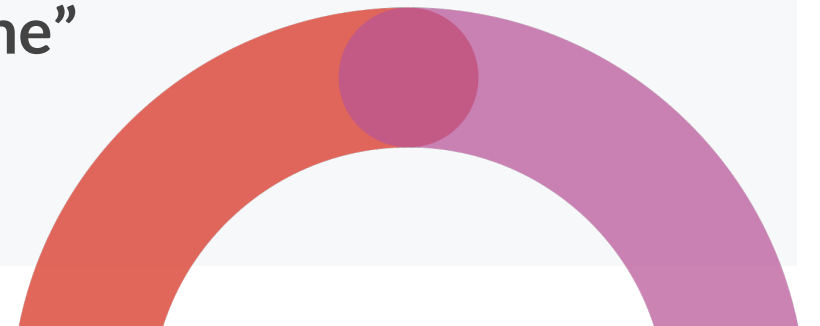


- What does your ideal health and wellness look like?
 - What would you like more of in your life?
 - What would you like less of?
 - What would you like to stop worrying about?
 - What new habits will give you what you want?
 - What are some benefits to improving your lifestyle?
 - What will your life be like if you stick with your current habits?
- 

Racial Inequities: Greater Morbidity and Mortality



- Fetal, infant, and childhood environment
- High BMI and abdominal fat
- Hypertension
- Unsafe or unwalkable neighborhoods
- Limited access to groceries
- Greater physical and emotional stress
- Smoking and addiction
- Unequal access to care
- **Lack of trust, feeling that providers “don’t get me”**



Tailor Your Messages to Your Patients

Eat a rainbow of fruits
and vegetables



Tailor Your Messages to Your Patients (cont'd)

What message do these
comments send?

“Don’t eat fast food.”

“Avoid processed foods.”



Diabetes Prevention Strategies (1)



Decrease calories

Choose wholesome foods

Track physical activity

Self-monitor weight

Record food intake

Manage stress

Maintain motivation

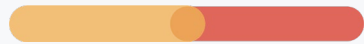
**Mindset: Stop harmful
negative thinking**

What Can We Add?

- Nuts
 - Peanuts are budget friendly
- Berries and other fruits
 - Canned, frozen, and fresh
- Yogurt
 - Lower added sugar, lower fat
- Oats and barley
 - All oats, barley soup
- Legumes
 - Lentils, canned, and frozen are budget friendly



Eat Wholesome Foods

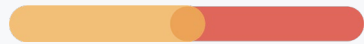


Add to what you already eat

- Punch up the nutrition of your casseroles, pasta salads, and potato salads by tossing in broccoli florets, carrot slices, red pepper strips, or chopped cucumber
- Toss green beans, eggplant, or zucchini into spaghetti sauce or stews
- Add canned beans to spaghetti sauce
- Add leftover veggies to or pour jarred salsa over eggs



Eat Wholesome Foods (cont'd)

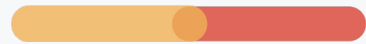


Combine

- Mix whole grain cereals and grains into refined cereals and grains
- Replace all or some meat with lentils and beans (start with familiar foods)



Eat Wholesome Foods (cont'd 2)



Make it convenient

- Take tuna for lunch
- Buy frozen fish fillets
- Enjoy all types of canned and frozen fruits and vegetables (with no added sugars, salt, or fat)
- Fill baggies with cherry tomatoes, grapes, etc.

The primary care provider and the patient living in poverty: Applying the Bridges to Health and Healthcare model to NP practice

Barbara Wise, PhD, APRN, FNP-BC¹ & Terie Dreussi-Smith, MA Ed²

ABSTRACT

Background and purpose: There is a much recent emphasis on the social determinants of health, and poverty is the most influential of these. It is not enough merely to understand the influence of poverty on health—the primary care provider must understand how to effectively treat patients who live in poverty.

Methods: This article applies the Bridges to Health and Healthcare model for understanding poverty to primary care practice from an individual provider's perspective. The article walks the reader through the implications of generational poverty for the primary care clinician in a typical office visit from history taking to following up.

Conclusions: Most primary care practitioners approach patients from a middle-class perspective. Awareness of the challenges and different perspectives of those in generational poverty can enhance care and outcomes.

Implications for practice: The individual provider can use the understanding of driving forces, resources, language and cognition, environment, and relationships provided by the Bridges to Health and Healthcare model to benefit patients in generational poverty.

Keywords: Bridges to Health and Healthcare; generational poverty; population health; poverty; primary care; Ruby Payne.

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Know Your Privilege

Jodi Pfarr at jpfarr.com



THE URGENCY OF AWARENESS

UNLOCKING THE POWER WITHIN INDIVIDUAL, ORGANIZATIONAL, AND COMMUNITY EFFORTS

JODI R. PFARR & ALLISON BOISVERT

The Urgency of Awareness: Unlocking the power within individual, organizational, and community efforts

Illustrated with powerful life stories from the late Allison Boisvert, Jodi Pfarr's *The Urgency of Awareness* brings clarity to how our unique individual experiences cause us to see and navigate the world differently.

Together they identify the various identities that are placed upon us by ourselves or others (male, female, people with and without disabilities, different skin colors, etc.) and examine how these categorizations within the societal system impact our life experiences.

Culture defines how we think about...

- What a health problem is and who should provide treatment
- Articulating symptoms and concerns
- What type of treatments are appropriate for a given health problem



www.LorenaDrago.com

Counsel With Respect



- Know your privilege
- Ask open-ended questions
- Reflect back
- No shaming
- Use culturally-sensitive terms and explanations
 - Be careful with category words
- “How do you feel about your weight?”
 - Just right
 - Above just right
 - Below just right

Isabella Wants to Avoid GDM Next Time



- 24 yof Latina, mom of 1
- H/o: GDM
- BMI: 31
- HTN
- Wants to lose weight to avoid GDM again
- Sedentary job, lots of snacking at work and in the evenings

Tool: Brainstorm

1. Go back and forth
2. Pick an option
 - Snack list
 - Pre-portion
 - Carry emergency food
 - Take 5 pieces of fruit to work each Monday
 - Out of sight, out of mind



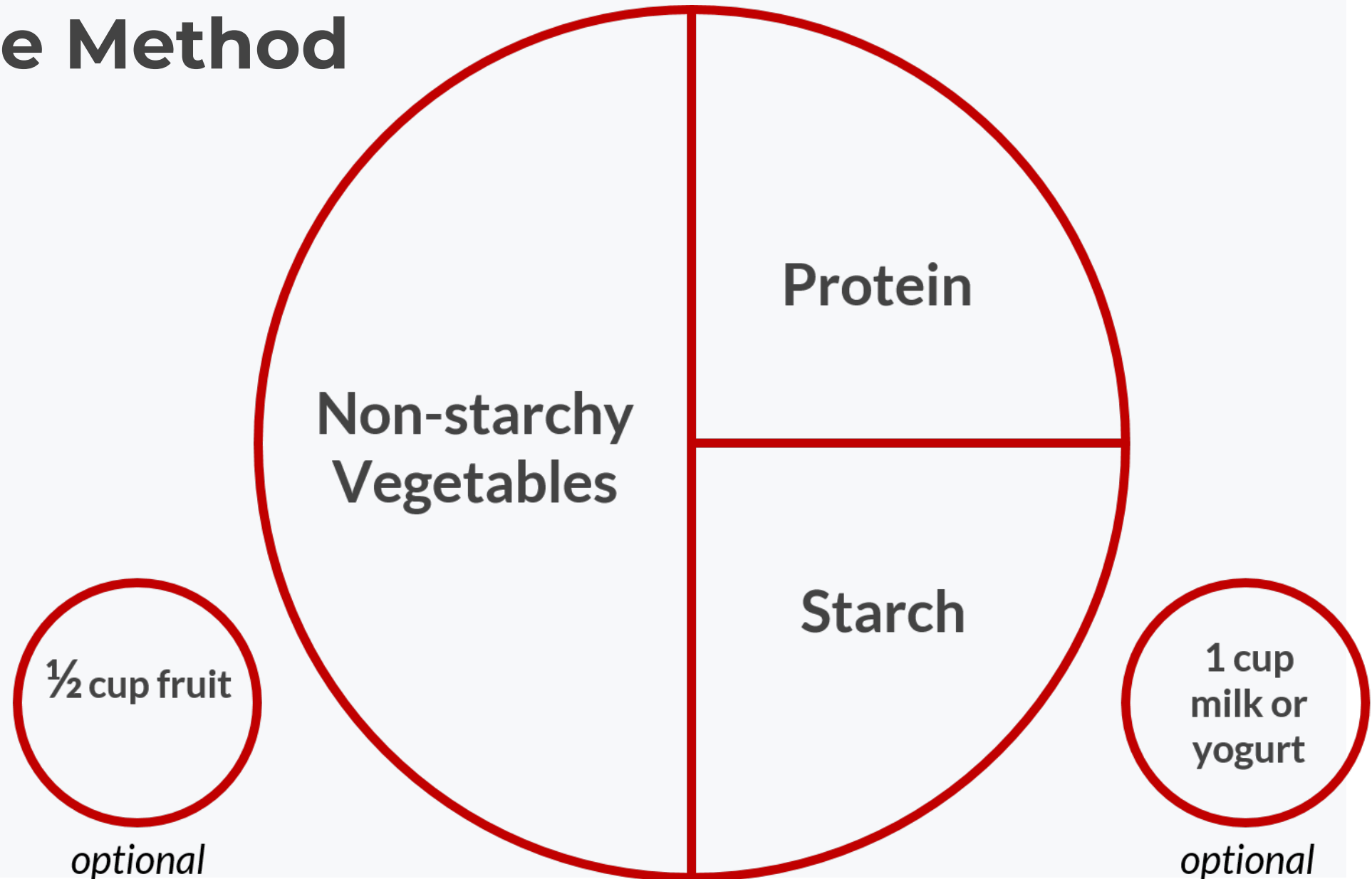
What Can You Offer Tina?



- 17 yof with a foster family
- Reports being upset about her weight
- Reports she doesn't have much control over what food is in the house and it is mostly unhealthy.



Tool: Plate Method



Example of the Plate Method



Diabetes Prevention Strategies (2)



Decrease calories

Choose wholesome foods

Track physical activity

Self-monitor weight

Record food intake

Manage stress

Maintain motivation

**Mindset: Stop harmful
negative thinking**

Physical Activity Recommendations



Cardiovascular exercise

- 3 times a week, no more than 2 days off in a row
- ≥ 150 minutes weekly

Strength training

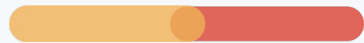
- 2–3 sessions a week, not on back-to-back days

Less sedentary time

- Interrupt prolonged sitting with 3-minute breaks every 30 minutes



Decrease Sedentary Behavior



- Stand up when you drink water
- Stand when the phone rings
- Do bicep curls when you are on Zoom
- Use the bathroom that's farthest away
- Walk or do squats during TV commercials or after reading a chapter
- Do wall push-ups while coffee brews



Goals	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Results
Avoid donuts by walking through a different hallway, so I don't pass the breakroom before noon	Y	Y	Y	Y	N	--	--	4 of 5 80%
Eat fruits or vegetables with my fast food lunch	N	Y	Y	Y	N	--	--	3 of 5 60%

Diabetes Prevention Strategies (3)

Decrease calories

Record food intake

Choose wholesome foods

Manage stress

Track physical activity

Maintain motivation

Self-monitor weight

Mindset: Stop harmful
negative thinking

Tool: Gateway Goal

Small wins are motivating.

- High likelihood of success
- Can lead to a bigger goal that can lead to desired results

Halt black and white thinking



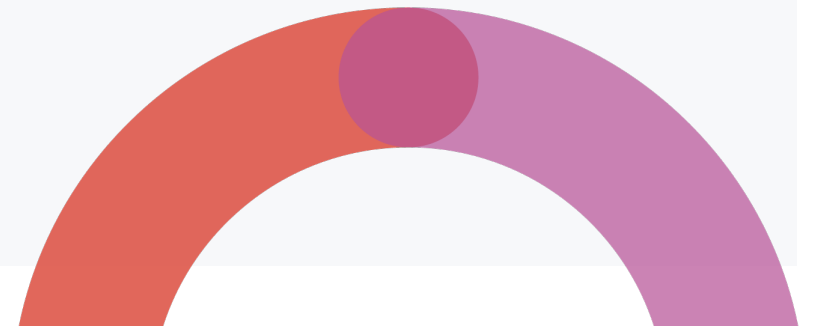
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Every Goal Needs a Plan



At least five times this week, I'll walk or engage in other purposeful exercise for at least 10 minutes after breakfast.

- Does she have walking shoes and comfortable clothing?
 - When will she get them?
- Will she walk immediately after breakfast or another time after breakfast?
- What will trigger her walk?
- What will she do if it rains?



Tool: If / Then Statement



If: It's time for my walk and the weather is bad

Then: I'll turn on the music to dance in the bedroom

If: I forget to bring a fruit or vegetable to eat with my fast food lunch

Then: I'll order a salad or eat canned fruit when I get back to work

If: Janie offers me a donut

Then: I'll say, "No thanks, I brought a snack."

How Do You Respond to Marcus?



- 16 yo male
- Says, “I know I’m fat, but I come from a fat family with fat genes.”
- Does Marcus have any thing to work toward?



Change the Environment

- Make the cue part of the environment
- Remove negative cues
- Change the context/change your routine



What Do You Say to Jean?



- 20 yof
- Smokes
- BMI: 31
- Says she wants a more effective birth control method.
- Tells you she's comfortable with her body size





Ask: Why? Why? Why? And Reflect Back

- Ask permission
- Open-ended questions
- Brainstorm
- Gateway goals
- If/then statements

Simple Strategies



- Plate Method
- Carry healthy food with you
- Supplement a less wholesome meal with healthy foods
- Leave wholesome food on the counter, put less healthy foods away
- **Cut out sugary drinks**
- **Better fast food and snack choices**
- Pre-portion foods
- Use smaller dishes
- **All physical activity counts**



Resources

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Eating Right on a Budget

Build Motivation & Willpower for Healthy Habits & Get the Results You Want
JillWeisenberger.com

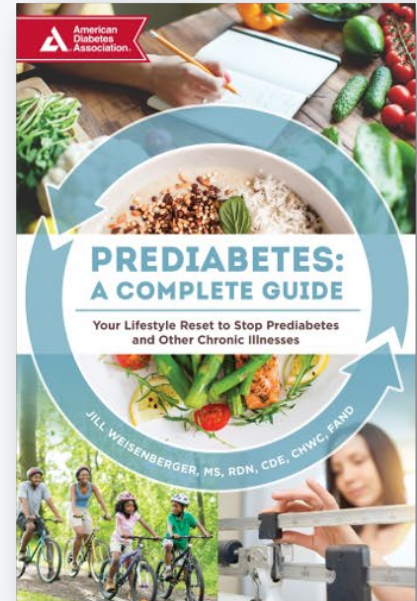


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Know **Diabetes** by **Heart**™



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A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

CDC.gov



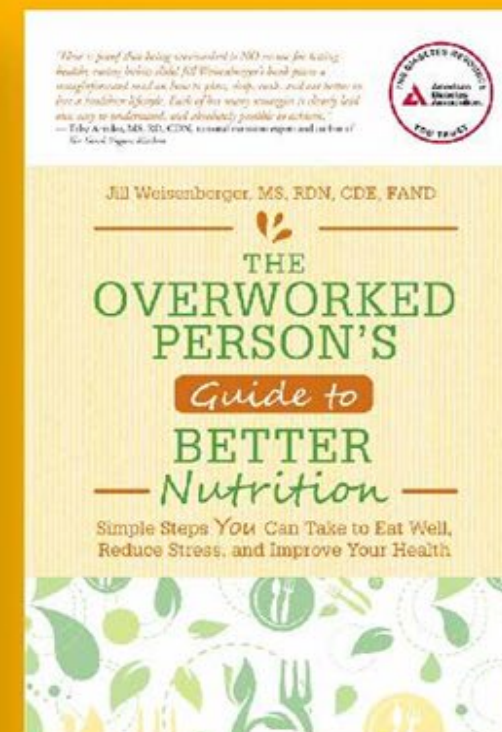
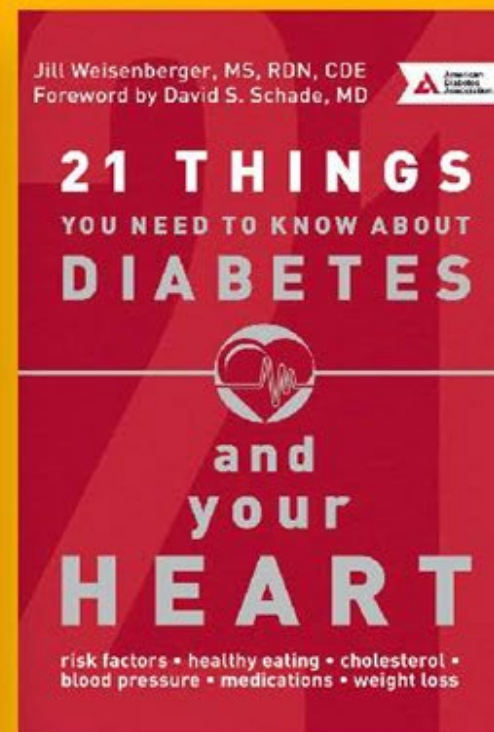
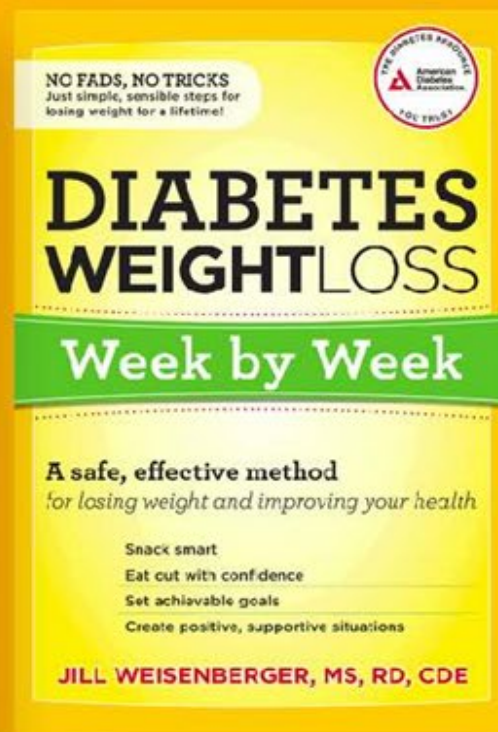
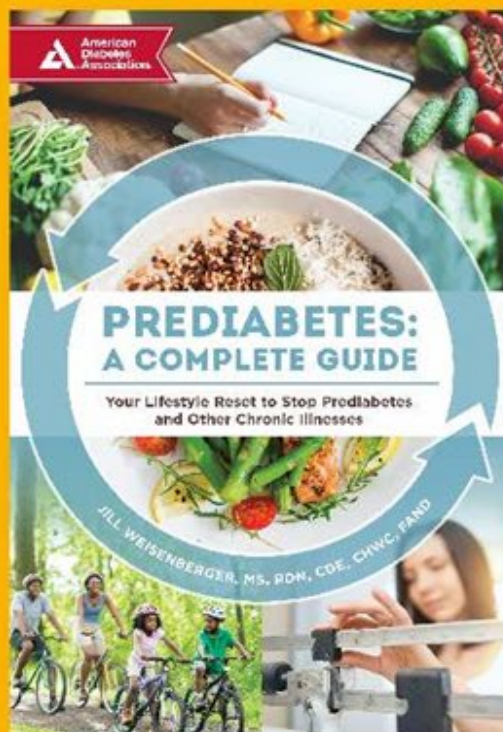
Diabetes Food Hub

[Read more](#)



How to Eat Well

[Read more](#)



STAY IN TOUCH!

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after the webinar!

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