

Diabetes

NEWS

Baptist-South Miami Diabetes Care Centers

April — June 2006

Baptist Health fights childhood obesity

Baptist Health South Florida has joined with Joe DiMaggio Children's Hospital and Pharmed Group in a new obesity prevention campaign for children.

Called *Parents Step Up*, the initiative aims to educate the public about the childhood obesity epidemic.

"One in three children born in 2000 will develop diabetes, according to the Centers for Disease Control and Prevention," said Brian E. Keeley, president and CEO of Baptist Health South Florida. *The New England Journal of Medicine* says that if the childhood obesity problem continues to grow at its current rate, this new generation will become the first in history to have a life expectancy less than its parents."

Parents Step Up is one of the first public information campaigns to address ultimate accountability and place it squarely on parents' shoulders, he said. The campaign is using advertising, publicity, community relations and websites in English and Spanish.

The first goal of the awareness campaign is to influence public opinion to better reflect the seriousness of the childhood obesity issue. The second campaign goal is to create awareness among parents.

Parents Step Up conducted focus groups to learn more about parents' opinions and attitudes regarding obesity. "The parents strongly agreed that they were

responsible for their children becoming overweight or obese, even though other influences — fast food, video games, excessive television — made it very challenging," Mr. Keeley said.

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If your child has diabetes

You have just learned that your child has diabetes. What does that mean, and what should you do about it?

Sadly, far too many parents are hearing that diagnosis these days. It used to be that if a child presented with diabetes, it almost certainly was Type 1, which used to be called Juvenile Diabetes. It is an autoimmune disorder not related to obesity.

But about 35 percent of pediatric diabetes cases today are Type 2, which used to be called Adult-Onset Diabetes. There is an epidemic of Type 2 diabetes among America's children and adolescents. It is related to being overweight and not getting enough exercise.

If you have or know a child who is overweight and rarely engages in physical activity, you should have the child tested for diabetes, even if there are no symptoms. It is very important to the child's long-term health to begin treating diabetes early, to head off the terrible complications associated with the disease.

If your overweight child does not have diabetes, breathe a sigh of relief and take some "tough love" steps to help the child on the path to good health before diabetes strikes.

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Baptist Hospital & Baptist Children's Hospital
786-596-3696



South Miami Hospital • 786-662-5168
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From the Administrator

Diabetes education is now part of the standard of care, not just a luxury.

It says so in the new 2006 Clinical Practice Recommendations of the American Diabetes Association. In the Standards of Medical Care, it lists Diabetes Self-management Training (DSMT) as an essential element of diabetes care.

Many research studies indicate substantial benefits to those who attended such self-management programs: improved knowledge, improved self-care, improved blood test results (A1C's), lower weights and improved quality of life.

Arkansas Gov. Mike Huckabee, who has been very public in his battle with obesity and diabetes, directed a financial study of the impact of diabetes self-management training among Medicaid patients. The report was presented at the American Diabetes Association meeting in San Diego last June, and revealed a savings in healthcare costs of

\$415 for each person who completed the education program. It's an impressive number.

So all roads point in the same direction — diabetes education is good for you. Not only will you be healthier, but wealthier as well! You should have an initial, full education program, plus a "booster" shorter program every year. It's probably covered by insurance!

We are very proud to tell you that South Miami's diabetes self-management education program just received reaccreditation, and Baptist was reaccredited last year. It is your assurance that we offer the very best in education for our patients.

If you are convinced, give it a try. Call the Diabetes Care Center at Baptist Hospital at **786-596-3696** or South Miami Hospital at **786-662-5168**.

Lois Exelbert, R.N., CDE

Administrator

Diabetes Care Center, Baptist Hospital

If your child has diabetes *Continued from page 1*

Here are some suggestions from the health educators at the Baptist Hospital Diabetes Care Center who deal with children:

- Restrict TV and the computer to less than two hours per day.
- Encourage your child to get outdoors and participate in an activity he/she enjoys for at least an hour a day.
- Don't place your child on a "diet." This is not a temporary change. Rather, decide now to change the way your child (and probably the entire family) will eat from now on. See a

registered dietitian for assistance.

- Children should not skip meals. Each meal should be balanced, including healthy carbohydrates, proteins and good fats. Ask a registered dietitian for guidance.
- Avoid after-meal snacking.
- Portion sizes are key. Measure half a cup to see what that really looks like. You will be amazed to see how many "portions" your child is actually eating.
- Read food labels!
- Promote fruits and vegetables. Fruits are great desserts.
- Avoid regular sugared sodas and beware of sports drinks.
- Allow only 8 ounces of fruit juice per day. Encourage water drinking.

Heart disease. Blindness. Kidney failure. Amputation. All of these are complications that young people with diabetes can face later in life if they do not take steps to cope with the illness throughout their lives.

Call us at the Baptist Hospital Diabetes Care Center at **786-596-3696**.



Turn up the volume!

It's time to turn up the volume!

Recent studies show that people tend to eat the same volume of food at each meal. They need to consume a certain volume to feel full. So if we increase the volume of what we eat and hold down the calories, that should be an effective weight-control strategy.

The focus is on the scientific principles of satiety — the body's signal that it's full. So eating more may actually help you lose weight, if you are eating more volume with fewer calories.

The concept is called Volumetrics and was introduced by Penn State nutrition and obesity researcher Barbara Rolls, Ph.D. It simply says that you will feel fuller eating two cups of cantaloupe instead of a small box of raisins, although both have 130 calories.

Eat nutritious, water-packed foods with

fewer calories and a high fiber content. Good choices include fresh fruits, vegetables such as tomatoes, broccoli and leafy greens, whole grains, soups, salads, low-fat poultry and meats, seafood, and nonfat dairy products. Avoid fatty foods, things that are deep-fried and sweets. Limit foods like buttered popcorn, nuts and seeds, olives and avocados.

When you begin eating more water-packed foods and fewer refined foods, you may even complain of having "too much food to eat." Wouldn't that be nice!

Below is a great summer favorite you can prepare that is high in volume and low in calories.

Zulia Hernandez, R.D., CDE

*Registered Dietitian, South Miami Hospital
Diabetes Care Center*

GAZPACHO

3 cups tomatoes, red ripe, seeded and diced
2 cups diced red onions
2 cups diced cucumber
1/4 cup red wine vinegar
pinch cayenne

2 cups diced red bell pepper
1/2 cup diced celery
1 teaspoon minced garlic
2 cups organic vegetable juice
1 teaspoon cumin



Mix tomato, pepper, red onion, celery and cucumber. Place half the mixture in a blender, add garlic and vinegar and puree until smooth. Add the vegetable juice, cayenne and cumin and blend the mixture. Pour the puree over the remaining diced vegetables. Refrigerate overnight. Garnish with lemon and cilantro. Makes 8 servings.

Nutritional Analysis: Per serving – 55 calories, Fat 1 g – 7% calories from fat, Protein 2 g, Carbohydrate 13 g, Cholesterol 0 mg

Baptist Health fights childhood obesity *Continued from page 1*

The campaign advertisements and general campaign information are available in English and Spanish at www.parentsstepup.com and www.familiasenmarcha.com.

The websites address such issues as how to talk to your child about being overweight, how to change your family's unhealthy habits and the influence of the fast food, junk food and soft drink industries.

There are a number of Baptist Hospital programs aimed at the care and prevention of

obesity and diabetes in children. CADRE (Cardiovascular and Diabetes Risk Eradication) is a weight-loss and exercise program specifically designed for adults and children who are at high risk for developing either cardiovascular disease or diabetes. Call **786-596-8747**. Kid Fit is an after-school exercise program. Call **786-596-2424**.

For information about the educational programs for children at the Baptist Hospital Diabetes Care Center call **786-596-3696**.



Diabetes NEWS

Support group meetings

All programs are free unless otherwise indicated.

SOUTH MIAMI HOSPITAL — Victor E. Clarke Education Center, U.S. 1 and SW 62 Avenue. Call **786-662-5168** to register.

Diabetes Support Group — 3-4 p.m., first Wednesday of the month, Classroom A.

BAPTIST HOSPITAL — 8900 N. Kendall Drive. Call **786-596-3696** to register.

Adult Diabetes Support Group — 1:30-2:30 p.m., first Thursday of the month, Diabetes Classroom, 3 Main West.

Supermarket Tour — Tour the supermarket with an expert from the Baptist Hospital Diabetes Care Center and learn to read food labels and make wise food choices. Second Wednesday of each month from 6 to 7:30 p.m. at the Publix at 107th Avenue and Kendall Drive. Cost is \$50.



BAPTIST CHILDREN'S HOSPITAL — 8900 N. Kendall Drive.

Parent/Child Support Group — Meets the first Saturday of every other month. For information, call Debbie Gillman, R.N., at **786-596-3696**.

Teen/Preteen Support Group — A 10-week support series for teens and preteens, led by Gary X. Lancelotta, Ph.D., and Debbie Gillman, R.N. A \$50 fee covers both participation and a required initial screening by the psychology staff. For information about times and dates, call **786-596-3696**.

HOMESTEAD HOSPITAL — 160 NW 13 St., Homestead. Call **786-596-3696** to register.

Diabetes Support Group — 6-7 p.m., first Tuesday of the month, Education Center.

Available online. You can read *Diabetes News* online, or sign up for the newsletter, both in English and in Spanish, at the Baptist Health website, www.baptisthealth.net.

Call **786-596-3696** if you would like a friend to receive future issues of *Diabetes News*.



Diabetes News is published quarterly for the friends of Baptist-South Miami Diabetes Care Centers. The Centers are recognized by the American Diabetes Association. If you'd like to make an appointment at any of our three convenient locations, call **786-596-3696** at Baptist Hospital or **786-662-5168** at South Miami Hospital. For a referral to a physician specializing in diabetes care, call the Physician Referral Service at **786-596-6557**. You can also visit us online at www.baptisthealth.net. If you prefer not to receive future issues of *Diabetes News*, please call us at **786-596-6534**, or e-mail diabetes@baptisthealth.net.



**Baptist Health
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