



HIV 50+ STRONG & HEALTHY DIABETES

A TRAINING BY

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ZOOM LOGISTICS

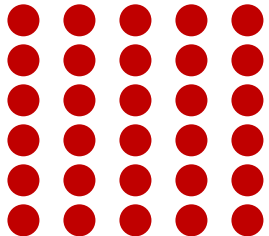
- Turn your camera on
- Don't put call on hold
- Mute your phone unless speaking
- Use hand signals
- Use the chat room



INTRODUCTIONS

- Your name
- Your gender pronouns
(he, them, ze, etc)
- Favorite healthy food

• One word that describes your experience with healthy food!





COMMUNITY PROMISES

01.

Be respectful of other viewpoints and experiences

02.

Be open to learning

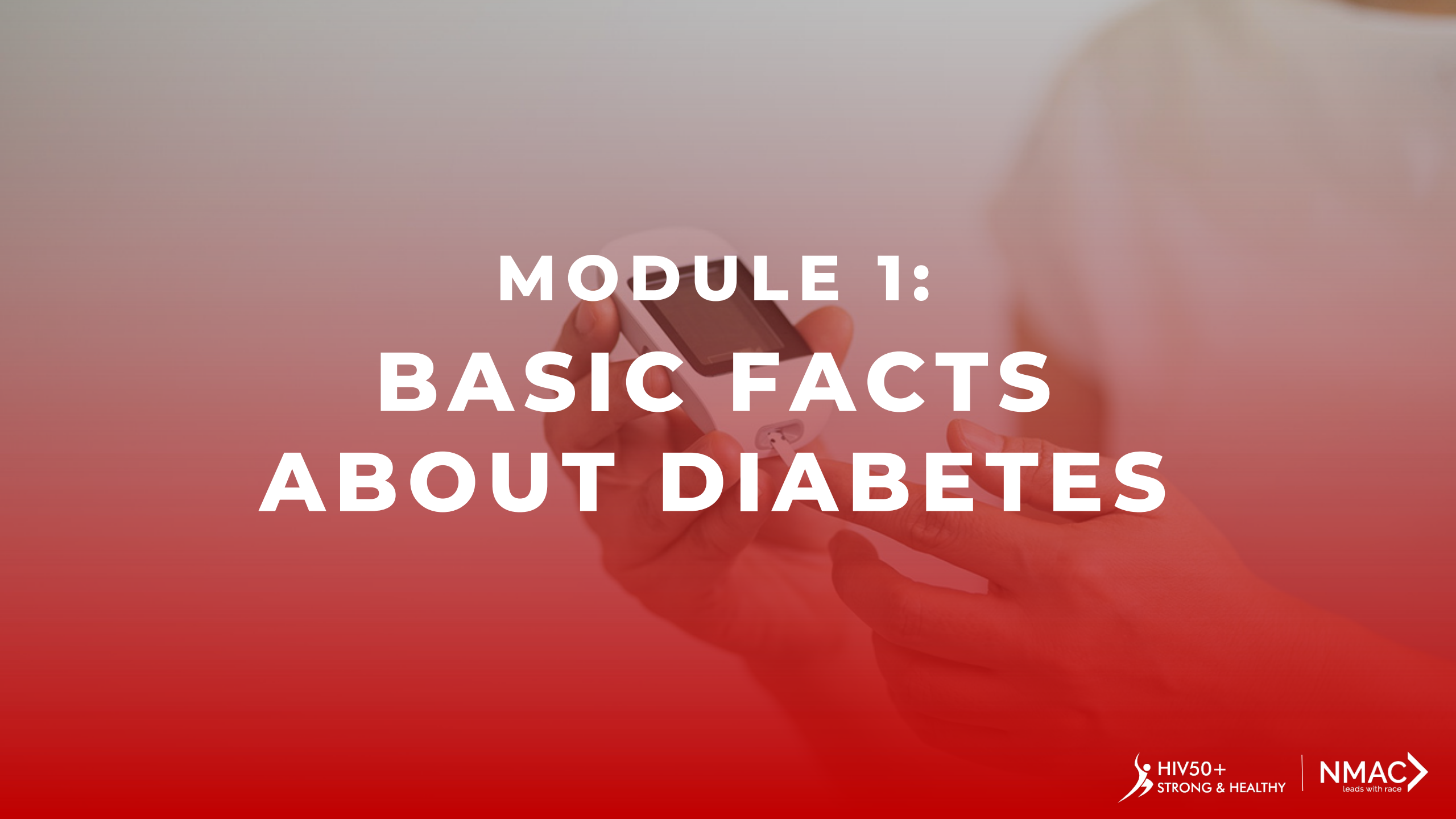
03.

Vegas Rule
(what happens here,
stays here)



OUR **AGENDA**

- Basic Facts About Diabetes
- HIV and Diabetes
- Prevention
- Treatment Options
- Staying Healthy

A person's hands are shown holding a white glucometer and a test strip. The background is a solid red color with a semi-transparent image of the hands and the device. The text is overlaid in white, bold, sans-serif font.

MODULE 1: BASIC FACTS ABOUT DIABETES

DIABETES

BASIC FACTS

- In 2019, over 37 million Americans had diabetes. This is over 11 percent of the population.
- Of these, 8.5 million were undiagnosed.
- For those over 65 years...
- Almost one third have diabetes.
- Nearly 1.5 million Americans are diagnosed with diabetes each year.



American Diabetes Association. Statistics about Diabetes. Retrieved from: <https://www.diabetes.org/about-us/statistics/about-diabetes>

WHAT IS DIABETES?

- Diabetes is a disorder that disrupts the way your body uses sugar. It develops when levels of glucose in the blood are too high. Glucose, also known as blood sugar, comes from the breakdown of the foods we eat. It is the main source of energy for your body, including your brain.
- All the cells in your body need sugar to work normally. Sugar gets into the cells with the help of a hormone called insulin, which is made by the pancreas, an organ in the belly.
- If there is not enough insulin, or if your body stops responding to insulin, sugar builds up in the blood. This is what happens to people with diabetes.



TYPES OF DIABETES

- There are different types of diabetes. **Type 2 diabetes** is the most common type. *We will focus on it in this training and will refer to it as diabetes.*
- There is also **type 1 diabetes**, sometimes referred to as insulin-dependent or juvenile diabetes. It usually develops in children and young adults but can occur at any age.
- A third type of diabetes is **gestational diabetes**, a form of the disease that is first diagnosed during pregnancy.



RISK FACTORS OF DIABETES

- We should all be aware of the risk factors
- Being overweight or obese, especially if you carry your extra weight in your belly area
- Not enough physical activity
- Smoking
- Having a close relative with diabetes (parents, siblings, children)
- Over 45 years of age



ARE YOU AT RISK?

People whose family background is:

- African American
- Alaska Native
- American Indian
- Asian American
- Hispanic/Latinx
- Native Hawaiian
- Pacific Islander American

National Institutes of Health. Side Effects of HIV Medicine” Diabetes and HIV. Retrieved from:
<https://hivinfo.nih.gov/understanding-hiv/fact-sheets/hiv-and-diabetes>



POSSIBLE SYMPTOMS

- Increased thirst
- Frequent urination
- Increased hunger
- Weight loss
- Fatigue
- Blurred vision
- Sores that don't heal
- Frequent infections
- Numbness or tingling in the hands or feet
- Areas of darkened skin (usually in the armpits and neck)



WHAT IS PREDIABETES?

- There is also a condition called prediabetes. where blood sugar levels are higher than normal, but not high enough for a type 2 diabetes diagnosis.
- Approximately 96 million American adults have prediabetes. This is more than one third of adults in the U.S. People with prediabetes are at high risk of developing diabetes.

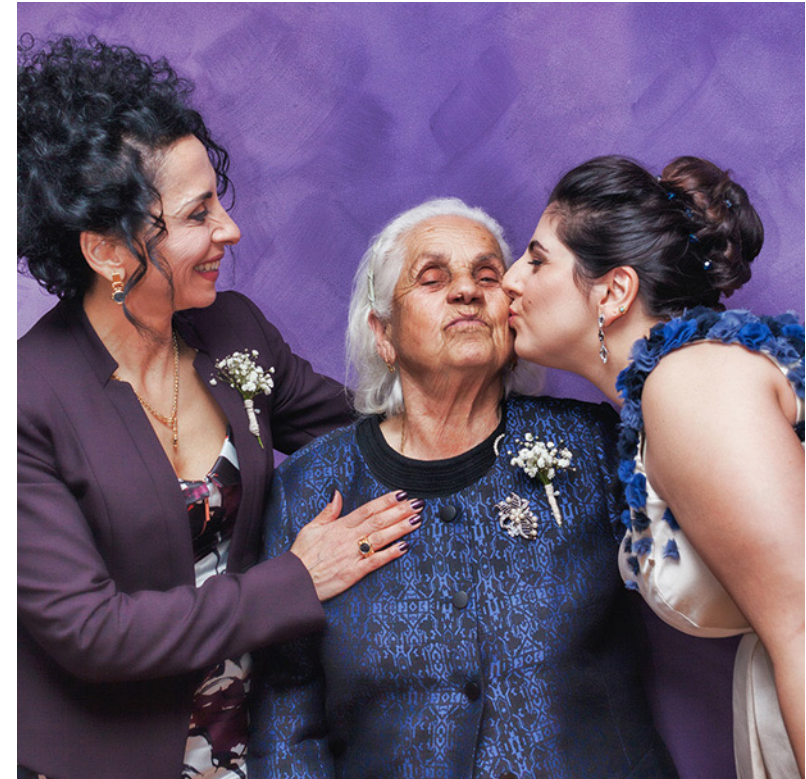


Centers for Disease Control and Prevention. Prediabetes – Your Chance to Prevent Type 2 Diabetes. Retrieved from:
<https://www.cdc.gov/diabetes/basics/prediabetes.html#:~:text=Prediabetes%20is%20a%20serious%20health,t%20know%20they%20have%20it.>

DOES FAMILY HEALTH HISTORY PLAY A ROLE?

There is a link between type 2 diabetes and **family health history**—a genetic link to the development of the disease.

If any of your grandparents, parents, or brothers and sisters have type 2 diabetes you may be at increased risk.



American Diabetes Association. Learn the Genetics of Diabetes. Retrieved from: <https://www.diabetes.org/diabetes/genetics-diabetes>

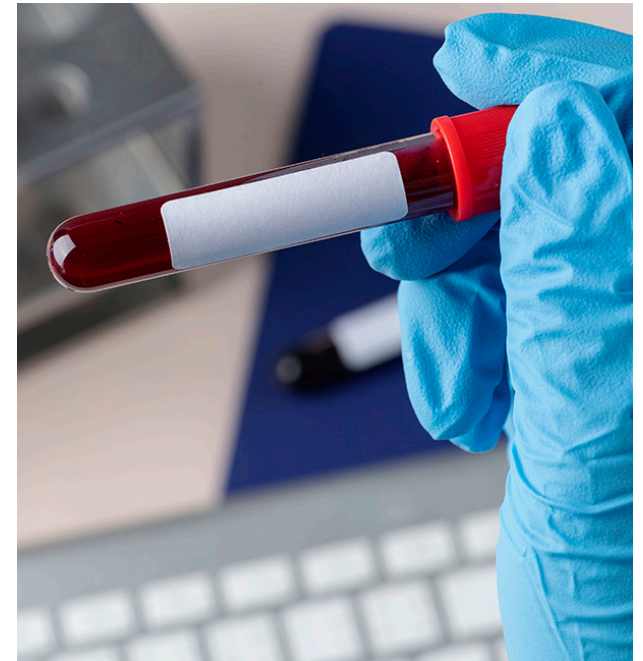
HOW DO YOU KNOW IF YOU HAVE DIABETES?

- As I mentioned earlier, approximately 20 percent of people with diabetes do not know they have it
- There are three different tests that can help doctors tell whether a person might develop type 2 diabetes. All three tests measure blood sugar, also known as blood glucose, in different ways
- Even though these tests can help predict diabetes, they are not appropriate for everyone. Your doctor or nurse will talk to you about whether you should have any of these tests.



TYPES OF DIAGNOSTIC TESTS

- **Hemoglobin A1C test (or "A1C")** – The usual test that your doctor will order during your annual physical exam or during your routine follow-up visit to screen for diabetes. This test can be done at any time, even if you have recently eaten. It is a blood test that shows what your average blood sugar level has been for the past 2 to 3 months.
- The other two tests, the **Fasting glucose test and the Glucose tolerance test**, both require fasting for 8-12 hours prior to the test.



HEALTH IMPACT OF DIABETES

Serious Health Impact of Diabetes

- Heart attack
- Stroke
- Kidney disease
- Vision problems (or even blindness)
- Pain or loss of feeling in the hands and feet
- Needing to have fingers, toes, or other body parts removed (amputated)





MODULE 2: HIV & DIABETES

DO PEOPLE WITH HIV NEED TO BE CONCERNED ABOUT DIABETES? The answer is YES!

- People with HIV are more likely to have type 2 diabetes than people without HIV.
- In addition, as people with HIV live longer, more of them are getting diabetes for the same reasons other people do—the risk increases as you age.
- However, some people with HIV get diabetes younger, before they are reach 50, and when they are not overweight.



HIV.gov. Side Effects of HIV Medicine: HIV and Diabetes. Retrieved at: <https://hivinfo.nih.gov/understanding-hiv/fact-sheets/hiv-and-diabetes>
WebMD. HIV and Diabetes. Retrieved from: <https://www.webmd.com/hiv-aids/hiv-diabetes>

RISK OF DIABETES FOR PEOPLE WITH HIV

- HIV medications
- Weight gain
- Hepatitis C
- Inflammation



WebMD. HIV and Diabetes. Retrieved from: <https://www.webmd.com/hiv-aids/hiv-diabetes>

HOW SHOULD YOU RESPOND TO THESE RISKS?

Responding to Risk of Diabetes

- Check blood glucose levels before starting HIV medications
- Select medicines that do not increase blood glucose levels



WebMD. HIV and Diabetes. Retrieved from: <https://www.webmd.com/hiv-aids/hiv-diabetes>

A photograph of three elderly individuals in a kitchen. An elderly woman with short white hair and glasses is on the left, smiling. In the center, an elderly man with a white beard and glasses is wearing a brown apron and looking down at something on the counter. On the right, another elderly woman with short grey hair is seen from the back, looking towards the man. The kitchen has a wooden shelf with a bowl and a plant, and a rack with a pan and a strainer. The scene is overlaid with a semi-transparent red filter.

MODULE 3: PREVENTING DIABETES

TAKING CARE OF YOURSELF

Here are some of the things you can do to prevent or delay diabetes

- Healthy diet
- Exercise
- Maintain a healthy weight
- Take your medications as prescribed





EATING HEALTHY

While eating healthy can improve your health and reduce your risk of diabetes, many people also report other benefits, such as increased energy, better digestion, and a “healthy” glow. These changes can improve your quality of life.

PLANT FOODS

Healthy plant foods provide your body vitamins, minerals, carbohydrates, and dietary fiber. These foods include:

- Fruits
- Non starch veggies (leafy greens, broccoli, cauliflower)
 - Legumes (beans, lentils)
- Whole grains (whole wheat pasta and bread, whole grain rice, quinoa)



HEALTHY FATS

Focus on unsaturated fats. These promote healthy blood cholesterol levels and heart and vascular health. Here are some sources of “good” fats:

- Olive, sunflower, safflower, cottonseed and canola oils
- Nuts/seeds (almonds, peanuts, flaxseed, pumpkin seeds)
 - Fatty fish (salmon, mackerel, sardines, tuna, cod)



FOODS/DRINKS TO AVOID

- Saturated fats (dairy and meat products)
- “Bad” carbohydrates (processed foods with white flour, sugar, or high fructose corn syrup)
- Alcohol

Mayo Clinic. Diabetes Prevention: Five Tips for Taking Control: Retrieved from:

<https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/in-depth/diabetes-prevention/art-20047639>

CDC On Your Way to Prevention Type 2 Diabetes.

<https://www.cdc.gov/diabetes/prevent-type-2/guide-prevent-type2-diabetes.html>



AVOID FAD DIETS

Fads are bad!

What are fad diets? Fad diets are plans sold as the best and fastest approach to losing weight. Yet some of these diets involve eliminating foods that contain necessary nutrients that your body needs to maintain good health



HEALTHY EATING: PASS IT ON

Share the benefits of healthy eating with ...
Partners, Family, Friends.
You aren't alone.

BECOME MORE **ACTIVE**

- Benefits of Exercise:
- Lose weight
- Lower blood sugar
- Taking breaks from long periods of inactivity, even just to stand for a few minutes, can help control blood sugar levels



TIPS FOR BEING **ACTIVE**

Let's Get Moving

- Pick an activity you like
- Get a routine
- Find work out partners
- Get an App
- Do it as a group





MAINTAIN A HEALTHY WEIGHT

Reduce the Risk of Diabetes

Mayo Clinic. Diabetes Prevention: Five Tips for Taking Control:

Retrieved from: <https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/in-depth/diabetes-prevention/art-20047639>





MODULE 4: TREATMENT OPTIONS

WHAT ARE THE TREATMENT OPTIONS?

Talk To Your Doctor

Your doctor may prescribe medication. There are many medications available so it will be up to your doctor and you to decide what is best. Some people with type 2 diabetes require daily insulin injections but this is not the case for most patients.



NAM. Type 2 Diabetes and HIV. Retrieved from: <https://www.aidsmap.com/about-hiv/type-2-diabetes-and-hiv>

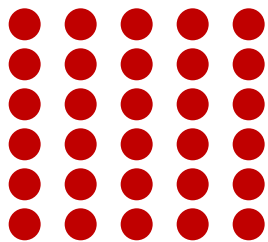


MODULE 5: STAYING HEALTHY

MAKE LIFESTYLE CHANGES!

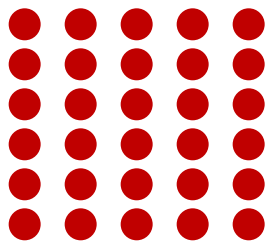
Think about the changes you need to make. You don't have to make all of them now. Start with the easiest ones. Each step on this journey will become easier. And then, all of the sudden, you will think, why didn't I do all of this sooner.





- On Your Way to Preventing Type 2 Diabetes. CDC guide that provides small, practical steps for a healthier lifestyle. <https://www.cdc.gov/diabetes/prevent-type-2/guide-prevent-type2-diabetes.html>
- HIV and Diabetes <https://hivinfo.nih.gov/understanding-hiv/fact-sheets/hiv-and-diabetes>

RESOURCES



THANK YOU!

**Facilitator: email address
NMAC magosto@nmac.org**