



# Diabetes Collaboration with the Dunlap Public Library

Iowa Department of Public Health

*Protecting and Improving the Health of Iowans*



# Disclaimer

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The information provided in this presentation is for informational purposes only and does not constitute legal advice.

The primary purpose of this presentation is to provide information about prediabetes, diabetes, and diabetes prevention and management programs. There is no intent to reflect a view on specific legislation.

Funding for this presentation was made possible by NU58DP006514 from the Centers for Disease Control and Prevention. The views expressed in written materials and by the speakers do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



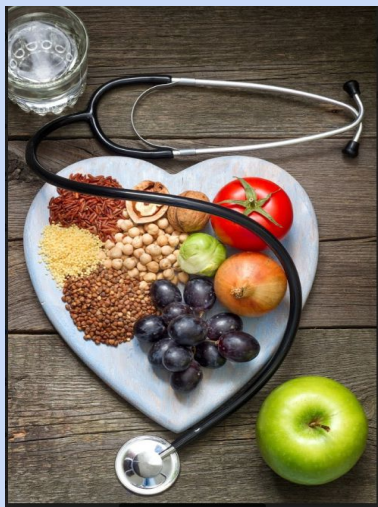
# Diabetes

- Affects how the body turns food into energy
- Three main types: type 1, type 2 and gestational diabetes
- More than 34 million people in the United States have diabetes, and one in five of them don't know they have it



# Living Well with Diabetes

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- Eat Well
- Healthy Weight
- Get Active
- Maintain Blood Sugar
- Keep appointments
- Medication as prescribed
- Education

Prevent Complications!

# Diabetes Self-Management Education/Support (DSMES)

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- Called DSMT by CMS
- Knowledge and Skill for Diabetes Self-Care
- Evidence-Based
- Helps avoid or delay serious health complications
- Physician referral



# DSMES Benefits

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DSMES Services will help patients:

- Make better decisions about diabetes
- Improve control of blood sugar, blood pressure, cholesterol
- Work with health care team to get support needed
- Understand self-care and learn skills to:

Eat healthy

Check blood sugar

Solve problems

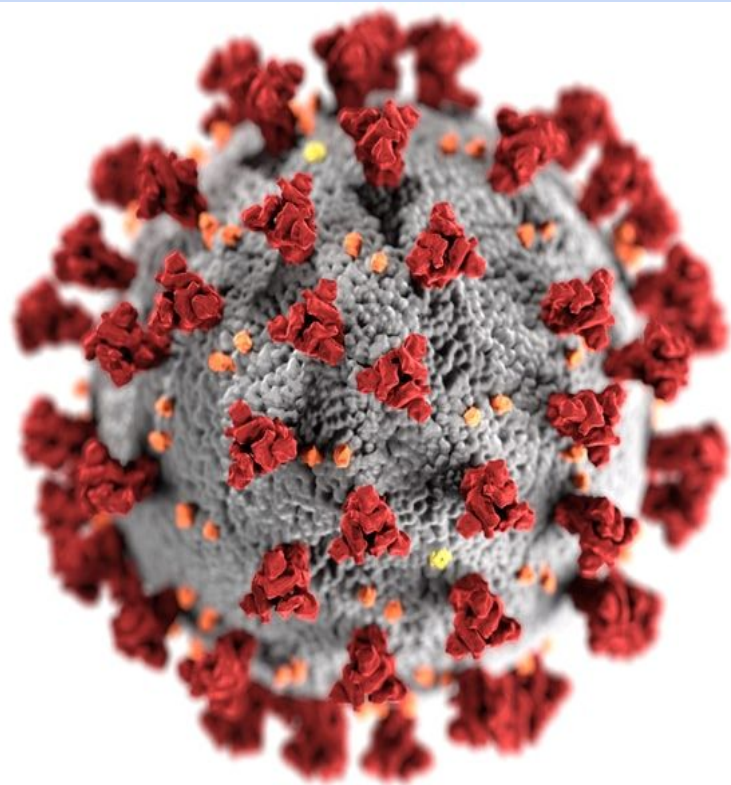
Be active

Take medication

Cope with emotions

Reduce risk







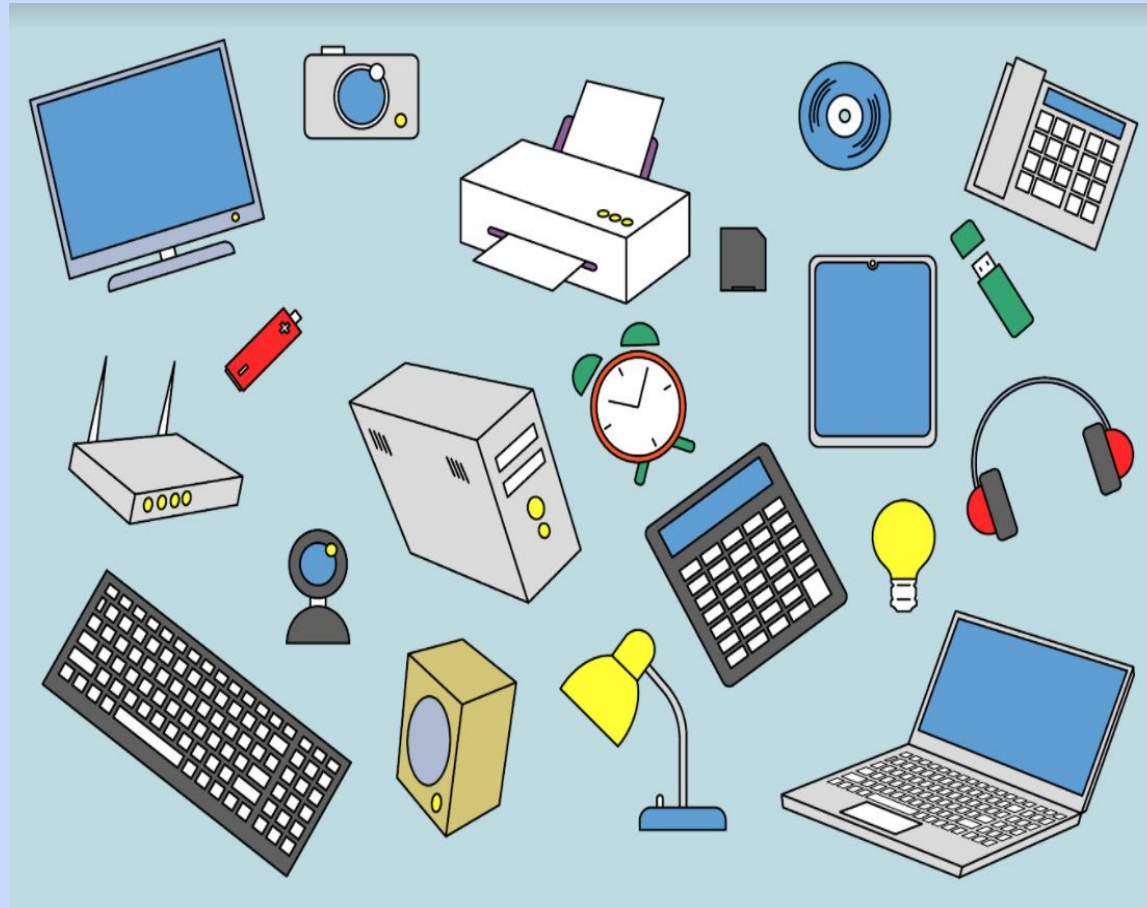


**Laptop**

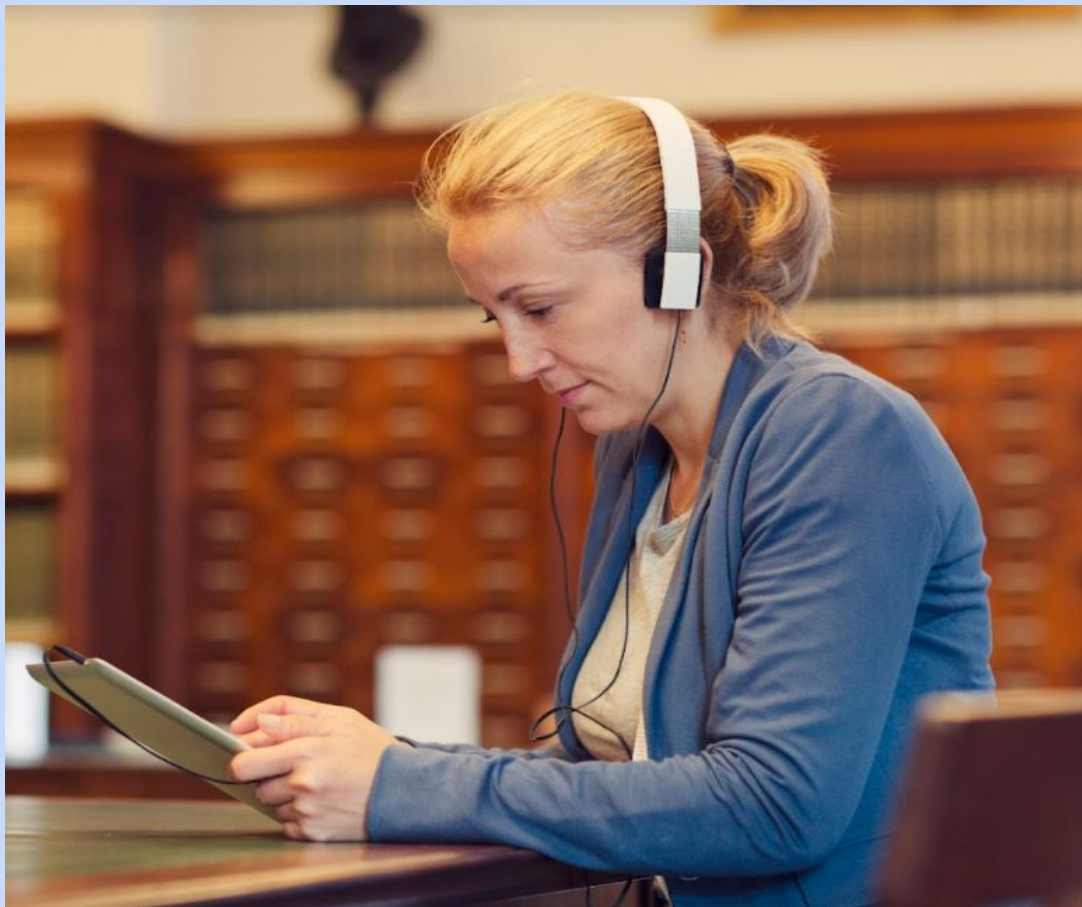
**iPad and Keypad**

**Bluetooth Speaker**

**USB Cables/  
Docking Stations**







## New! Diabetes Telehealth visits at Dunlap Public Library

Telehealth visits are covered by Medicare,  
Medicaid, and most private insurance

Call Burgess Diabetes Education for more information  
call at 712-423-9268  
or email [smclaughlin@burgesshc.org](mailto:smclaughlin@burgesshc.org)

Appointments available Tuesdays,  
Thursdays, and Friday.



# Impact

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- Increase in referrals
- New partnership
- Increased services and access

# What Could My Library Do?

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- Partner with an area outpatient diabetes self-management education program
  - Host telehealth education for people with diabetes
  - Host public information sessions with diabetes educators and providers
- Partner with the state program
  - Display diabetes library books and education materials





# Diabetes Resources

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- <https://www.cdc.gov/diabetes/dsmes-toolkit/index.html>
- [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)
- [www.idph.iowa.gov/diabetes](http://www.idph.iowa.gov/diabetes)
- [www.diabetes.org](http://www.diabetes.org)
- [www.diabeteseducator.org](http://www.diabeteseducator.org)



A COMPREHENSIVE RESOURCE  
**FOR ACHIEVING**  
SUCCESS IN **DIABETES**  
**SELF-MANAGEMENT**  
EDUCATION AND SUPPORT

# Contact Information

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# Better Choices, Better Health

IOWA'S CHRONIC DISEASE SELF-MANAGEMENT PROGRAM (CDSMP)

# Introduction

## Ali Grossman, MA, RDN, LD

Referral-Based Intervention  
Coordinator – Prediabetes, Diabetes,  
Heart Disease & Stroke Programming

Better Choices, Better Health  
Program Coordinator

Iowa Department of Public Health



# Better Choices, Better Health

- ▶ Iowa's Chronic Disease Self-Management Program
- ▶ Evidence-based program
- ▶ IDPH holds an umbrella license from the Self-Management Resource Center to work with partners across the state to administer the program in Iowa
- ▶ 6-week workshop that takes place for 2.5 hours/week and is led by two trained peer leaders
- ▶ Workshops take place in community settings, clinics, and virtually

# Workshop Information

- ▶ Workshops focus on action planning and problem solving
- ▶ Provides support to build the confidence and ability for participants to manage their conditions and live an active and fulfilling life
- ▶ Content includes:
  - ▶ Techniques to deal with problems such as fatigue, pain, difficult emotions
  - ▶ Physical Activity
  - ▶ Appropriate use of medications
  - ▶ Communicating effectively
  - ▶ Healthy Eating



# History

- ▶ Better Choices, Better Health was developed at Stanford University in the early 1990s and was part of numerous rigorous research studies. Studies found that CDSMP:
  - ▶ Increased healthful behaviors
  - ▶ Improved health status
  - ▶ Participants had less health care utilization
- ▶ CDSMP showed effectiveness and cost savings

# Better Choices, Better Health in Iowa

- ▶ In 2022 Iowa currently has:
  - ▶ 25 certified peer leaders
  - ▶ Three Master Trainers
  - ▶ 11 organizations offering CDSMP
    - ▶ Hospitals systems, state health dept., local public health, churches, community organizations

# Support/Technical Assistance from IDPH

- ▶ Funds through the PHHS Block Grant
  - ▶ Workshop materials (books, CDs)
  - ▶ Peer Leader Training support
  - ▶ Marketing support (via targeted Facebook marketing) and network sharing
  - ▶ IDPH facilitates Iowa Network bimonthly calls
  - ▶ Continued licensure
  - ▶ Peer Leader Training and materials

# Peer Leader Requirements

- ▶ Successfully complete Peer Leader training (13 virtual sessions)
- ▶ Conduct your first workshop within one year of completing training (IDPH requests you complete your first workshop within 6 months of completing training)
- ▶ To remain an active peer leader you must complete one workshop/year
- ▶ Submit workshop data to IDPH to fulfill our license agreement
- ▶ No credentials/experience necessary to become a peer leader

# Peer Leader Training

- ▶ Upcoming peer leader training
  - ▶ Peer Leader training is conducted in Iowa 1-2 times/year
  - ▶ Free
  - ▶ Virtual
  - ▶ 13 2.5 hour sessions that take place over the course of 7 weeks
  - ▶ Fill out an application and submit to IDPH

# COVID-19 Response

- ▶ Workshops moved virtually for the first time
  - ▶ Workshops can be conducted both virtually or in person
- ▶ Iowa Network Calls were developed and continue
  - ▶ Discuss updated guidance, challenges, successes, networking opportunity for peer leaders
- ▶ Peer Leader Training has moved virtually
  - ▶ 13 2.5 hour sessions over the span of 7 weeks



# What Can My Library Do?

- ▶ Start offering Better Choices, Better Health workshops at your library
  - ▶ Identify at least two individuals to complete Peer Leader Training that will be able to facilitate the 6-week workshops
  - ▶ Review the Peer Leader Application for more details on the requirements of a Peer Leader
    - ▶ I can email this application out
  - ▶ Start offering workshops to your community!
    - ▶ IDPH is able to provide peer leader training information, peer leader training free of cost, and participant and leader materials – we just need your time to administer the workshops!
- ▶ Help promote workshops currently taking place to your community members
  - ▶ Get added to the email list and receive information when workshop registration is open in the state

# How Can I Learn More?

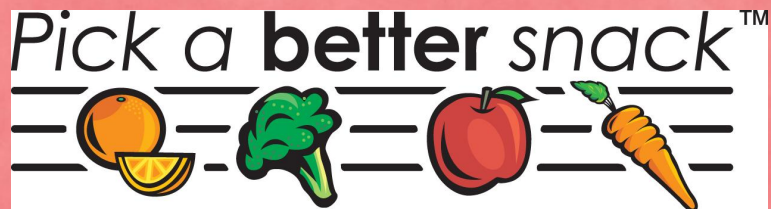
- ▶ Visit our website at <https://idph.iowa.gov/BetterChoicesBetterHealth>
  - ▶ Stay up to date on upcoming trainings and workshops
- ▶ Email me at [ali.grossman@idph.iowa.gov](mailto:ali.grossman@idph.iowa.gov) for more information

# Fresh Conversations



The Fresh Conversations program was developed by the Iowa Department of Public Health in partnership with Iowa Department of Human Services and the Iowa Department on Aging. Program materials are funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This is an equal opportunity provider.

**Fresh Conversations** is a SNAP-Ed program created by the Iowa Department of Public Health within the Bureau of Nutrition and Physical Activity. **Fresh Conversations** is an evidence based research tested program through the SNAP-Ed Toolkit.



## **Program Goals:**

- Improve healthy eating and nutritional risk, and encourage less sedentary time among adults 60+.
- Deliver age-appropriate, interactive, science-based, educational materials and experiences that are relevant to healthy aging.

**Target Audience:** **Fresh Conversations** targets low-income and underserved SNAP-eligible community-residing adults ages 60 years and older.

**ALL Adults 60+ are welcome!**





**Fresh Conversations** participants meet monthly for 30-45 minute interactive sessions led by a trained facilitator.

**Fresh Conversations Materials**

- Each participant receives a 4-page newsletter
- Facilitators use a companion guide.



# Facilitator's Guide

Volume 8, Issue 1



## The Battle of Carbohydrates

### Background for Facilitators

- [Choose My Plate](#)
- [Whole Grains - Harvard](#)
- [How Many Carbs Should I Eat?](#)
- [American Heart Association: Carbohydrates](#)
- [American Diabetes Association - Types of Carbohydrates](#)

### Behavior Goals

Participants will:

- Understand the difference between refined and whole grains.
- Be able to voice healthier alternatives to refined carbohydrates.
- Understand that physical activity is one of the most important actions that people can take to improve their health.
- Be able to find ways to incorporate physical activity into their daily lives.

### Meeting Preparation

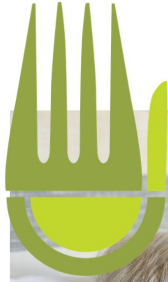
1. Review the newsletter. Send questions or concerns to your coordinator.
2. Review the background resources (website links are provided above).
3. Determine method to show portion sizes (physically with foods and measuring cups or on powerpoint). Create A, B, C cards for each participant. Optional to have participants use their fingers "1,2,3."
4. Determine method for MyPlate templates. Print 1 empty template for each participant or ask participants to have a paper or paper plate ready.
5. Choose one of the recipe options. Make the recipe at least once before the meeting. Write down helpful hints for the group. If virtual, have ideas on what to share about the recipe you tried.
6. Determine how to transport and taste featured food tasting.

(Continued on page 2)

! The suggested wording for the presentation is in regular font and the *facilitator directions are in bold, dark red italic*. It's best not to read the presentation, but to use your own words, staying close to the meaning.

The guide provides

- Background information
- A loose script
- Discussion points
- Facilitation prompts



# FRESH CONVERSATIONS

Iowa Department of Public Health

Volume 8, Issue 4



## The connection between Diet, Exercise, and Sleep



### Page 2

Tips and tricks on how to improve your sleep!



### Page 3

What benefit does fiber have on your sleep?

### Did you know... Up to a third of your lifetime will be spent sleeping.

Raise your hand if you enjoy sleep. We can all agree that proper sleep is essential to our health but only when we get enough. How do you typically feel after a night of poor sleep? Groggy? Unfocused? If so, you are not out of the norm. Sleep deprivation leaves your brain exhausted, so it can't perform its duties like eating and exercising. Almost one third of adults get less than six hours per night, much less than the recommended seven to nine hours. Without enough sleep, people tend to overeat and choose unhealthy foods. Those who are sleep deprived are more drawn towards high calorie foods. Lack of sleep can also affect your hormones that control your hunger and fullness. This can cause excessive snacking and overeating.

Now what about exercise? A lack of sleep can make you feel too tired to exercise as well. Okay, but what's the good news? People who engage in at least 30 minutes of moderate physical activity can see a dramatic increase in their sleep quality, especially that same night. Recognizing these connections can help to improve your overall health, including your nutrition, physical activity, and sleep.

**According to the National Sleep Foundation, most adults need 7 to 9 hours of sleep per night.**

Each participant receives a four-page newsletter at the start of the meeting that reiterates the information provided at the meeting. The newsletters are written based on recent topics and evidence-based research around nutrition and physical activity.

The newsletter includes 3-5 articles related to the overarching topic or theme. Information is often presented in tables or graphics.



Nutrition Facts	
8 servings per container	
<b>Serving size</b>	2/3 cup (55g)
<b>Amount per serving</b>	
<b>Calories</b>	230
% Daily Value	
<b>Total Fat</b> 8g	16%
Saturated Fat 1g	2%
Trans Fat 0g	0%
<b>Cholesterol</b> 160mg	320%
<b>Carbohydrate</b> 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	6%
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	45%
Potassium 235mg	6%

**Ingredients:** Whole Grain Oats, Corn Starch, Sugar, Salt

**DID YOU KNOW?** Ingredients are listed by quantity on a food label—from highest to lowest. Try looking for products that list whole foods as the first three ingredients and be skeptical of foods with long lists of ingredients.

## A War on Words

Research has shown that adding health claims to front labels makes consumers believe a product is healthier than the same product without health claims. Manufacturers use these claims on labels for marketing their products but can make it hard for the consumer to choose the healthiest options in the grocery store.

Sources:  
<https://bit.ly/3m8m1m1>  
<https://www.healthline.com/nutrition/how-to-read-food-labels#marketing-claims>

## Food Labels 101: How to be Your Own Detective

Do you ever look at the back of a food label and wonder what it is trying to tell you? You are not alone. Approximately 59% of consumers have a hard time understanding food labels. Here are some tips to help you decide what to buy.

### What nutrients should I get more of?

- Calcium, fiber, potassium, vitamin D.
- Look for products with 20% or more daily value.

### What nutrients should I get less of?

- Saturated fat, trans fat, sodium, added sugars.
- Look for foods with 5% or less daily value.

### What clues help me on the Ingredient list to know a food is considered "ultra-processed"?

- Dyes —————→ Macaroni and cheese, breakfast cereals, processed breads
- Flavor Enhancers —————→ Chips, canned soups, processed meat
- Sugar —————→ Flavored yogurt, granola bars, instant oatmeal

**Natural:** This means that at one point the manufacturer worked with a natural source like apples or rice, despite potentially having additives to it.

**Gluten Free:** This means the product doesn't contain wheat, rye, spelt or barley. Many foods are labeled gluten-free for marketing despite never containing gluten in the first place.

**Lightly Sweetened:** There are no FDA regulations for this term. To understand sugar content, be sure to look at "added sugars" on the label. Dietary Guidelines for Americans 2015-2020 recommend added sugars add up to no more than 10% of daily calories.

**Low Fat or Fat Free:** A product is legally allowed to claim "fat free" if it has .5 g fat or less. Typically means the fat has been removed and sugar has been added.

**Wheat or Multi Grain:** This sounds very healthy but only means that a product contains more than one type of grain, most likely refined grains.

**Organic:** This claim says very little about whether the product is healthy. For example, organic sugar is still sugar.





The newsletter provides a take action section, where participants can write their goal to work towards.

## Depression

Depression can happen at any age. It is more than just feeling sad or blue. It is a common but serious mood condition. Depression is a real illness; it is not a sign of a person's weakness or a character flaw. It is also not a normal part of aging.

### Signs & Symptoms:

- Loss of interest in activities you once enjoyed
- Lethargy
- Excessive weight gain or weight loss
- Insomnia
- Problems concentrating
- Overwhelming feelings of sadness & hopelessness
- Anxiety
- Loss of appetite



If you are experiencing any of these symptoms of depression, it's important that you make an appointment to see your doctor right away.

### What can I do to lower my risk of depression?

- Try to prepare for major changes in life, such as retirement or moving from your home.
- Stay in touch with family.
- Let someone know when you feel sad.
- Be physically active (find something you enjoy!)
- Eat a balanced diet.

Source: [healthline.com/health/depression-and-vitamin-d/symptoms](http://healthline.com/health/depression-and-vitamin-d/symptoms)

Source: [nra.nih.gov/health/depression-and-older-adults](http://nra.nih.gov/health/depression-and-older-adults)

### Be Active. Eat Healthy!

This month, I will take action by...

## Where do I find vitamin D?

### How Much Do I Need?

Older adults 70 years and above have higher vitamin D needs than younger adults. They are the same for both men and women.

**Recommended Dietary Allowances (RDA) for vitamin D:**  
Ages 1-70: 600 IU, Age 71+: 800 IU

**#1 Sunlight  
is your best  
source!**

Food Source	Serving Size	Amount Per Serving
Fatty Fish (Salmon)	3 ounces	566 IU
Fortified Orange Juice	8 ounces	137 IU
Fortified Milk	8 ounces	124 IU
Egg Yolk	1 egg	41 IU
Fortified Cereal	1 cup	40 IU

### What are some things I can do to optimize my vitamin D intakes?

- Read food labels for vitamin D content.
- Breakfast is a good opportunity for high vitamin D foods, from eggs to cereal.
- Include fish at least 2 days of the week in menu planning.
- Vitamin D is a fat soluble vitamin. Eat fat containing foods with vitamin D to optimize the absorption.

Source: [nraa.org/economic-security/benefits/food-and-nutrition/seasonal-nutrition](http://nraa.org/economic-security/benefits/food-and-nutrition/seasonal-nutrition)

Source: [ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/](http://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/)

Source: [www.nationalpsychiatric.org/discussion/seasonal-depression-and-getting-enough-vitamin-d/](http://www.nationalpsychiatric.org/discussion/seasonal-depression-and-getting-enough-vitamin-d/)



Fresh Conversations is developed by: Iowa Dept. of Public Health [dph.iowa.gov/inn](http://dph.iowa.gov/inn)  
Iowa Dept. on Aging [iowaaging.gov](http://iowaaging.gov)

## Lentil Tacos



Serves 6, 2 tacos per serving, \$1.09 per serving

### Ingredients:

1 tablespoon oil (canola or vegetable)  
1 onion, diced  
2 cloves garlic, diced (or ¼ teaspoon garlic powder)  
1 cup dried lentils  
½ package (1.25 ounces) of 40% less sodium taco seasoning

3 cups water  
12 corn tortillas  
1 cup salsa  
2 cups lettuce, shredded

### Instructions:

1. Heat the oil in a skillet over medium high heat.
2. Add the onion and garlic and cook for 4-6 minutes or until they become soft and fragrant. Stir several times during cooking. Add the lentils and seasoning. Stir so that the seasoning is mixed in.
3. Slowly add the water and bring to a boil. Reduce heat to medium low and cover. Cook for about 30 minutes or until the lentils are tender.
4. Uncover and cook for 5 minutes more until the mixture has thickened and the liquid is absorbed. Mash slightly with a fork.
5. Heat corn tortillas according to package directions.
6. Spread ¼ cup lentil mixture onto each tortilla.
7. Serve with salsa, cheese, and lettuce.

Freeze any lentil mixture leftovers up to 3 months.

Nutrition Information (per 2 tacos): 350 calories, 11 g fat, 480 mg sodium, 8 g fiber, 16 g protein, 51 g carbohydrates

This recipe is provided by Iowa State University Extension and Outreach. For more resources like this, visit the [www.extension.iastate.edu](http://www.extension.iastate.edu) website or call your local extension office. *Smart, Eat Smart*, is a registered trademark of Iowa State University.



## Word Search

Lentils	Caffeine	Microbiome
Prebiotic	Garlic	Fatigue
Fiber	Electronics	Exercise
Insomnia	Pasta	Walnuts

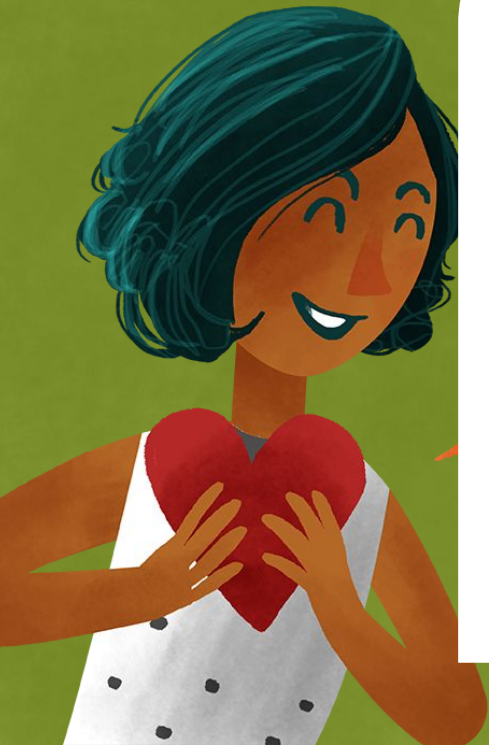
S G Z T O P Q I U A D W  
V T G P J O N U T P F E  
L H U F R S P K Q C R F  
A Q Y N O E Q A I D A I  
U D R M L Y B L S T P R  
G Z N T R A R I I T F T  
R I O M K A W G O S A U  
A D F I G D U X U T I E  
E S I C R E X E Y A I U  
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R H R B L H Z Y I H L N  
P R F I S F A A R K Z I  
I N G O E Q L D C H L E  
R A V M N S W U C I B F  
E B K E H W G Q O G Q F  
H Z J M X K J G O Y Z A  
E L E C T R O N I C S C

There is a recipe provided in each newsletter and participants try the recipe during meetings. Puzzles and games in the newsletter reinforce educational content of each newsletter.

## **Fresh Conversations** offers meetings

- Through live computer meetings (e.g. Zoom, Facebook Live)
- In person
  - Congregate meal sites, low income housing, or community spaces like libraries, churches, parks and rec facilities and community centers in areas with a large low income population.





**Fresh Conversations** is currently offered in the following counties: Boone, Dallas, Jasper, Madison, Marion, Polk, Story, Warren, Benton, Cedar, Iowa County, Johnson, Jones, Linn, Washington, Wayne, Woodbury, Monona

**Libraries:** Northside Library in Des Moines, Urbandale Library



# What could my library do?

Could my library  
be a host site?

Could I become a  
facilitator?



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# Other IDPH Chronic Disease Programs

The **Alzheimer's Disease and Related Dementias Program** puts focus on issues such as increasing early detection, diagnosis and risk reduction for Alzheimer's Disease and dementias, prevention of avoidable hospitalizations related to these diseases and conditions, and providing support for dementia-related caregiving.

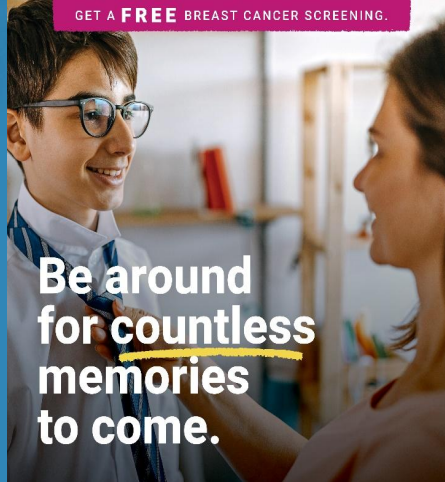
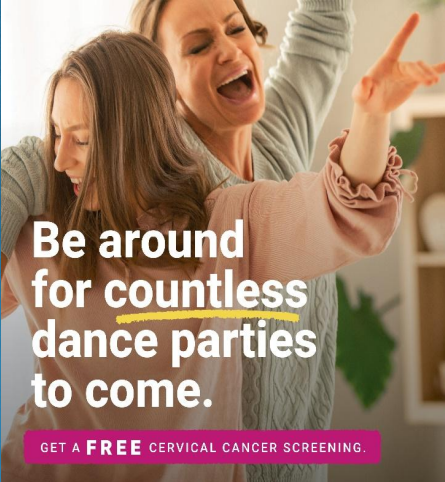
Resources (bookmarks, flyers, social media sets) and presentations for library patrons are available. Contact Greg Woods, ADRD program coordinator, for resources or to schedule a presentation. [greg.woods@idph.iowa.gov](mailto:greg.woods@idph.iowa.gov)

Website: <https://idph.iowa.gov/chronic-disease-prevention/alzheimers-and-related-dementias>



**Alzheimer's Disease &  
Related Dementias Program**





**Free cancer screenings can help you be around for countless memories to come.**

Your loved ones want you to be around for countless hugs, game nights and birthdays to come. That's why it's so important you don't put off life-saving health screenings.

**With the Care for Yourself program, you may be eligible for free:**

Breast cancer screenings, including clinical breast exams and mammograms

Cervical cancer screenings, including pap and HPV tests

Cardiovascular screenings

After all, the earlier you get screened, the sooner you can discover and treat any issues. Make sure you can be around for countless memories to come.

**Set up a screening today by contacting us or calling 1-866-339-7909.**

**Learn more here: [www.idph.iowa.gov/cfy](http://www.idph.iowa.gov/cfy)**

March is Brain Injury Awareness Month. The **IDPH Brain Injury Services Program** contracts with the Brain Injury Alliance of Iowa to connect individuals with information and support following a brain injury. One way this is done is through our brain injury resource and information kits (aka brain injury "tote bags") and tip cards. Contact the Brain Injury Alliance of Iowa by calling 855-444-6443 or by emailing [info@biaia.org](mailto:info@biaia.org) if you would like to learn more.

Concussion Awareness Month is in August. The **IDPH Brain Injury Services Program** partners with the Iowa Department of Education and others to increase awareness of concussion, particularly among young athletes. We have posters, flyers, and other information available. Contact [brain.injury@idph.iowa.gov](mailto:brain.injury@idph.iowa.gov) or call 515-281-8465 for more information.

The **Healthy Habit All-Stars program** has been designed to assist in educating children about public health topics. Animated videos are used to communicate complex health information to children in an age appropriate manner. Topics include Staying Healthy (immunizations; washing your hands; 5-2-1-0 initiative), wearing your helmet, and what to do if you hit your head (concussion awareness). Support materials are also available, such as coloring books, posters, temporary tattoos, lesson plans and activity sheets. Videos and instructor course material is available for download at no cost at <https://idph.iowa.gov/Healthy-Habit-All-Stars>. Printed materials are available by either arranging to pick up in Des Moines or by paying for shipping costs. Contact Vicki at [vicki.petersen@idph.iowa.gov](mailto:vicki.petersen@idph.iowa.gov) or 515-229-6213.

**Questions?**