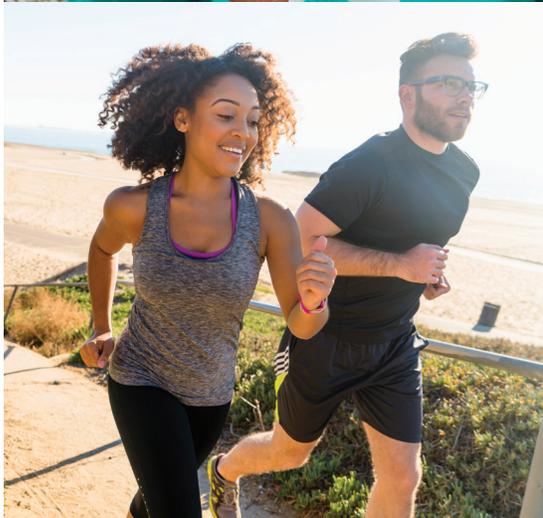




Diabetes Among
African Americans/
Blacks in the
United States



In this guide you will find tips for making the most of your doctor appointments, working with a dietitian, managing stress, eating healthier and staying physically active. Please enjoy!

Presented by the African American/Black Enterprise Resource Group in partnership with the Health Equity Council, Consumer Health Engagement and Clinical Program & Operations.



BE EMPOWERED

Tips for working with your **Doctor**

Working with your doctor can provide useful information. However, did you know that you can also provide just as much useful information to your doctor? Health care providers, including medical doctors, are the experts in the medical field, but you are the expert of your body. Collaborating together will produce healthier outcomes. Check out the tips below to help both parties maximize each doctor's visit.

- ▶ **Always try to prepare a list of at least three questions before your visit. These questions will help guide your discussion with your provider.**
 - How often should I check my blood sugar levels?
 - What are my diet restrictions?
 - When do you want me to follow up again?
 - Can you explain any abnormal lab work?
 - What symptoms should I be aware of?
 - How can I make a healthy meal for my whole family on our budget?
- ▶ **Discuss all of your conditions with your doctor.**

If you have high blood pressure, take your blood pressure log in addition to your blood glucose log to every visit.
- ▶ **Take a list of all medications to each visit and each provider.**

Discuss any new medication you have been prescribed with each provider. It's very important that you always understand why you are taking each medication and you have a clear understanding of how and when to take each one.

Tips for working With your **Dietitian**

These days it's easy to find all sorts of information on the internet, but is that information correct? A dietitian can help you separate fact from fiction. More than providing diabetes facts and figures, dietitians can also provide a compassionate listening ear.

Dietitians are well trained in diabetes management, and some even have advanced training in diabetes and counseling. Find a registered dietitian (RD) or certified diabetes care and education specialist (CDCES) who is an expert in the field and who is also a skilled communicator. Here are a few tips to get started:¹

- ▶ **Ask your doctor for a referral to a registered dietitian.**

Check with your insurance provider to find out if the service is covered under your plan.
- ▶ **Take your blood glucose log to each visit. This information can help your health care provider decide if and when any changes may be needed.**
- ▶ **Discuss physical activity and how it can affect your personalized eating plan.**



Don't be afraid to take control of your own health during your doctor visits. You are the expert of your own body.

For more information on empowering yourself and managing your diabetes, watch this video:
<https://www.youtube.com/user/cigna>



KEEP IT MOVING

Physical Activity Tips²

Pre-exercise Considerations: Before undertaking exercise more intense than brisk walking, inactive people with type 2 diabetes will likely benefit from an evaluation by a doctor. Talk to your health care provider before starting a new exercise program.

1

It Is a Process: Be patient, as even small amounts of physical activity will provide benefits. For further information, seek the advice of a physical fitness professional with experience in working with individuals with type 1 and type 2 diabetes.

2

Exercise and Blood Glucose Log: Keep an accurate account of your exercise sessions as well as your corresponding blood glucose readings before, during and after training so that you can adjust your food and medication intake appropriately. This will also allow you to review your progress over time.

Keep a quick-acting substance such as juice, hard candy or a packet of sugar available when exercising.

3

Type 1 Diabetes Precautions: While exercise can worsen low blood sugar for individuals with type 1 diabetes, very few individuals with type 2 diabetes develop a significant degree of low blood sugar. Therefore, individuals with type 2 diabetes generally do not need to postpone exercise because of blood glucose, provided that they are feeling well.

4

Hypoglycemia: Glucose monitoring can be performed before and after physical activity to assess exercise's unique effect. Activities of longer duration and lower intensity generally cause a decline in blood glucose levels but not to the level of hypoglycemia.

For insulin users who frequently have the effects of both exercise and insulin to increase glucose uptake, physical activity can complicate diabetes management.

5

Medication and Exercise Considerations: Consult your health care provider for specific details related to any medications you are taking and how they may impact your exercise.

For individuals using insulin: Talk to your doctor in advance to find out if any adjustments to your medication dosages may be necessary.

6

Combined Resistance and Aerobic Exercise Training: Aerobic and resistance exercise training is recommended. Combined training three days/week may be of greater benefit to blood glucose control than either aerobic or resistance exercise alone.

To optimize your exercise, combined training on the same days showed the greatest expenditure of calories.³

Regardless of the type of diabetes you have, regular physical activity is important for your overall health and wellness. With type 1 diabetes, it's very important to balance your insulin doses with the food you eat and the activity that you do—even when you are doing house or yard work.

Planning ahead and knowing how your blood sugar and body respond to exercise can help you keep your blood sugar from going too low or too high.⁴



MOVING IS LIFE

Resistance Exercise Training

Resistance training is any exercise that causes the muscles to contract against an external resistance with the expectation of increases in strength, power and/or endurance. Examples of resistance training include weight-lifting and calisthenics (when you use your own body weight to increase strength), such as push-ups, squats and/or lunges. Resistance training enables adults to improve their overall health and fitness by increasing muscle strength, endurance and bone density and by improving their insulin sensitivity and glucose metabolism.

Pre-exercise Considerations: Before undertaking exercise more intense than brisk walking, inactive people with type 2 diabetes will likely benefit from an evaluation by a doctor. Talk to your health care provider before starting a new exercise program.

FREQUENCY

Minimum: Two times per week on non-consecutive days with no more than 72 hours between sessions

Recommended: Three times per week with no more than 72 hours between sessions

INTENSITY

Moderate: 50% of one repetition maximum

Vigorous: 75%-80% of one repetition maximum for optimal gains in strength and insulin action

Following a home-based resistance training program may be a good starting point for maintaining muscle mass and strength but may ultimately be less effective in maintaining blood glucose control than participating in a supervised, gym-based training program.

DURATION

To reduce the amount of time needed per training session, emphasize the six primary functional movements of the body:

- › Pushing
- › Pulling
- › Hinging
- › Squatting
- › Lunging
- › Twisting

All these exercises do not attempt to isolate muscle groups; rather, they incorporate the entire body in the movement.

Perform 10-15 repetitions to near fatigue per set early in training; then, over time, progress to heavier weights (or resistance) you can lift only **5-7 times**.

Minimum: One set of repetitions to near fatigue

TYPE OF ACTIVITY

Any physical activity that uses large muscle groups and causes sustained increases in heart rate is likely to be beneficial, and undertaking a variety of modes of physical activity is recommended.



RECIPES



Smothered Greens⁵

› Ingredients:

- 3 cups water
- ¼ pound smoked turkey breast, skinless
- 1 tablespoon hot pepper, chopped
- ¼ teaspoon cayenne pepper
- ¼ teaspoon cloves, ground
- 2 cloves garlic, crushed
- ½ teaspoon thyme
- 1 scallion, chopped
- 1 teaspoon ginger, ground
- ¼ cup onion, chopped
- 2 pounds greens (mustard, turnip, collard, kale or a mixture)

› Directions:

1. Prepare greens by washing thoroughly and removing stems.
2. Tear or slice greens into bite-sized pieces.
3. Place all ingredients except greens into large saucepan and bring to a boil.
4. Add greens. Cook 20 to 30 minutes until tender.

Makes 5 servings.



Good For You Corn Bread⁵

› Ingredients:

- 1 cup cornmeal
- 1 cup flour
- ¼ cup white sugar
- 1 teaspoon baking powder
- 1 cup buttermilk, fat-free or low-fat (1%)
- 1 medium egg, whole
- ¼ cup soft tub margarine
- Canola oil (to coat baking pan)

You can find more healthy recipes on the National Heart, Lung, and Blood Institute's Delicious Heart Healthy Eating website at healthyeating.nhlbi.nih.gov

› Directions:

1. Preheat oven to 350°F.
2. Mix together cornmeal, flour, sugar and baking powder.
3. In another bowl, combine buttermilk and egg. Beat lightly.
4. Slowly add buttermilk and egg mixture to the dry ingredients.
5. Add margarine, and mix by hand or with a mixer for 1 minute.
6. Grease an 8-inch by 8-inch baking dish with canola oil. Pour the batter into the baking dish.
7. Bake 20 to 25 minutes. Cool.

Makes 10 servings.

Healthy Food Substitutions

CHOOSE THIS:	INSTEAD OF:
smoked turkey or turkey sausage (90% lean or more)	bacon or pork sausage
low-fat milk, buttermilk, almond milk or coconut milk	whole milk
garlic powder, onion powder, salt-free Cajun seasoning, smoked or sweet paprika, and crushed red pepper	salt, hot sauce, ketchup and high-sodium condiments
low-sodium stock	regular stock
roasted vegetables such as sweet potatoes and okra	fried vegetables
olive oil or canola oil	butter or lard (for seasoning or sauteing)
oven-frying or pan-frying	deep-frying

RECIPE FOR HEALTHIER SALAD DRESSING

Salads are a great way to get your vitamins and fill up your family. But bottled salad dressing can have lots of fat, sodium and calories. Try using salsa instead of dressing. Or squeeze lemon or lime juice over your salad. If you use bottled dressing, choose a light one made of oil and vinegar and use 2 tablespoons or less per serving.

MAKE YOUR OWN DRESSING

In a small bowl, combine and whisk the following ingredients:

- 2 tablespoons of vinegar or juice (lemon, lime or orange)
- 6 tablespoons of oil (olive oil, canola oil)
- Your favorite herbs and seasonings. Try:
 - Garlic powder
 - Ginger
 - Chili powder or cumin
 - Dijon mustard
 - Honey or maple syrup



TIP TO CONSIDER

Low-sodium broth can also be used in place of stock. The difference between the two is broth liquid is made mostly from meat and vegetables, while stock liquid is made from bones.





REDUCING STRESS

Diabetes and Stress

Stress has been linked to higher blood glucose levels, and uncontrolled glucose levels can lead to complications associated with diabetes.

It is important to understand what triggers your stress and the best way to manage it. Taking care of your health can be especially difficult when you are dealing with stress. However, checking glucose levels, eating healthy and getting physical activity to manage glucose can equate to one less thing to worry about.

Ways to Manage Stress

- Take some “you” time. Take a break from whatever you’re doing and go outside and read something fun—whatever helps you recharge!
- Get active! Even a quick walk can be calming, and the effect can last for hours.
- Try relaxation exercises, such as meditation or yoga.
- Call a friend who understands you (not someone who is causing you stress!).
- Get enough sleep, at least 7-9 hours per night!
- Explore employee assistance program (EAP) benefits, if available. Your EAP may offer solutions (including free sessions with a therapist) to help with life’s stressors. ***If you do not have access to EAP benefits, visit www.211.org or call 211 to reach highly trained service professionals who can assist you.***

1. Burns, J. (2020, June 1). 50 Registered Dietitians Share Diabetes Diet & Lifestyle Tips. TheDiabetesCouncil. <https://www.thediabetescouncil.com/50-registered-dietitians-share-diabetes-diet-lifestyle-tips/>
2. Colberg, SR, Sigal, RJ, Fernhall, B, Regensteiner, JG, et al. (2010, December). Exercise and Type 2 Diabetes. Diabetes Care. 33(12): e147–e167. https://journals.lww.com/acsm-msse/Fulltext/2010/12000/Exercise_and_Type_2_Diabetes_American_College_of.18.aspx
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4. American Diabetes Association. (n.d.). Exercise & Type 1. Website. <https://www.diabetes.org/exercise-and-type-1>
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Together, all the way.®



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