

Utilizing the 2020-2025 Dietary Guidelines for Americans to Tailor and Deliver Type 2 Diabetes Prevention Programs

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Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

Division of Diabetes Translation





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Centers for Disease Control and Prevention

- Leads a multidisciplinary team working to eliminate the preventable burden of diabetes
- Works with many partners including:
 - State and local health departments
 - Tribes
 - National organizations

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Today's Objectives

- Describe the major components of the 2020-2025 Dietary Guidelines for Americans (DGAs) and recognize how they differ from the previous editions.
- Incorporate the materials, messages, and resources from the DGAs Call To Action to *Make Every Bite Count* when communicating dietary guidance in diabetes education and type 2 diabetes prevention in community or team-based clinical settings.
- Compare food classification among cultures and apply the basics of the L.E.A.R.N model in cross-cultural communication.

Have a Question for our Speakers?

Submit your question by clicking the Q&A icon located below. We'll do our best to answer all questions during the Q&A portion at the end of this webinar.



Today's Presenters



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Dietary Guidelines for Americans 2020-2025

Jennifer Seymour, PhD

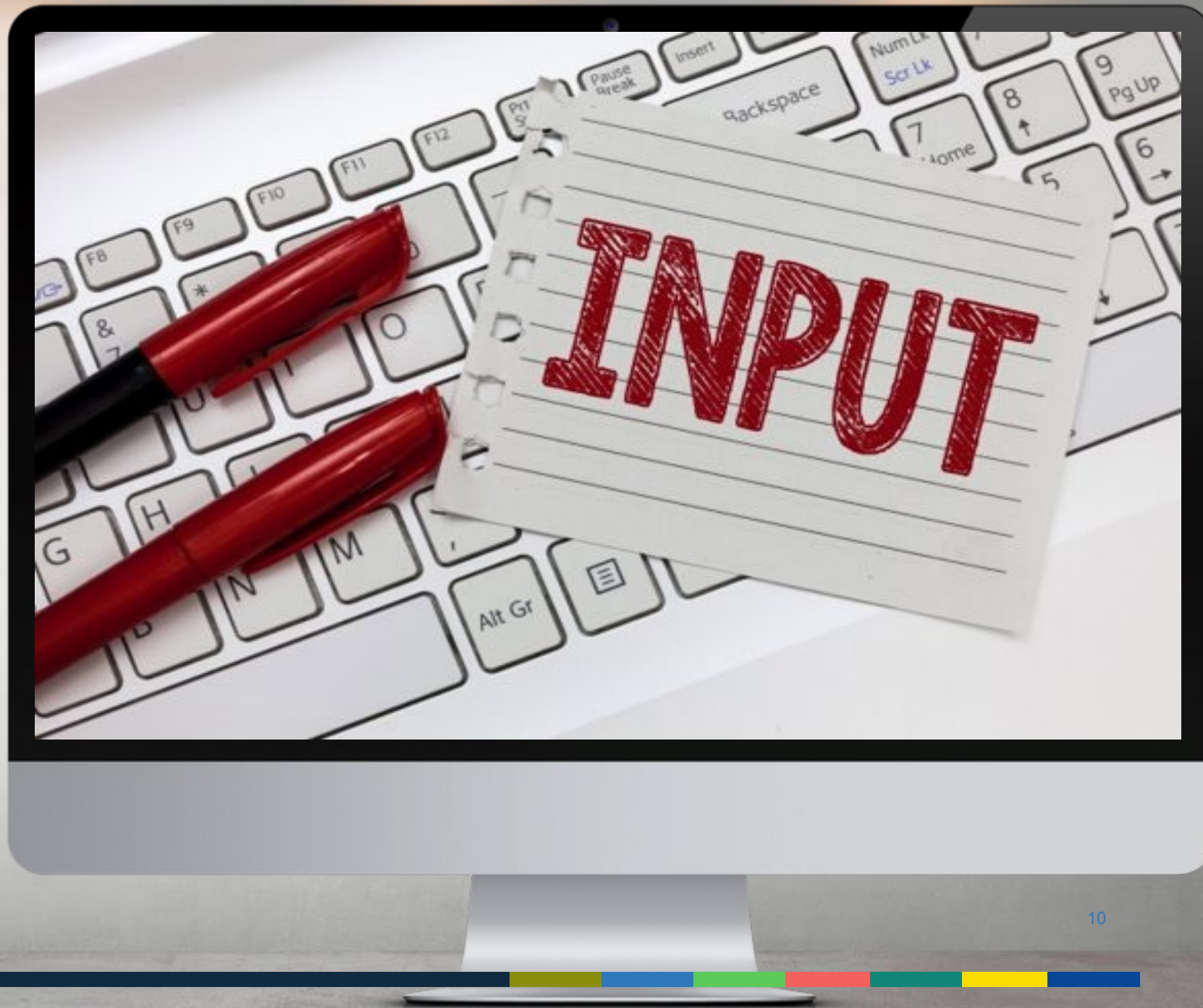
Senior Scientist/Policy Advisor

Division of Nutrition, Physical Activity, and Obesity

Centers for Disease Control and Prevention



Poll Question





DGA | Dietary Guidelines for Americans

2020 - 2025

Make Every Bite Count With the *Dietary Guidelines*





Healthy Eating Can Promote Health and Reduce Risk of Chronic Disease

Children and Adolescents

- Lower adiposity
- Lower total and low-density lipoprotein (LDL) cholesterol

Women Who Are Pregnant or Lactating

- Favorable cognitive development in the child
- Favorable folate status in women during pregnancy and lactation

Birth Through 23 Months

- Lower risk of overweight and obesity
- Lower risk of type 1 diabetes
- Adequate iron status and lower risk of iron deficiency
- Lower risk of peanut allergy
- Lower risk of asthma



Adults, Including Older Adults

- Lower risk of all-cause mortality
- Lower risk of cardiovascular disease
- Lower risk of cardiovascular disease mortality
- Lower total and LDL cholesterol
- Lower blood pressure
- Lower risk of obesity
- Lower body mass index, waist circumference, and body fat
- Lower risk of type 2 diabetes
- Lower risk of cancers of the breast, colon, and rectum
- Favorable bone health, including lower risk of hip fracture

The Guidelines

Follow a healthy dietary pattern at every life stage.



Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.

1



Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.



4



2



3



Focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits.

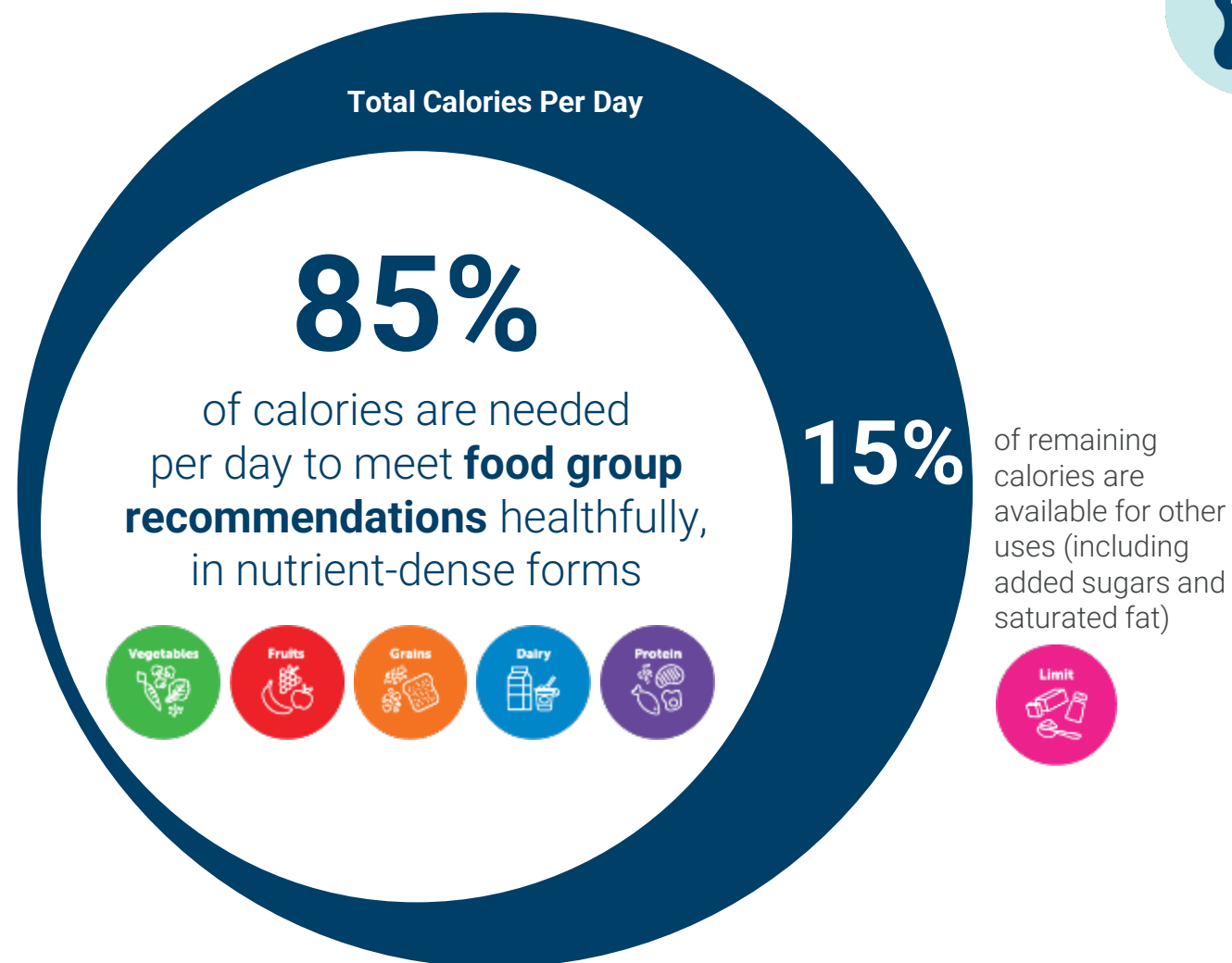




The 85-15 Guide:

Percentage of Calories Needed To Meet Food Group Needs With Nutrient-Dense Choices and Percentage Left for Other Uses

Most of the calories a person needs to eat each day—around 85 percent—are needed to meet food group recommendations healthfully, in nutrient-dense forms. The remaining calories—around 15 percent—are calories available for other uses, including for added sugars or saturated fat beyond the small amounts found in nutrient-dense forms of foods and beverages within the pattern, to consume more than the recommended amount of a food group, or for alcoholic beverages. This equates to 250 to 350 remaining calories for calorie patterns appropriate for most Americans.





Dietary Intakes Compared to Recommendations



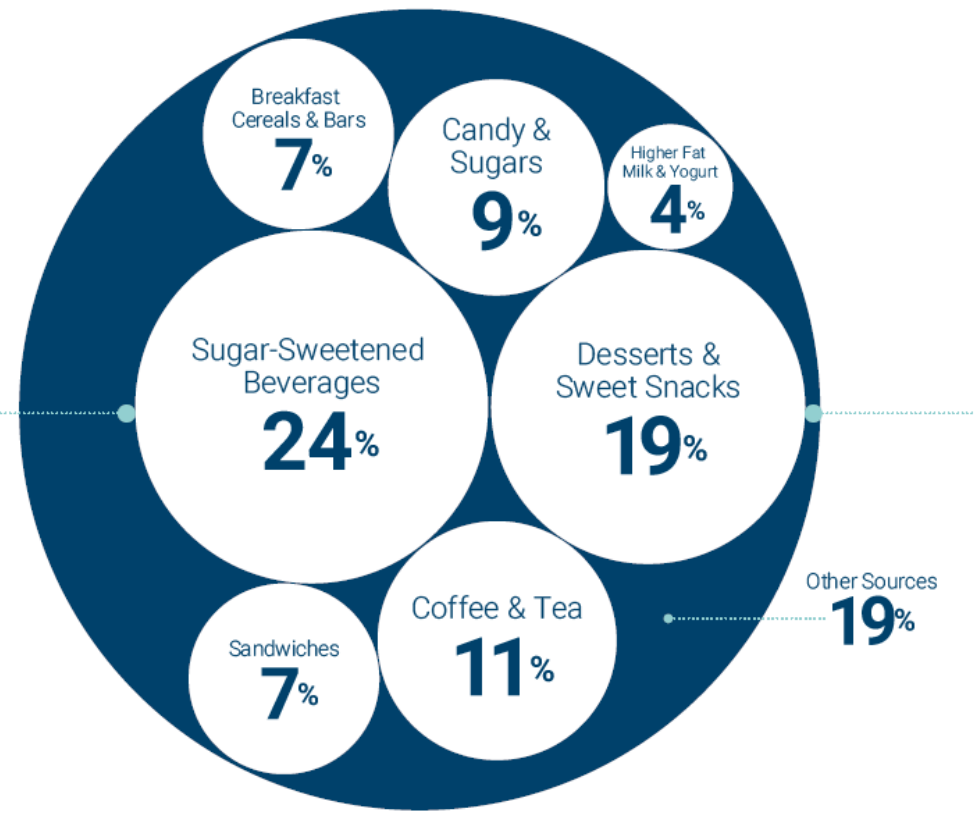
NOTE: Recommended daily intake of whole grains is to be at least half of total grain consumption, and the limit for refined grains is to be no more than half of total grain consumption.

Data Source: Analysis of What We Eat in America, NHANES 2013-2016, ages 1 and older, 2 days dietary intake data, weighted. Recommended Intake Ranges: Healthy U.S.-Style Dietary Patterns



Top Sources and Average Intakes of Added Sugars

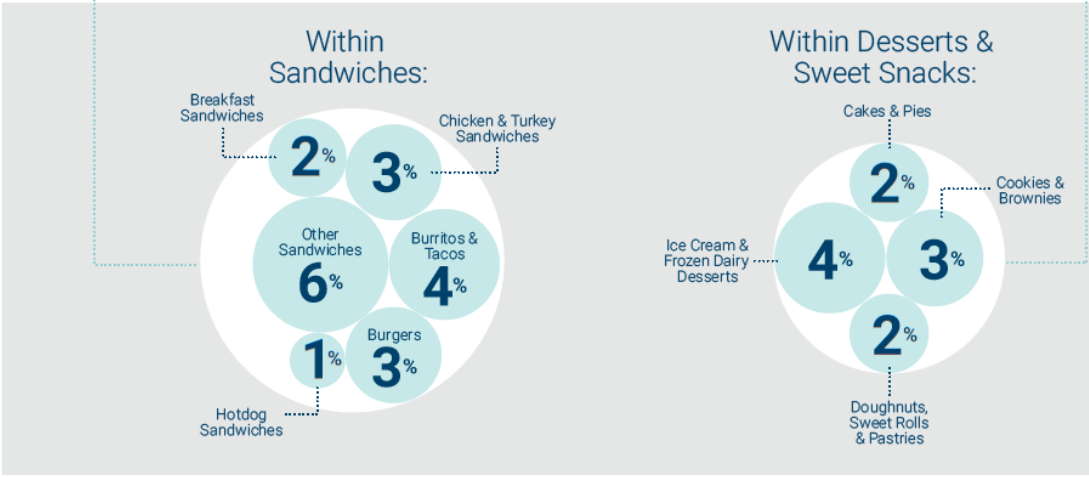
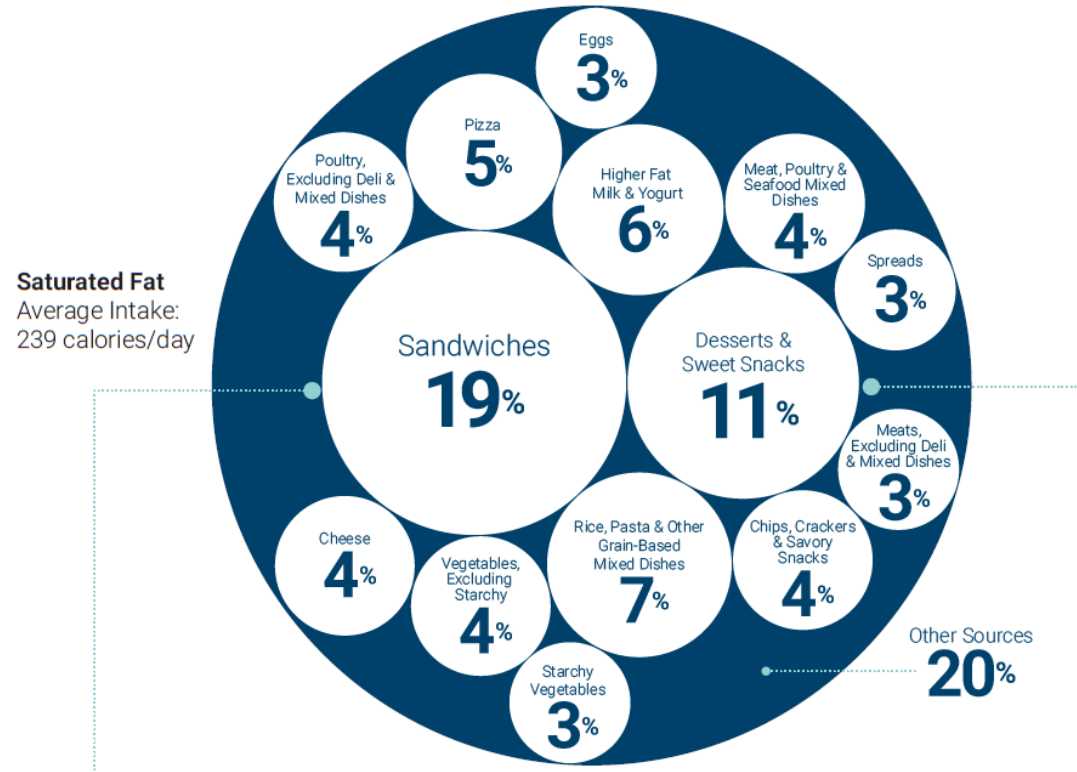
Added Sugars
Average Intake: 266 kcal/day



Data Source: Analysis of What We Eat in America, NHANES 2013-2016, ages 1 and older, 2 days dietary intake data, weighted.

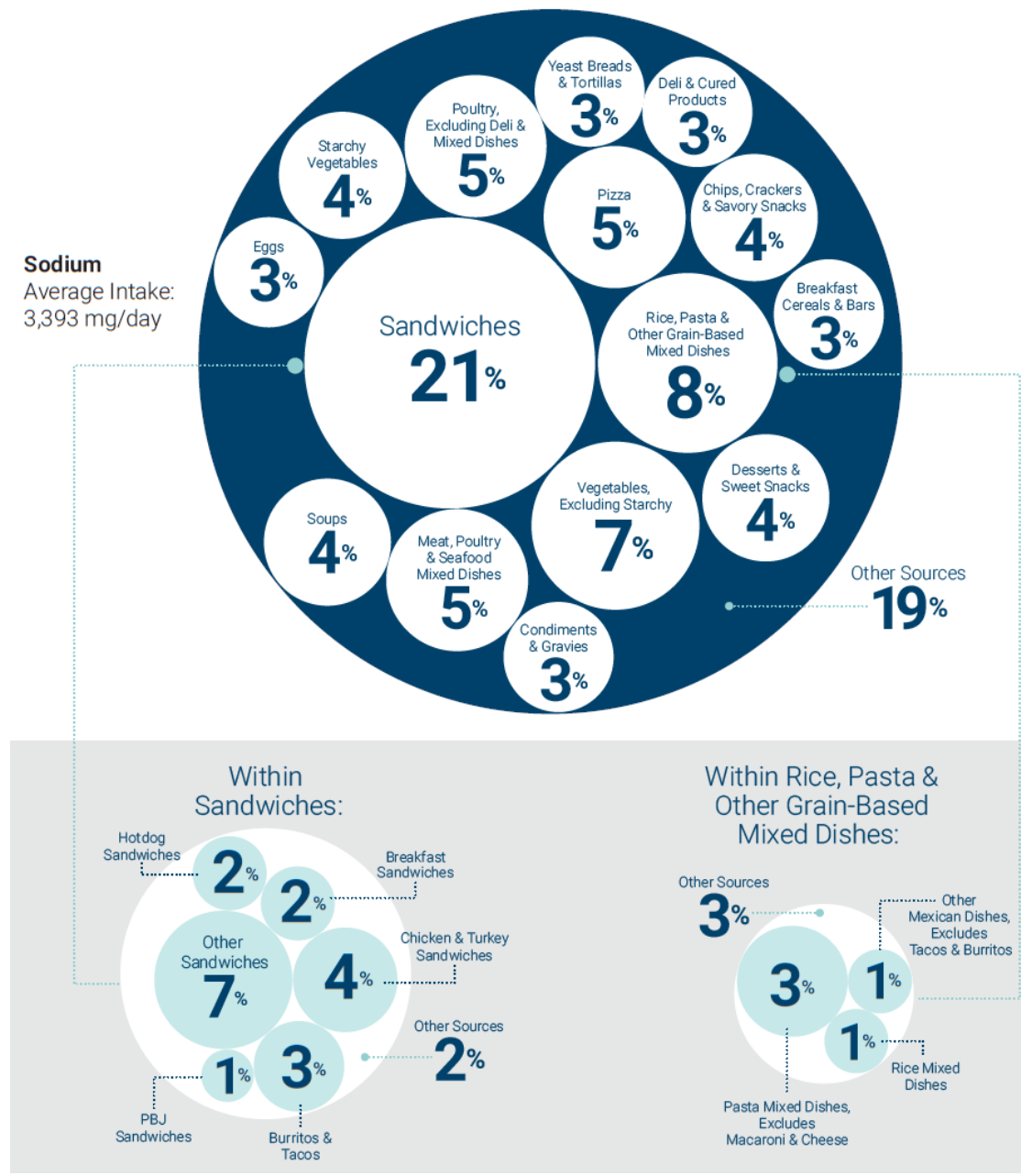


Top Sources and Average Intakes of Saturated Fat





Top Sources and Average Intakes of Sodium



Data Source: Analysis of What We Eat in America, NHANES 2013-2016, ages 1 and older, 2 days dietary intake data, weighted.



Infants & Toddlers

DGA | Dietary Guidelines for Americans



Birth to 24 Months

- Birth until child's second birthday - critical period for proper growth and development.
 - » Nutrients critical for brain development and growth must be provided in adequate amounts.
- Key for establishing healthy dietary patterns, influence trajectory of eating behaviors and health throughout life.
 - » Children in this age group consume small quantities of foods, important to make every bite count!
- Human milk feeding alone is the ideal form of nutrition from birth through about age 6 months.
- Developmental Readiness for Beginning To Eat Solid Foods
 - » Signs that an infant is ready for complementary foods
 - » Infants and young children should be given age- and developmentally appropriate foods to help prevent choking.



Special Considerations

- Supplementing Infants:
 - » Iron
 - » Vitamin D
 - » Vitamin B12
- Avoid:
 - » Added Sugars
 - » High Sodium Foods
 - » Honey, Other Unpasteurized Foods
 - » 100% Fruit Juice
 - » Cow's Milk, Soy Beverages
 - » Plant Milks
 - » Toddler Milks
 - » Caffeine





Women Who Are Pregnant or Lactating

DGA | Dietary Guidelines for Americans



Pregnancy & Lactation

- Dietary pattern consistent, just different calorie levels
- Nausea, vomiting, food aversions and food cravings
- Women do not need to restrict dietary choices to prevent allergies in their children
- Vegetarian and vegan women – may need to supplement with Iron, B12, choline, zinc, iodine, EPA/DHA
- Weight
 - » Importance of achieving and maintaining healthy weight before pregnancy
 - » Gain during pregnancy within guidelines
 - » Returning to a healthy weight during postpartum period
 - » Start pregnancy overweight or having obesity - weight gain recommendations reduced
- Food safety

Special Considerations

- Meeting Nutrient Needs
- Folate/Folic Acid
- Iron
- Iodine
- Choline
- Seafood
- Alcoholic Beverages
- Caffeine





Older Adults

DGA | Dietary
Guidelines
for Americans



Older Adults

- Older adults is 60+
- More susceptible to chronic diseases, osteoporosis, and sarcopenia
- Difficulty chewing and swallowing can impact intake
- Food safety – more important in this population – decline in immune system



Special Considerations

- Protein
- Vitamin B₁₂
- Beverages
- Alcoholic Beverages





Customizing the *Dietary Guidelines* Framework



Figure 1-5

Customizing the *Dietary Guidelines* Framework



The *Dietary Guidelines* approach of providing a framework—not prescriptive details—ensures that its recommendations can “meet people where they are,” from personal preferences to cultural foodways, and including budgetary considerations. The examples below are a sample of the range of options in each food group—to be eaten in nutrient-dense forms. Additional examples are listed under **Table A3-2** in **Appendix 3**.

Vegetables

GO

Vegetables

- **Dark-Green Vegetables:** All fresh, frozen, and canned dark-green leafy vegetables and broccoli, cooked or raw. For example, amaranth leaves, bok choy, broccoli, chammamul, chard, collards, kale, mustard greens, poke greens, romaine lettuce, spinach, taro leaves, turnip greens, and watercress.
- **Red and Orange Vegetables:** All fresh, frozen, and canned red and orange vegetables or juice, cooked or raw. For example, calabaza, carrots, red or orange bell peppers, sweet potatoes, tomatoes, 100% tomato juice, and winter squash.
- **Beans, Peas, Lentils:** All cooked from dry or canned beans, peas, chickpeas, and lentils: for example, black beans, black-eyed peas, bayo beans, chickpeas (garbanzo beans), edamame, kidney beans, lentils, lima beans, mung beans, pigeon peas, pinto beans, and split peas. Does not include green beans or green peas.
- **Starchy Vegetables:** All fresh, frozen, and canned starchy vegetables: for example, breadfruit, burdock root, cassava, corn, jicama, lotus root, lima beans, plantains, white potatoes, salsify, taro root (dasheen or yautia), water chestnuts, yam, and yucca.
- **Other Vegetables:** All other fresh, frozen, and canned vegetables, cooked or raw. For example, asparagus, avocado, bamboo shoots, beets, bitter melon, Brussels sprouts, cabbage (green, red, napa, savoy), cactus pads (nopales), cauliflower, celery, chayote (miriliton), cucumber, eggplant, green beans, kohlrabi, luffa, mushrooms, okra, onions, radish, rutabaga, seaweed, snow peas, summer squash, tomatillos, and turnips.

Fruits

GO

Fruits

- All fresh, frozen, canned, and dried fruits and 100% fruit juices: for example, apples, Asian pears, bananas, berries (e.g., blackberries, blueberries, currants, huckleberries, kiwifruit, mulberries, raspberries, and strawberries); citrus fruit (e.g., calamondin, grapefruit, lemons, limes, oranges, and pomelos); cherries, dates, figs, grapes, guava, jackfruit, lychee, mangoes, melons (e.g., cantaloupe, casaba, honeydew, and watermelon); nectarines, papaya, peaches, pears, persimmons, pineapple, plums, pomegranates, raisins, rhubarb, sapote, and soursoy.




Figure 1-5 Customizing the *Dietary Guidelines* Framework (continued)

Grains

GO

Grains

- **Whole grains:** All whole-grain products and whole grains used as ingredients: for example, amaranth, barley (not pearled), brown rice, buckwheat, bulgur, millet, oats, popcorn, quinoa, dark rye, whole-grain cornmeal, whole-wheat bread, whole-wheat chapati, whole-grain cereals and crackers, and wild rice.
- **Refined grains:** All refined-grain products and refined grains used as ingredients: for example, white breads, refined-grain cereals and crackers, corn grits, cream of rice, cream of wheat, barley (pearled), masa, pasta, and white rice. Refined-grain choices should be enriched.




Dairy

GO

Dairy and Fortified Soy Alternatives

- All fluid, dry, or evaporated milk, including lactose-free and lactose-reduced products and fortified soy beverages (soy milk), buttermilk, yogurt, kefir, frozen yogurt, dairy desserts, and cheeses. Most choices should be fat-free or low-fat. Cream, sour cream, and cream cheese are not included due to their low calcium content.





Protein

GO

Protein Foods

- **Meats, Poultry, Eggs:** Meats include beef, goat, lamb, pork, and game meat (e.g., bison, moose, elk, deer). Poultry includes chicken, Cornish hens, duck, game birds (e.g., ostrich, pheasant, and quail), goose, and turkey. Organ meats include chitterlings, giblets, gizzard, liver, sweetbreads, tongue, and tripe. Eggs include chicken eggs and other birds' eggs. Meats and poultry should be lean or low-fat.
- **Seafood:** Seafood examples that are lower in methylmercury include: anchovy, black sea bass, catfish, clams, cod, crab, crawfish, flounder, haddock, hake, herring, lobster, mullet, oyster, perch, pollock, salmon, sardine, scallop, shrimp, sole, squid, tilapia, freshwater trout, light tuna, and whiting.
- **Nuts, Seeds, Soy Products:** Nuts and seeds include all nuts (tree nuts and peanuts), nut butters, seeds (e.g., chia, flax, pumpkin, sesame, and sunflower), and seed butters (e.g., sesame or tahini and sunflower). Soy includes tofu, tempeh, and products made from soy flour, soy protein isolate, and soy concentrate. Nuts should be unsalted.

How the Dietary Guidelines Promote Health, Prevent Disease, and Inform Diabetes Education & Prevention

Sacha Uelmen, RDN, CDCES

Director of Diabetes Education & Prevention Programs
Association of Diabetes Care & Education Specialists



Our Health is Suffering from Diet-related Chronic Disease

Americans Do Not Follow the *Dietary Guidelines* and Our Health Is Suffering



of American adults are
overweight or obese

6 IN 10 ADULTS
are living with one or more
diet-related chronic diseases



Lower Risk of Type 2 Diabetes

Following the *Dietary Guidelines* Can Help Improve Americans' Health

Each step closer to eating a diet that aligns with the *Dietary Guidelines* is associated with:



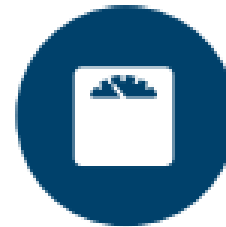
Lower Risk of
Heart Disease



Lower Risk of
Type 2 Diabetes



Lower Risk of
Cancer



Lower Risk of
Obesity

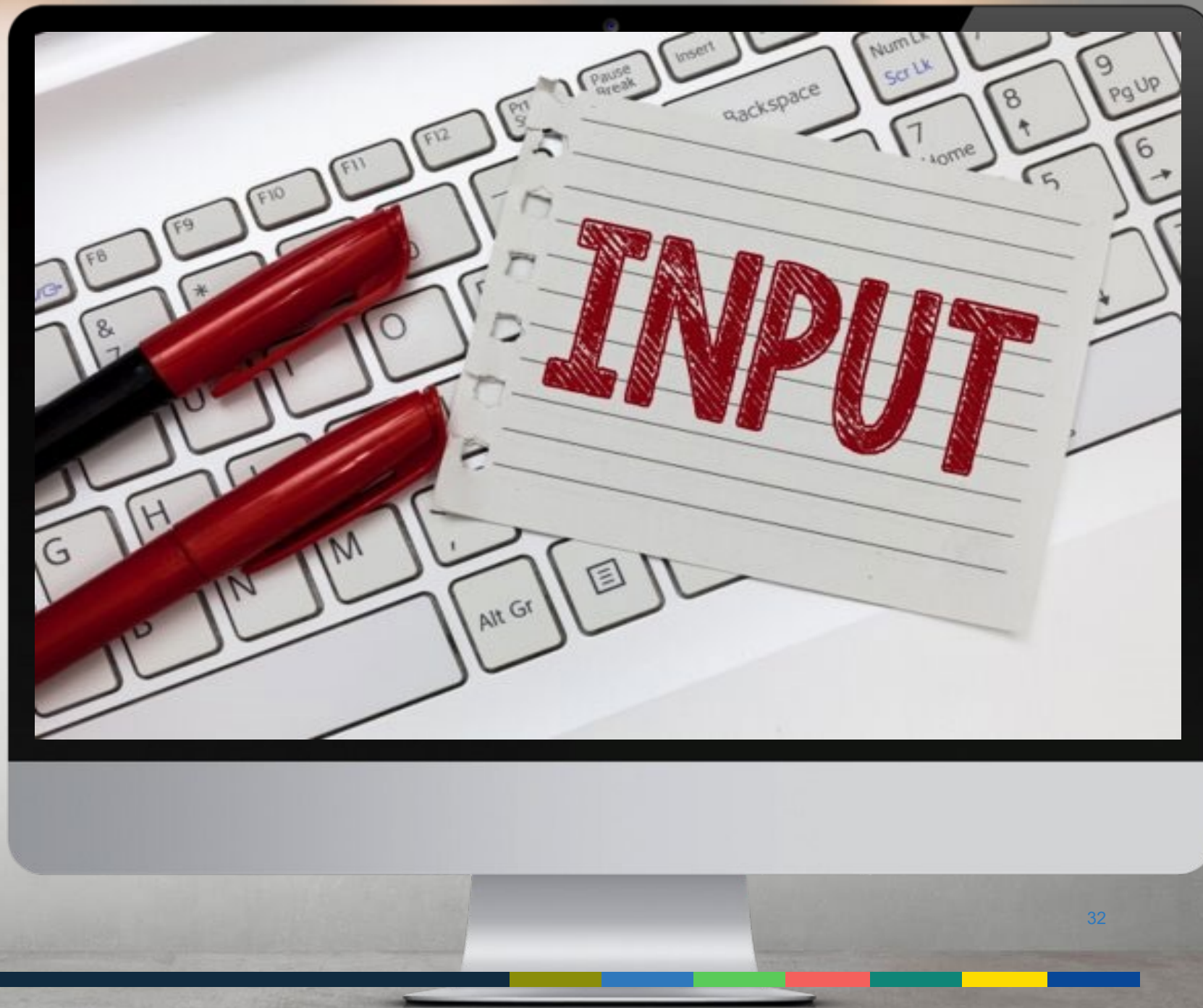


Lower Risk of
Hip Fracture

For more information about the *Dietary Guidelines*, visit [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).

Aligns with goals in diabetes education and type 2 diabetes prevention programs.

Poll Question



Make Every Bite Count

3 How do we “make every bite count”?

Focus on nutrient-dense foods and beverages, limit those higher in added sugars, saturated fat, and sodium, and stay within calorie limits.



More than half of the U.S. population meets or exceeds total grain and protein foods recommendations, but are not meeting the subgroup recommendations for each food group.

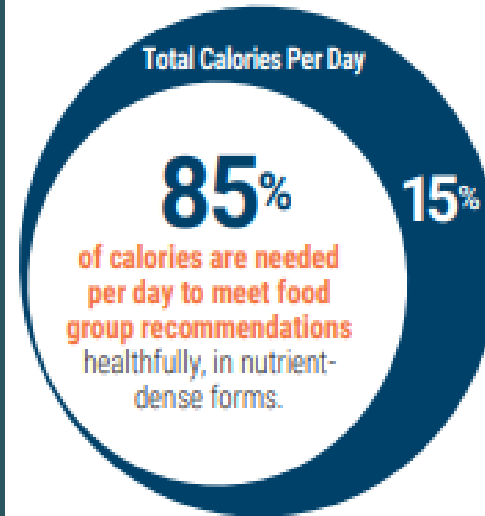
Eat less sugar and fat

Eat more veggies and fruit

Eat a variety of foods

Pay attention to your portion size

Daily Goals: Most of a person's daily calories are needed to meet food group recommendations with nutrient-dense foods and beverages.



And follow these three key dietary principles:

1

Meet nutritional needs primarily from nutrient-dense foods and beverages.



2

Choose a variety of options from each food group.



3

Pay attention to portion size.





Fruits

Focus on whole fruits

[Learn more](#)



Vegetables

Vary your veggies

[Learn more](#)



Grains

Make half your grains whole grains

[Learn more](#)



Protein Foods

Vary your protein routine

[Learn more](#)



Dairy

Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

[Learn more](#)

Nutrient Density

What's the Opposite of Nutrient Dense?

15%

DGA and PreventT2 Updates

Focus on food over macronutrients

Nutrient density is emphasized

Portions still a key element

Practical tools and resources

Emphasis on habit formation and personally meaningful goal setting

Cultural considerations are more prominent

PreventT2 Updates and the DGAs

- Eating foods you like
- Practical for a wider audience
- Familiar foods, focus on variety
- Nutrient-dense food and drinks discussed
- Portions and calories still matter
- Reflect personal preferences, cultural traditions, and budgetary considerations

PREVENTT2
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Module 1: Introduction to the Program
Lifestyle Coach Guide

Enjoy Foods in Healthy Ways

Recipe Makeover Activity (10 minutes)

SAY:

Please look at "Recipe Makeover Activity" on page 10 in the Participant Guide.



For a virtual session, use the screen share feature to display the "Recipe Makeover Activity" group activity in the Participant Guide for all participants to view.

SAY:

For this activity, you will work with your partner again to make over a recipe. Use any of the recipe makeover ideas on the previous page or use your own ideas to create a healthier version of this dish.



If dividing participants into partners is not possible for a virtual session, have participants conduct the activity by themselves.

DO:

Share group assignments and begin small group meetings. Give participants an exact time to meet back as a whole group.

When participants return, conduct a short debrief. Ask for volunteers to share the ingredients they swapped and any ideas they used to create a healthier version.



For a virtual session, encourage participants to type their responses in the chat window or "raise their hand" in the web conferencing tool.



PreventT2 Updates

- Stories, scenarios and examples are more realistic
- More flexibility to tailor healthy eating approaches to meet participant's own needs
- Emphasis on habit formation and setting personally meaningful goals
- Enhanced cultural relevance
- More coaching strategies such as games and storytelling
- Guidance for:
 - Virtual delivery and engaging participants in between sessions
 - Incorporating 2021 Diabetes Prevention Recognition Program Standards

About Triggers

Marta's Story—Part 1

Marta just learned that she's at risk for type 2 diabetes. She knows that taking small steps to change her eating patterns and adding more movement to her day can make a big difference in reducing her risk.

On a typical workday, Marta gets up at 5:30 in the morning. As soon as she enters the kitchen, she starts making coffee. Just the smell helps her wake up. Then she warms up a pastry to dunk in her coffee.

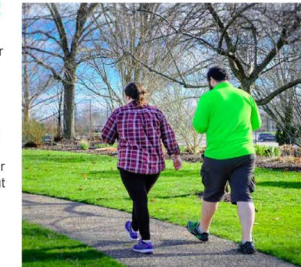
By 3 in the afternoon, she's getting drowsy again. So, she stops at the coffee machine in the staff lounge. Her friend Adam is usually in the lounge at that time too, so she spends a few minutes chatting with



About Triggers

Marta's Story—Part 2

Marta takes action to manage her triggers to help her engage in healthier behaviors. For example, instead of falling asleep in front of the TV, she is going to bed at a regular time each night, so she has more energy when she wakes up. She still loves the taste and smell of her morning coffee, as well as having some time to collect her thoughts before she starts her day. But instead of having a highly processed pastry for breakfast, she has some quick oats with a teaspoon of maple syrup, some fresh blueberries, and a few walnuts.



Marta still likes seeing her friend Adam in the staff lounge. They've started taking a 10-minute walk around the block when the weather is nice. That way, they can get out of the office at least once a day, and they can also tell funny stories about their coworkers. Marta also stopped going to the vending machine at work. Instead, she brings cut veggies and dip, a small piece of fruit, or cheese and crackers for her afternoon snack.

Marta still watches TV to unwind after a stressful day, and she really enjoys this time with her partner. But before they sit down for TV, they have started going out and taking a 20- to 30-minute walk, or when the weather is bad, they lift weights after dinner. Now that she has been doing this for a few weeks, they look forward to this time talking about their day and laughing together. Marta also has 3 cups of popcorn and a light beer for her evening snack instead of chips.

Marta was able to keep the healthy parts of her patterns while making small changes. As she practices those small changes, they will begin to feel more and more comfortable to her.

WELCOME TO

MyPlate KITCHEN

[View Recipes](#)

Set simple goals for healthy eating



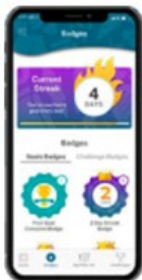
Pick your goals

- Set goals within food groups (Fruits, Vegetables, Grains, Protein Foods, Dairy)
- Choose from a variety of goals or tap "Pick for me!" to have goals selected for you
- Take the [MyPlate Quiz](#) and use the results code to set your personal goals
- Sync up to your smartwatch (or do it all on your mobile device)



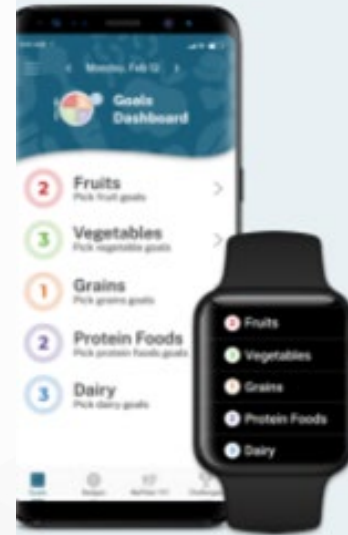
See real-time progress

- See daily progress in each food group as you meet your goals
- View simple tips to help meet your goals
- Select options for notifications and reminders
- Visit the MyPlate 101 section for more information about healthy eating



Earn badges that celebrate your success

- Earn badges as food group goals are completed
- Collect a variety of badges such as first goal complete, daily-streaks, food group badges, and the ultimate MyPlate badge
- Post your badges on social media to share your success and encourage others
- Participate in challenges to stay motivated and earn new badges



Start Simple with MyPlate App

Build healthy eating habits one goal at a time! Download the *Start Simple with MyPlate* app today.

[Learn more](#)

Resources

Start Simple with MyPlate
KID'S BUDGET WORKSHEET

Notes

The Start Simple with MyPlate mobile app brought the MyPlate 101 section to life by providing a simple way for kids and families to use the app to set daily food goals, track their progress, get simple tips, and earn badges along the way. All with the goal of making healthy habits. Consider this worksheet before in addition, using the Start Simple with MyPlate app to set daily goals, track progress, earn badges, and celebrate!

4 additional resources, click on any food group to view and select food group goals.

4 points are earned for each food group!

4 points can be earned from each food group!

[Start Simple with MyPlate App Scavenger Hunt](#)

Start Simple with MyPlate
STUDENT LESSON PLAN

Background

Start Simple with MyPlate provides tips, ideas, and inspiration from the MyPlate food groups—Fruits, Vegetables, Grains, Protein Foods, and Dairy—that students can easily incorporate into their budgets, food preferences, food goals, and budgets. Starting simple can lead to realistic and positive lifestyle changes to help improve overall well-being and contribute to a longer and healthier life.

The Start Simple with MyPlate app brings these ideas to life in an interactive way to help students build healthy habits. App users set daily food group goals and will see real-time progress, view simple tips, and earn badges along the way. The Start Simple with MyPlate app is available on iOS and Android phones and comes in English and Spanish.

KEY FEATURES OF THIS APP INCLUDE:

- Set daily food goals
- Track progress
- Earn badges
- View simple tips
- Sync up to your smartwatch

[Start Simple with MyPlate App Student Lesson Plan](#)

Start Simple with MyPlate
COMMUNITY LESSON PLAN

Background

Start Simple with MyPlate provides tips, ideas, and inspiration from the MyPlate food groups—Fruits, Vegetables, Grains, Protein Foods, and Dairy—that students can easily incorporate into their budgets, food preferences, food goals, and budgets. Starting simple can lead to realistic and positive lifestyle changes to help improve overall well-being and contribute to a longer and healthier life.

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KEY FEATURES OF THIS APP INCLUDE:

- Set daily food goals
- Track progress
- Earn badges
- View simple tips
- Sync up to your smartwatch

[Start Simple with MyPlate App Community Lesson Plan](#)

Additional Resources



healthfinder.gov
Live well. Learn how.

[Healthfinder.gov](https://www.healthfinder.gov)

Get tips on how to eat healthy on a budget, plan ahead to save time, and eat healthy away from home.



FDA U.S. FOOD & DRUG
ADMINISTRATION

[Nutrition Education](https://www.fda.gov/food/nutrition-education)

Explore materials about menu labeling and the Nutrition Facts label.



[Start Simple with MyPlate App](https://www.choosemyplate.gov/start-simple)

Meet healthy eating goals one at a time! Use this easy-to-use app to get started.

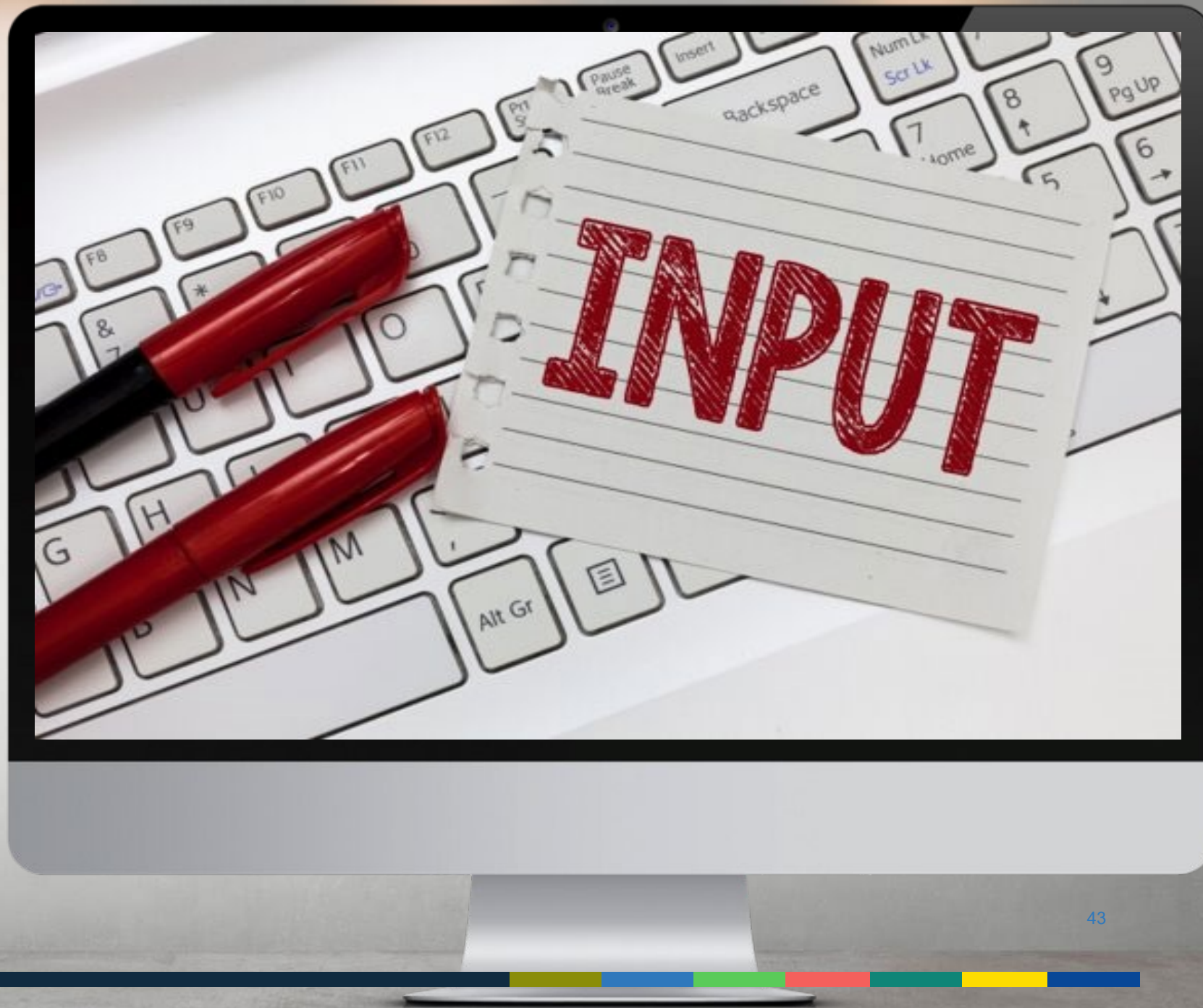


FoodSafety.gov

[Foodsafety.gov](https://www.foodsafety.gov)

Learn more about how to keep food safe to eat.

Poll Question



Every Encounter is a Cross-Cultural Encounter

Lorena Drago, MS, RDN, CDN, CDCES

Principal

Hispanic Foodways, LLC



Food Intake Assessment

Classification of foods in the USA



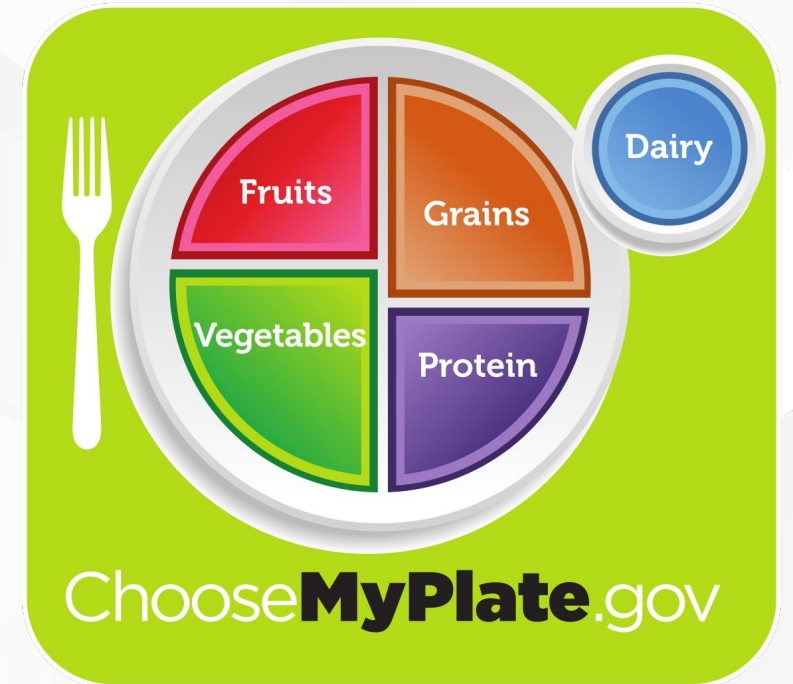
Protein



Carbs



Fat



Food Classification Systems in Other Cultural Groups



Chilaquiles Mexican breakfast

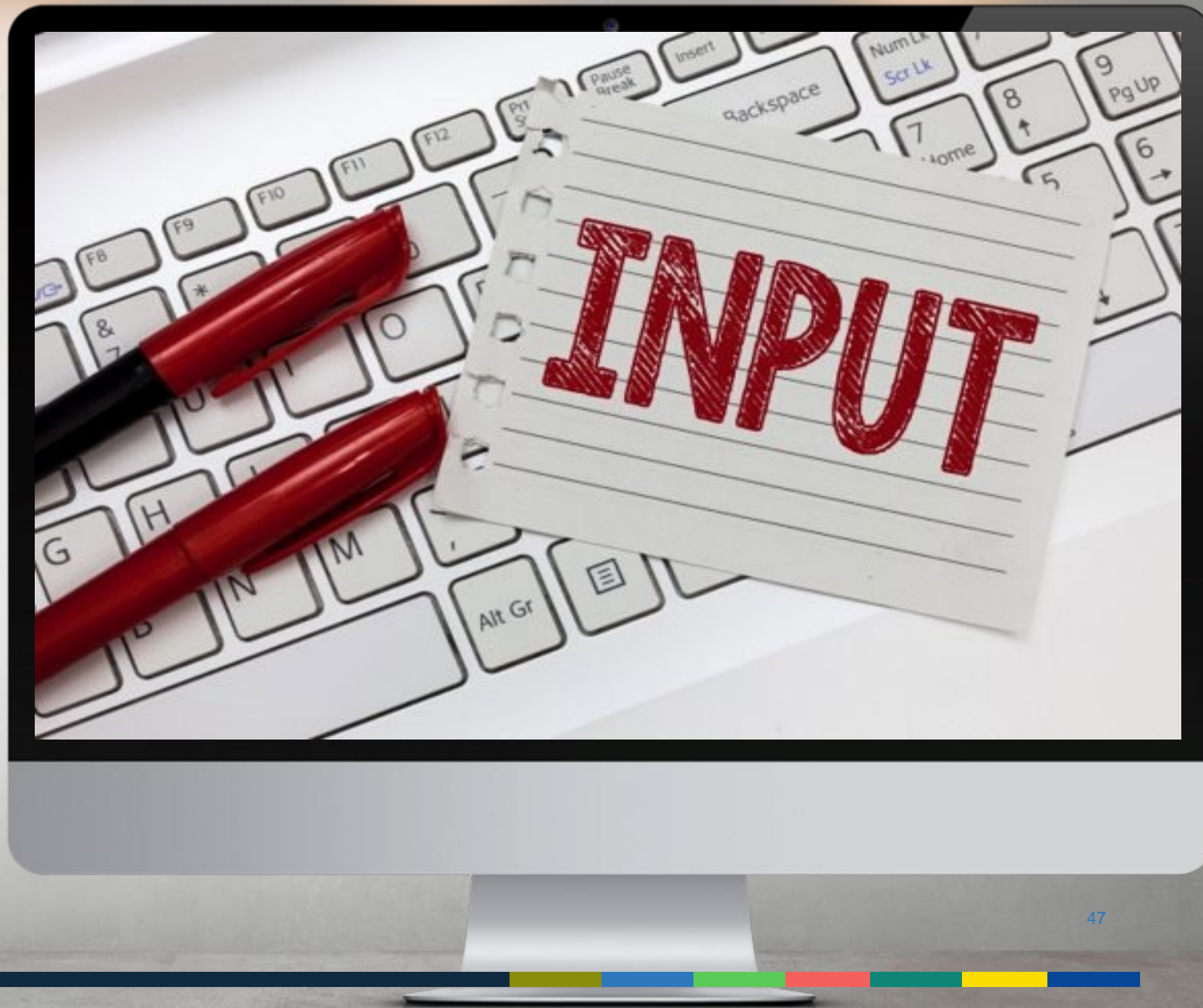
**Main dishes
Side dishes
Snacks
Desserts
Beverages**



Oatmeal beverage Colombia

**What is the
strangest food
that you have
ever tried?**

Share your answer in
the chat box!



Dietary Guideline Recommendations from Around the World

China



- Salt, <6 g
- Oil, 25–30 g

- Milk and milk products, 300 g
- Soybean and nuts, 25–30 g

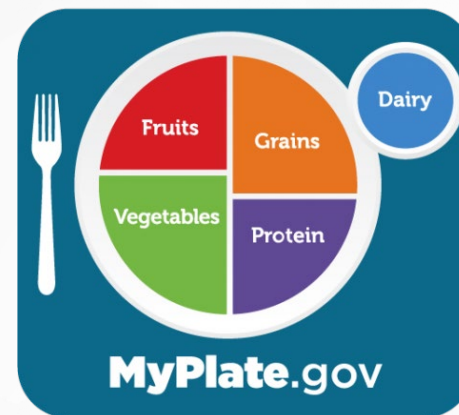
- Meat and poultry, 40–75 g
- Aquatic product, 40–75 g
- Eggs, 40–50 g

- Vegetables, 300–500 g
- Fruits, 200–350 g

- Cereals and potatoes, 250–400 g
- Whole grains and mixed beans, 50–150 g
- Potatoes, 50–100 g

- Water, 1500–1700 ml

Plate method is not the only method to teach to balance, variety, and health.



Guatemala



Dietary Guideline Recommendations from Around the World



Review Cultural Interpretation of Serving Size

- Ask individuals to show you what is small, medium, large, or extra-large serving size
- Use spoons, cups, plates, and bowls



L.E.A.R.N. Framework

Listen

Explain

Acknowledge

Recommend

Negotiate



Culturally Competent Clinical Practice

Cultural Food Habits Questionnaire

Therapeutic Uses of Food

- Which foods do you eat to be healthy?
- Which foods do you avoid when you are sick?
- Which foods do you use to treat diabetes, hypertension, etc.?
- We all have favorite remedies that we use when we are sick; which home remedies do you use?

New Foods – Acculturation

- What new foods have you recently eaten?
- Which ones did you dislike/like?



1. Agua de berenjena



Cultural Food Habits Questionnaire

Traditional Foods

- Which foods do you commonly eat?
- What are your favorite foods?
- How often do you eat them?
- What foods do you eat on holidays or special occasions?



Cultural Food Habits Questionnaire



Foods and Health

- Which foods do you eat to be healthy?
- Which foods do you avoid now that you have diabetes?
- Which foods do you eat more of now that you have diabetes?
- Have you seen other practitioners for the treatment of diabetes and its related conditions? If yes, what treatments or remedies are you taking?
- We all have favorite remedies that we use when we are sick --which home remedies do you use?

Cultural Food Habits Questionnaire

New Foods

- What new foods have you recently eaten?
- What prompted you to eat them?
- Do you regularly eat the new foods?
- Which new foods did you dislike?
- What about them did you not like?

Food Acquisition

- What foods do you typically purchase?
- Where do you purchase food?

Amount and Quality of Food

- Do you have enough food to eat each day?
- Are you able to get the types of food you need?



Cultural Food Habits Questionnaire

Food Preparation

- How do you prepare the meal? How is it cooked?
- What recipes are used?
- What is it usually accompanied with?
- Do you have enough time and equipment to prepare the foods you like?

Family Interaction with Food

- With whom do you eat meals? Every day?



Traditional Foods and Dishes

Top 20 foods
Supermarket
Brands of choice
Recipes
Holiday foods
Rites of passage foods



What's in your shopping cart?

Counseling Tips

Do not pathologize cultural foods

Focus on wins

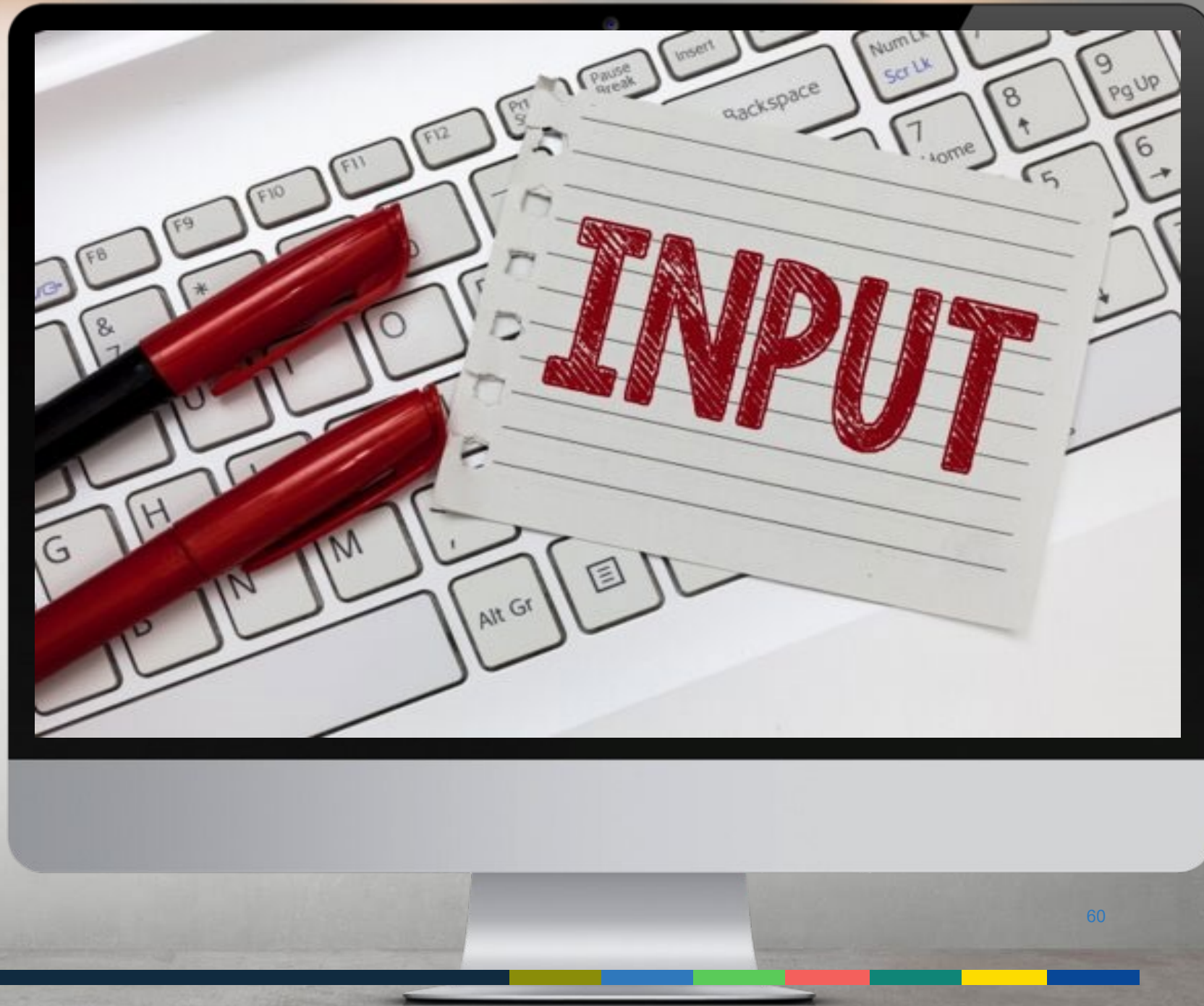
Dietary patterns that fit with the patient's lifestyle and access

Look for nutrients in commonly eaten foods

Okay if white rice is chosen if including other whole grains in diet

Offer choices/ask what modifications will be acceptable

Poll Question



Question and Answer



**Send questions after the webinar to:
DDT_DiabetesWebinar@cdc.gov**

National DPP Customer Service Center

The screenshot shows the homepage of the National Diabetes Prevention Program Customer Service Center. At the top left is the CDC logo with the text "Centers for Disease Control and Prevention" and "CDC 24/7: Saving Lives. Protecting People™". To the right is the "NATIONAL DIABETES PREVENTION PROGRAM" logo. A search bar with a "Search" button and a "Login" link are positioned in the top right. A navigation menu includes "Home", "About Us", "Resource Topics", "Contact Us", "Calendar", and "Discussion Board".

The main heading is "National Diabetes Prevention Program Customer Service Center". Below it is a welcome message: "Welcome to the National Diabetes Prevention Program (National DPP) Customer Service Center! The purpose of the National DPP Customer Service Center is to provide organizations easy access to information and resources about prediabetes and the National DPP. Organizations can access training materials, toolkits, and videos; ask questions; and receive technical assistance related to all aspects of the program. Individuals or members of the general public seeking more general information should visit the CDC's National DPP website: <https://www.cdc.gov/diabetes/prevention/index.html>."

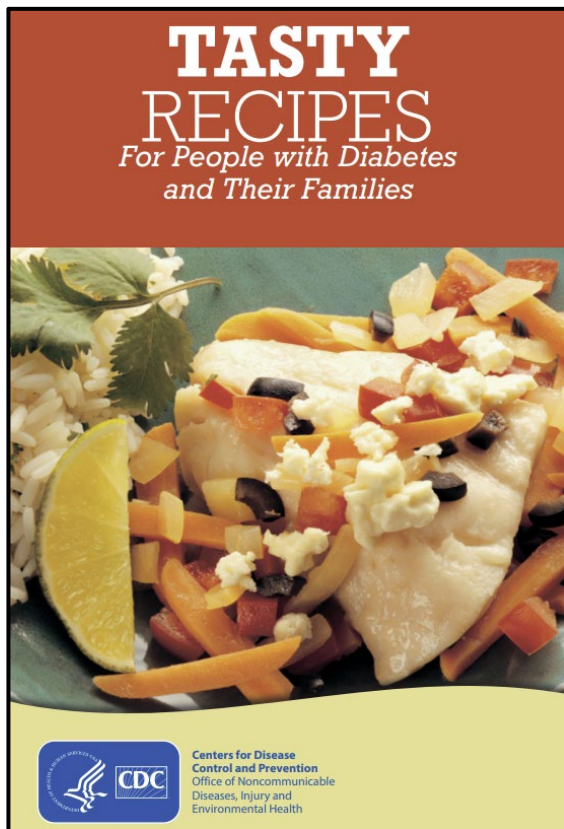
There are two tabs: "RESOURCES" (selected) and "DISCUSSIONS". The resources are displayed in a grid of nine cards:

- Learning about the National DPP
- Receiving and Maintaining CDC Recognition
- Delivering the Lifestyle Change Program
- Marketing and Recruitment for the National DPP
- Lifestyle Coach Resources
- Data Reporting for the Lifestyle Change Program
- Prediabetes Screening, Testing and Referral
- Covering the National DPP as an Insurance/Wellness Benefit
- Submit a Request

On the right side, there is an "Announcements" section with a link to "CDC Coronavirus Pages" for professionals, community health workers, and special populations. Below that is a "USPSTF Screening Recommendation" box with the U.S. Preventive Services Task Force logo and text: "The U.S Preventive Services Task Force (USPSTF) released a final recommendation statement that includes screening ages 35 to 70 with overweight or obesity for prediabetes and type 2 diabetes." A "Find Out More" button is at the bottom. At the bottom right is a "2021 DPRP STANDARDS" box with the text "GREAT NEWS! Changes to the DPRP".

<https://nationaldppcsc.cdc.gov/s/>

CDC Diabetes Resources



TAKE CHARGE OF YOUR DIABETES

Healthy Teeth



Did you know that diabetes can harm your teeth and gums? The good news is that you can take steps to help keep your teeth healthy. You've already taken an important step by finding this guide!

Tips to Keep Your Teeth Healthy

- **Get a dental exam once a year or more often if your dentist says you need it. At your exam, your dentist or dental hygienist can:**
 - Explain how diabetes affects your teeth and gums and check for problems, like cavities or gum disease.
 - Treat any problems you have with your teeth or gums.
 - Teach you how to check for signs of gum disease at home (see next page).
 - Provide care, like a fluoride treatment, to keep your mouth healthy.
 - Tell you how to treat problems, such as dry mouth.
- **Work with your dentist to create a health plan for your teeth.**
 - Ask your dentist how to take care of your teeth at home and how often to come in for a dental visit.
 - Ask what to do if you start having problems with your teeth or gums.
 - Ask your dentist to send your exam results to your other doctors after every visit.
 - Be sure to keep your next dentist appointment!

Take care of your teeth at home.

- Brush with a soft-bristled toothbrush two times a day or more.
- Use toothpaste with fluoride and floss once a day.
- Check your mouth for red or swollen gums, bleeding gums, loose teeth, a change in how your bite feels, or bad breath.
- Visit a dentist if you think you have gum disease.
- Limit food and drinks that are high in sugar.



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

MANAGING DIABETES



Steps to Help You Stay Healthy With Diabetes

Follow these four steps to help you manage your diabetes, avoid complications, and live a long, active life. Use the worksheet on page 5 to keep track of your goals and progress. For more information, visit [Living with Diabetes](#) website.

STEP 1

Ask your doctor to refer you to Diabetes Self-Management Education and Support (DSMES) services.



DSMES services include a health care team that will teach you how to stay healthy and how to make what you learn a regular part of your life. DSMES services will help you make better decisions about your diabetes, work with your health care team to get the support you need, and learn the skills to take care of yourself.

To find a DSMES program that is recognized by the American Diabetes Association or accredited by the Association of Diabetes Care & Education Specialists, go to the [Find a Diabetes Education Program in Your Area](#) website.



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Find handouts and fact sheets at:

<https://www.cdc.gov/diabetes/library/factsheets.html>

Link for this webinar continuing education (CE) on TCEO:
<https://tceols.cdc.gov/Course/Detail2/8265>

In order to receive CE for WC4371-092121 - Innovations in Diabetes Behavior Change - September 21, 2021 (Webcast), please visit [TCEO](#) and follow these [9 Simple Steps](#) before October 25, 2021.

The Course Access Code is **Diabetes**.

Thank You

Send questions after the webinar to:

DDT_DiabetesWebinar@cdc.gov

Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

Division of Diabetes Translation

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

