Dementia
Awareness
Education
Guide

Cyber-Seniors
Connecting Generations

Diabetes

Section Summary

- Diabetes is a health condition associated with your body having problems using or producing insulin.
- There are two forms of diabetes.
    - **Type 1 diabetes,** which is most often diagnosed among children and occurs due to the body being unable to produce insulin.
    - **Type 2 diabetes,** which is most common among adults and develops over time due to unhealthy diet and lifestyle.
- Individuals can also be *prediabetic*, which means that individuals have high blood sugar, but not to the extent of being classified as type 2 diabetes.
- Older adults (age 65+) who have diabetes are at a 50% greater risk of developing dementia.
- Those with prediabetes were also at a greater risk for developing dementia and Alzheimer's disease

Activities

Activity One: Limit or Enjoy

This activity serves as an information resource only and is no substitute for seeking the professional opinion of a dietician or other healthcare provider when making dietary decisions.

One of the main ways to manage diabetes is through diet but with diabetes this can become confusing as some foods that may be otherwise healthy are unhealthy for those with diabetes.

- Use screen sharing or a whiteboard to create a table with two columns. Label the two columns "Limit" and "Enjoy."
- As a group, work to categorize the following foods into the correct category.

- - Fruits: Berries, Citrus Fruits, Apples, Bananas, Pineapple, Dried Fruit, Pear, Stone Fruits, Mango
    - Vegetables: Potatoes, Broccoli, Asparagus, Cauliflower, Kale, Corn, Peas, Winter Squash, Cabbage
    - Proteins: Sausage, Turkey, Fish, Marbled Steak, Fried Fish, Pork Tenderloin, Legumes, Eggs, Bacon, Fried Chicken, Skinless Chicken, Deli Meat
- You can check your work in the "Additional Resources" section of this guide.
  - You will also find here why the Limit foods are categorized as such.

Discussion Questionsls

- Diabetes something you consider when thinking about your diet or overall health?
- Did any of the foods in Activity One categorized as "Limit" surprise you?
- Do you know anyone who lives with diabetes? How did it impact their everyday life?

Additional Resources

Limit or Enjoy Answer Guide

Fruits:

Enjoy: Berries, Citrus Fruits, Pear, Apples, Stone Fruits
Limit: Bananas, Pineapple, Mango, Dried Fruit
Reason to limit: Higher glycemic load.

Vegetables:

Enjoy: Broccoli, Cabbage, Asparagus, Cauliflower, Kale,
Limit: Potatoes, Corn, Peas, Winter Squash
Reason to limit: Starchy vegetables are higher in carbohydrates which can spike blood sugar.

Proteins:

Enjoy: Turkey, Fish, Pork Tenderloin, Skinless Chicken, Legumes, Eggs
Limit: Bacon, Sausage, Deli Meat, Fried Fish, Fried Chicken, Marbled Steak
Reason to limit: High fat and/or sodium content.

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