

Voices of Healthy Way LA

Member Newsletter Volume 1, Issue 1, May 2010



Los Angeles County
Department of
Health Services
(DHS)

Peer-to-Peer Support for Patients with Diabetes: It's Like Putting on New Glasses

The JWCH Center for Community Health's peer-to-peer support group for people living with diabetes was developed and organized by Judith Benson Ph.D. Since June 5, 2008, 189 individuals have either been referred by providers or have come in on their own. Kevin Michael Key is the facilitator. He lives in the Skid Row area and struggles with diabetes. He says he became a facilitator because "I want to help others like myself."



People helping people at JWCH

During support group meetings people help each other by telling their stories of success and struggle. They try to help those who are having trouble with diet or medication by showing them tough love or explaining how serious diabetes complications can become. For

example, Roger has attended 44 sessions, "I am encouraged by people around here. When I first came to this clinic in 2006 my A1C was 12.4 now it's 7.4 and it's all because of this group. You have to listen to other points of view to look at your own problems.

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Facts About Diabetes

- According to the American Diabetes Association (ADA), people with diabetes are at greater risk for depression.
- Poor diabetes control can cause symptoms that look like depression. If physical causes are ruled out, you may be referred to a specialist for mental health treatment.
- Feeling down once in a while is normal. But feeling sadness that does not go away after 2 weeks, may be a sign of serious depression.
- For more information & resources call 211 LA County (INFO LINE)

Voices of HWLA: JWCH Peer-Peer Group

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Most helpful is when we do the check-in, then I have to admit what I have been doing and that encourages me to make sure I eat right and take my medications.”

George has attended 42 sessions, “I feel that my depression has been better as a result of this group. The group has given me another outlet to speak how I feel. I feel better knowing I am helping others. I wish there was a group like this when I was diagnosed, five years

ago. My body started to deteriorate a lot faster because I didn't have any information.”

Paul has attended 26 sessions. “I think about what George says and feel now there is a chance. I used to eat a lot of red meat and lots of things that were bad for me. I have lost 35 pounds.”

Nancy has attended 10 sessions: “I come for ideas on how to deal with diabetes. I can say my true confessions - like how much I want to eat fried chicken, hot

links and beef ribs.”

Due to the success of the first support group, a second group has formed for Spanish speakers.

If you are interested in learning more, please contact Judith Benson at (818) 708-2266 or email judithrbenson@sbcglobal.net.



Peer-to-peer group members gather at the end of a support group

Facts About Diabetes (Continued from the bottom of page 1)

What is A1C?

- A1C is a blood test that shows the average amount of glucose in the blood during the past 2-3 months.
- If your A1C result is not on target, your health care provider may do this test more often to see if your result is improving as your treatment changes.
- Talk to your health care provider to learn how often you need the test.
- Your A1C results plus your blood glucose meter results can show if your blood glucose is under control.

For information about diabetes or other diseases call 1-800-232-4636 / 1-800-CDC-INFO.

Things to Do Every Day for Good Diabetes Care

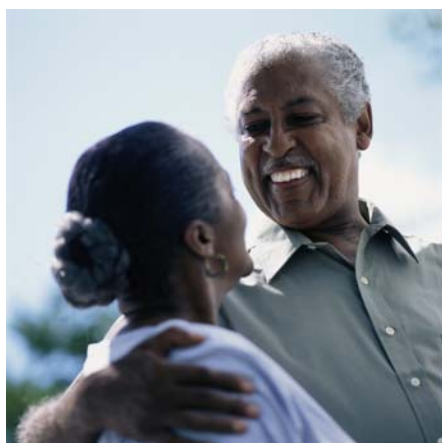
- Follow the healthy eating plan that you and your provider or dietitian have worked out.
- Be active a total of 30 minutes most days. Ask your provider what activities are best for you.
- Take your medicines as directed.
- Check your blood glucose. Each time you check, write the number in your record book.
- Check your feet every day for cuts, blisters, sores, swelling, redness, or sore toenails.
- Brush and floss your teeth every day.
- Control your blood pressure and cholesterol.
- Don't smoke. If you do smoke, consider quitting by calling the CA Smokers Helpline at 1-800-NO-BUTTS.



Start or join a walking group...it's a great way to stay motivated and active!

Source: National Institute of Health (NIH), Diabetes and Digestive and Kidney Diseases. "Prevent Diabetes Problems..."

Keep the Men and Women in Your Life Healthy



- ◆ May 9-15 is **National Women's Health Week**. It's a great time to empower women to make their health the top priority. With the theme "It's Your Time" the nationwide promotion encourages women to take simple steps for a longer, healthier and happier life.
- ◆ June 14-20 is **Men's Health Week**. Did you know that just like taking the car in for an oil change or for the 25,000 mile check-up, men also need to take themselves to the doctor's office to make sure everything is running smoothly?
- ◆ Consider scheduling your yearly check-up today!

For more information call 1-800-994-9662 or go to www.womenshealth.gov.

For more information go to www.menshealthmonth.org.

Try a Diabetes Friendly Recipe! Chicken Medley

Ingredients – Serves 6

1 lb skinless, boneless chicken breast, cut into strips
 3 cups (6 oz) fresh snow pea pods
 2 cups sliced celery
 1 1/2 cups sliced red bell pepper
 1/2 cup sliced onion
 2 cups fat-free chicken broth
 1 Tbsp lite soy sauce
 1/4 tsp ground ginger
 1/4 tsp salt (optional)
 3 Tbsps cornstarch
 1/2 cup water

Nutrition

Information

Calories: 207 g
 Total Fat: 3 g
 Cholesterol: 69 mg
 Sodium: 438 mg
 Dietary Fiber: 3 g
 Sugars: 4 g
 Protein: 29 g

Preparation

Brown chicken in a skillet that has been sprayed with nonstick cooking spray. Add all but the last two ingredients and simmer, covered, until chicken is cooked, about 10 minutes. Meanwhile, mix cornstarch with water. Stir into hot mixture and simmer, stirring constantly, until thickened. Serve over rice or noodles.

Carbs Count!

Foods high in carbs (carbohydrates) such as bread, tortillas, rice, crackers, cereal, fruit, juice, milk, yogurt, potatoes, corn, peas, sweets -- raise your blood glucose levels the most.

For many people, having 3 or 4 servings of a carb choice at each meal and 1 or 2 servings at snack time is about right.

Keep an eye on your total number of servings. For example, if you choose to have dessert, cut back on potatoes.



Source: <http://www.diabetes.org/food-and-fitness/food/recipes/>

This newsletter has been created for HWLA members and those living with chronic diseases. Every issue will include personal stories from patients to patients that live with chronic disease and want to share their experience with other individuals in Los Angeles County.

For general information about the Healthy Way LA Program please call Customer Services at 1-877-333-4952 or ask to speak to someone about HWLA at your health care clinic. To provide comments or to submit ideas for future topics for this newsletter please contact: Yeira Rodriguez, MPH, CHES at (213) 240-8172, yerodriguez@dhs.lacounty.gov.