

# Diabetes 101

Presented by Amanda Vanwagner  
Workplace Wellness Manager at Parkview Health



PLEASE

SILENCE

YOUR CELL PHONE



# Diabetes 101

Presented by Amanda Vanwagner  
Workplace Wellness Manager at Parkview Health



# **BWC MONTHLY UPDATE**

**April 2023**



# Northwest Ohio Safety & Health Day on May 24, 2023

Doors Open/Coffee/Registration May 24 @ 7:30 am – 8:00 am	+
Mark Hoffman (Rudolph Libbe Safety Director) – So you're new to safety. An introduction to workplace safety. May 24 @ 8:00 am – 9:00 am	+
Attorneys Carl Habekost and Ray Arce – Fitness for duty and legal aspects for the safety professional. May 24 @ 9:15 am – 10:15 am	+
Attorney James Yates – Medical marijuana in the workplace for the safety/HR professional. May 24 @ 10:30 am – 11:30 am	+
LUNCH May 24 @ 11:30 am – 12:30 pm	+
Jeremy Scoles and Tom Cikotte – OCAPP Services and Regulatory Updates May 24 @ 12:30 pm – 1:30 pm	+
Todd Jensen (Toledo OSHA Office Area Director) – OSHA Update and Q&A with the AD. May 24 @ 1:45 pm – 3:00 pm	+

**How can BWC's Division  
of Safety & Hygiene better  
serve Ohio employers?**

# Diabetes 101

Presented by Amanda Vanwagner  
Workplace Wellness Manager at Parkview Health



# UPCOMING TOPICS/SPEAKERS

- **May 23, 2023** – Effective Health & Safety Management Systems
- June 20, 2023 – Hearing Conservation

*Dates are also located on the Black Swamp Safety Council Website*





# May Meeting Moved to 4<sup>th</sup> Tuesday

- **Mark you calendars!** We are moving the May meeting back one week to the 4<sup>th</sup> Tuesday, **May 23<sup>rd</sup>**, due to a college event.
- **May 23, 2023** – Effective Health & Safety Management Systems

*Dates are also located on the Black Swamp Safety Council Website*



# February - March Lunch Invoices

## Due – April 28th

Invoices for February-March lunches are due April 28th. They went to the attention of the accounts payable person provided or just to accounts payable position.

Please check in with your accounts payable person to make sure they received the invoice. If they did not receive the invoice yet, please email [bssc@northweststate.edu](mailto:bssc@northweststate.edu) to ask for an electronic version.

We cannot accept Credit Card or ACH payments for these invoices, but we can accept checks/cash payments.

# 2023-2024 Membership Invoices

## Starting to send out in May

Invoices for next year's membership fees will be coming out around May. They will go to the attention of the accounts payable person provided or just to accounts payable position.

Please check in with your accounts payable person to make sure they received the invoice. If they did not receive the invoice yet, please email [bssc@northweststate.edu](mailto:bssc@northweststate.edu) to ask for an electronic version.

We cannot accept ACH payments for these invoices, but we can accept checks or cash payments.

# Forms of Payment: Invoicing for Memberships

**Check:** Make payable to Black Swamp Safety Council. Makes tracking payments easy.

**Cash:** You can also pay with cash if you turn in with your invoice. This also makes tracking payments easier.

**Credit Card:** You can provide your credit card information on the bottom of the invoice and return the invoice. Or you can pay by credit card through the website at: <https://blackswampsafety.org/pay-dues-online/>

**NOT -> ACH Payments:** Direct deposit from bank account to bank account

\*We **cannot accept ACH payments** as we do not have a way to track these payments effectively.



# **TODAY'S SPEAKER : Amanda VanWagner**

## **Workplace Wellness Manager – Parkview Health**



Amanda holds a bachelor's degree in Exercise Science from Indiana University. Amanda has worked in the health and wellness field since 2007 as a Wellness Coach, Wellness Team Lead and now Well-Being Manager for Workplace Wellness. She has been with the Parkview team since 2014. Amanda loves helping individuals and companies find their personalized wellness path and achieving their wellness goals.

Certifications and Training: Totally Coached Health and Wellness Intrinsic Coach, WellCoaches Certified, Freedom from Smoking Certified Facilitator, NDPP Certified Lifestyle Coach, American Heart Association Heartsaver First Aid and CPR Instructor.

# Diabetes 101

**Amanda VanWagner**  
**Manager, Workplace Wellness**  
**April 2023**

# Outline

- Impact of diabetes
- Diabetes defined
- Diabetes education

# Impact of Diabetes - U.S.

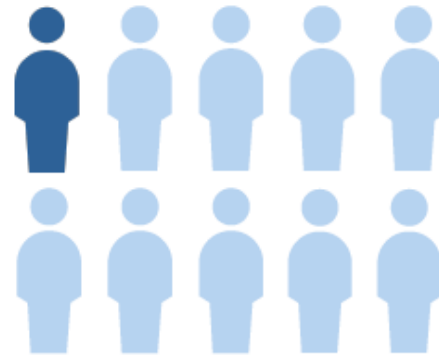
**1.4 Million**

People **18 years or older** diagnosed with diabetes in 2019

## DIABETES



37 million people  
**have diabetes**



That's about **1 in every 10** people



**1 in 5** people **don't know they have it**



# Impact of Diabetes - U.S.

## PREDIABETES

96  
Million

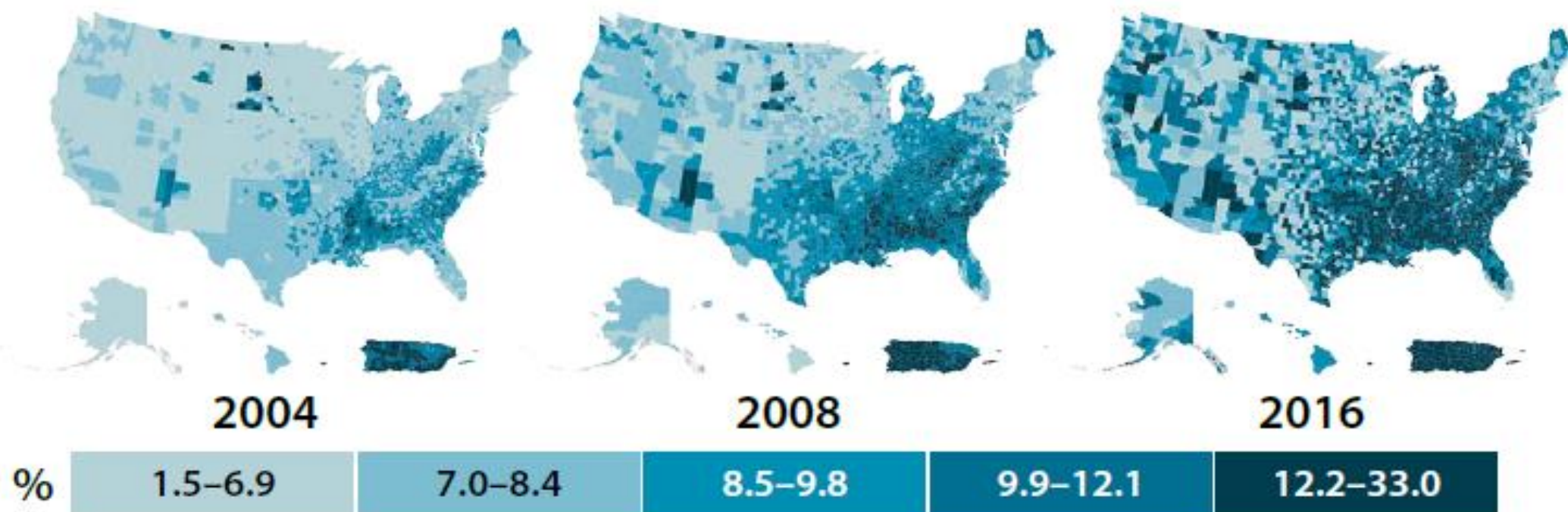
96 million American adults—**more than 1 in 3**—have prediabetes



**More than 8 in 10**  
adults with prediabetes  
**don't know they have it**

# Prevalence of diagnosed diabetes

Figure 3. Age-adjusted, county-level prevalence of diagnosed diabetes among adults aged 20 years or older, United States, 2004, 2008, and 2016



# Impact of Diabetes

## COST



**\$327 Billion**

Total medical costs & lost work & wages for people with diagnosed diabetes



Medical costs for people with diabetes are **more than twice as high** as for people without diabetes

# COMMON TYPES OF DIABETES

## TYPE 1

Body doesn't make enough insulin



Can develop at **any age**



No known way to prevent it

5-10%

In adults, type 1 diabetes accounts for approximately **5-10%** of all diagnosed cases of diabetes.

18,000

Just over **18,000** youth diagnosed each year in 2014 and 2015

## TYPE 2

Body can't use insulin properly



Can develop at **any age**



Most cases **can be prevented**

90-95%

In adults, type 2 diabetes accounts for approximately **90-95%** of all diagnosed cases of diabetes.

nearly  
**6,000**

Nearly **6,000** youth diagnosed each year in 2014 and 2015



# Type 1 diabetes

- Insulin producing cells are destroyed
- Insulin Dependent
- 10% of individuals diagnoses with diabetes
- Typically diagnosed at a young age

# Prediabetes

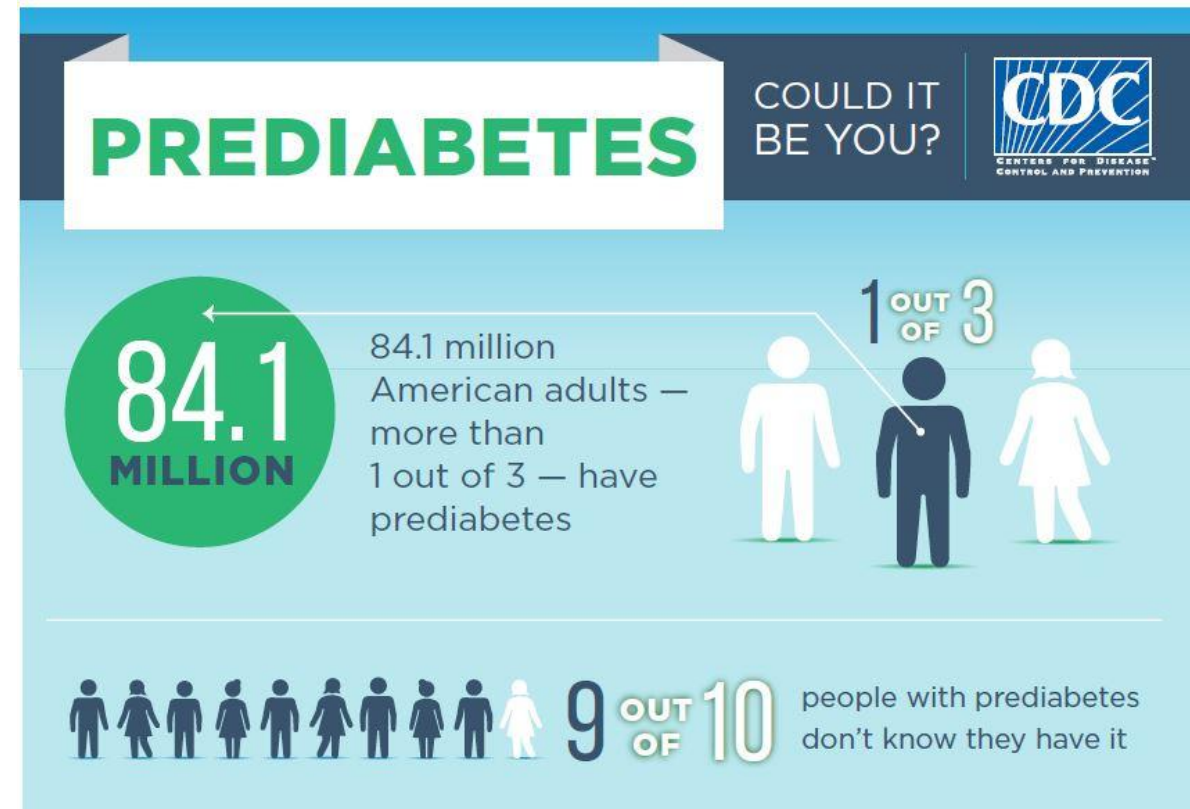
## Prediabetes

- Body does not produce enough insulin
- Body becomes resistant to insulin
- A1c 5.7-6.4%
- Blood Glucose 100-125
- Oral Glucose 140-199
- No symptoms

Pre-Diabetes Ranges	
A1C	5.7-6.4%
Fasting Plasma Glucose Test	100-125 mg/dl
Oral Glucose Tolerance Test	140-199 mg/dl

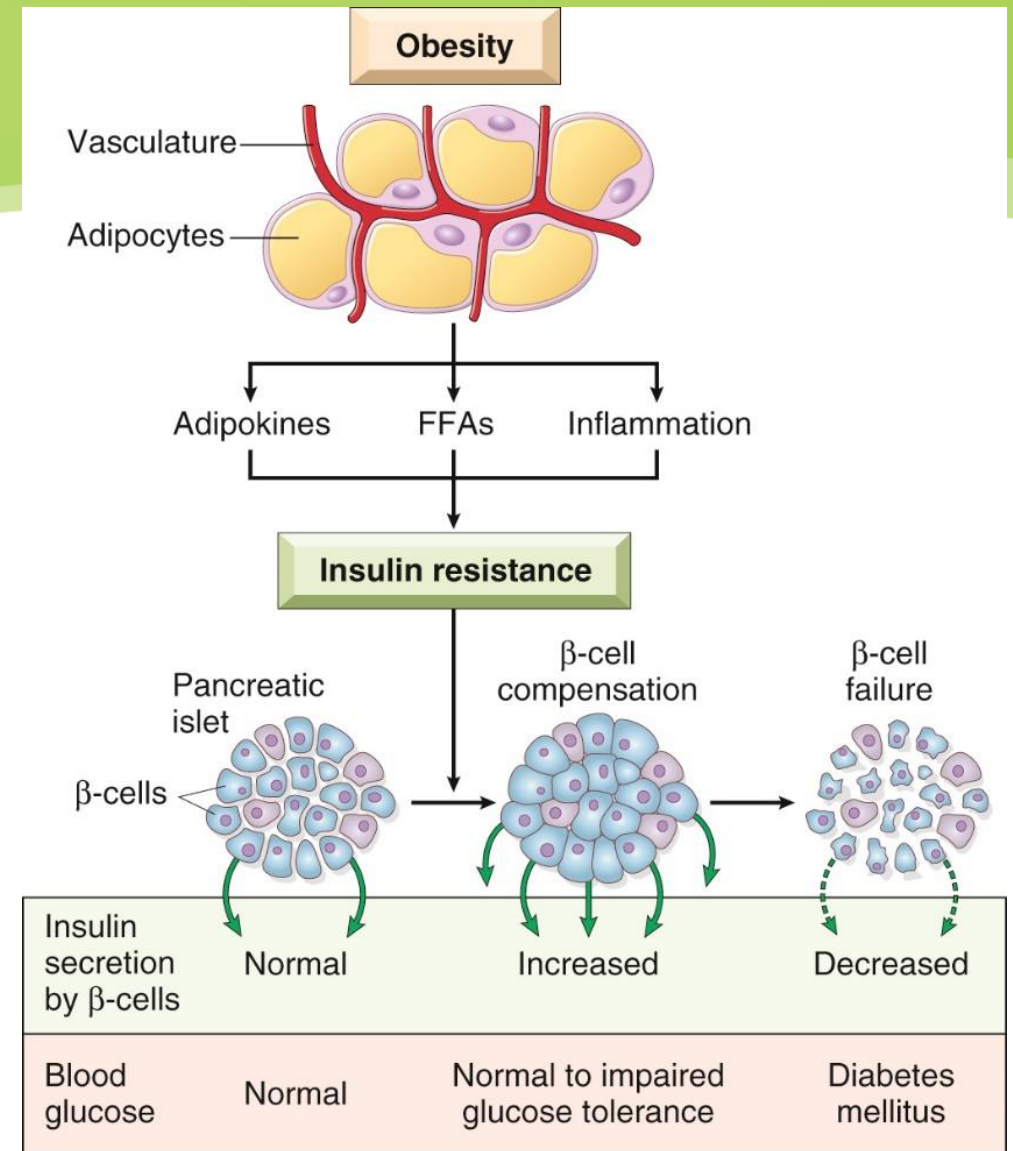
# Prediabetes

- Individuals with prediabetes have up to 50% chance of developing diabetes within 5-10 years.



# Type 2 diabetes

- Two key abnormalities: insulin resistance and beta-cell dysfunction. Body comes resistant to insulin.
- Most important environmental factor is obesity. Over 80% of individuals with type 2 diabetes have the disease of obesity.
- Even modest weight loss can reduce insulin resistance and improve glucose tolerance.
- A1c 6.5 or higher, Blood Glucose 126 or higher





# Diabetes – Risk Factors

**Risk factors for type 2 diabetes:**



**Being  
overweight**



**Having a  
family history**



**Being physically  
inactive**



**Being 45  
or older**

# Type 2 Diabetes

## Signs and Symptoms

- Increased thirst
- Frequent urination
- Unintended weight loss
- Fatigue
- Blurred Vision
- Numbness or tingling in the hands and feet
- Areas of darkened skin, usually in the armpits or neck

# Diabetes Complications

People who have diabetes are at **higher risk of serious health complications:**



Blindness



Kidney failure



Heart disease



Stroke



Loss of toes, feet, or legs

# Diabetes Complications - Prevention

- Glucose control
- Blood pressure
- Cholesterol
- Physical activity
- Weight management

**Table 4. Crude percentage of adults aged 18 years or older with diagnosed diabetes meeting all ABCs goals, United States, 2013–2016**

Risk Factor	ABCs Goals for Many Adults	Less Stringent ABCs Goals
A1C	<7.0%	<8.0%
Blood Pressure	<140/90 mmHg	<140/90 mmHg
Cholesterol, non-HDL	<130 mg/dL	<160 mg/dL
Smoking, current	Nonsmoker	Nonsmoker
Percentage meeting all ABCs goals	19.2 (15.3–23.9)	36.4 (15.3–23.9)

Notes: ABCs = A1C, blood pressure, cholesterol, and smoking. CI = confidence interval. Estimates are crude percentages and 95% confidence intervals. See 2019 Standards of Medical Care in Diabetes for more information on ABCs goals.<sup>3</sup>

Data source: 2013–2016 National Health and Nutrition Examination Survey.

# Diabetes and Sugar

Research has shown that the types of carbohydrates you eat affect how quickly blood glucose levels rise, it is the **total amount of carbohydrates consumed that affects blood glucose levels more.**

1. Use data to drive population-based strategies
2. Connect individuals to tools to support healthy lifestyle to prevent diabetes
3. Increase screening of patients with prediabetes and referral to DPP\*
4. Increase access to, and coverage of, diabetes treatment and management
5. Support development and sustainability of diabetes education
6. Increase the enrollment in diabetes education

\*DPP=diabetes prevention program



## INDIANA DIABETES STRATEGIC PLAN 2020-2026

Eric J. Holcomb, Governor  
Suzanne Crouch, Lt. Governor  
Kristina Box, MD, FACOG, State Health Commissioner





# Diabetes Education

- Diabetes education is associated with:
  - Improved diabetes knowledge and self-care
  - Lower A1c
  - Lower weight
  - Improved quality of life
  - Reduced mortality risk
  - Reduced health care costs

# Diabetes Education

- Diabetes education is associated with:
  - Increased use of primary care and preventative services
  - Less frequent use of acute care and inpatient hospital services
  - Lower Medicare and insurance claim costs

# Diabetes Education

- Critical times for diabetes education:
  - At diagnosis
  - Annually for assessment of education, nutrition, and emotional needs
  - When new complicating factors arise that influence self-management (health conditions, physical limitations, emotional factors, or basic living needs)
  - When transitions in care occur

# How to get help!



## AWARENESS

1 in 5 people living with diabetes do not know that they have diabetes. Early detection and awareness is the first step to preventing complications from diabetes. Awareness includes understanding the diagnosis of diabetes and how it impacts overall health.

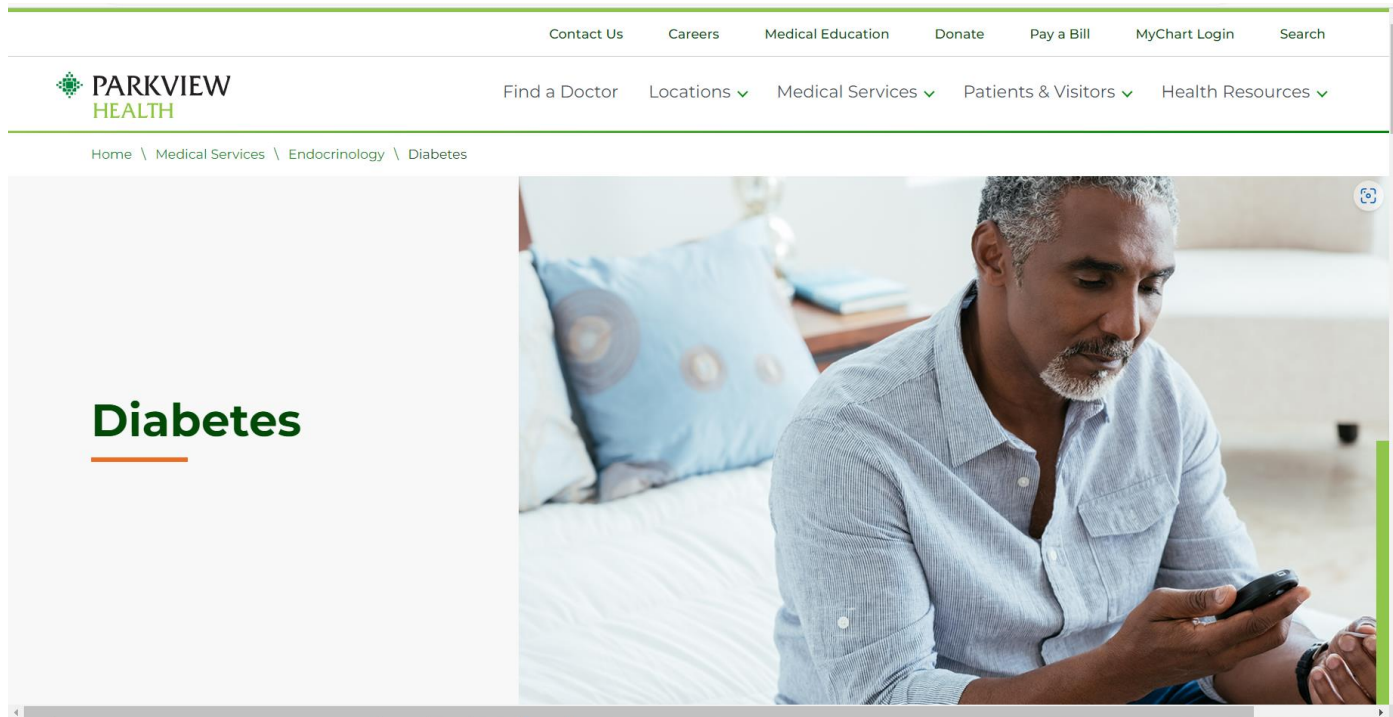
## ACTIVATION

Once the person living with diabetes is more aware of the disease, it is important for them to understand and take the steps toward optimal health. These include conversations and self-reflection to understand how diabetes impacts aspects that are meaningful to the person. This allows the person to identify powerful motivators for change.

## ACCESS

Once awareness and activation are achieved, having equitable and person-centered access to care is vital to best equip each person with the right care, by the right person, and at the right time. Ensuring access to care that meets their needs can help the person living with diabetes to implement the decision-making and problem solving skills when needed.

# Resources



## Diabetes Education and Support | Parkview Health

# Questions?

