

Learn How to Keep Your Family Healthy at this Year's Family Reunion

By Mike Steigmeyer & Art Franke; National Kidney Foundation of MI

Family reunions in the summertime offer a great chance to bond with relatives, share recipes, and celebrate with the whole family.

It might seem obvious that many family members look alike, but relatives share more in common than just their just eye color and good looks. Families share genes, behaviors, lifestyles, and environments that together influence health and overall quality of life.

When learning about family heritage, it's important to also find out if chronic diseases like type 2 diabetes run in the family. Knowing this could help families to understand their risk and to stay healthier together.

If you are a health care provider or know someone who has diabetes or is at risk, encourage them to share their diagnosis with family members, ask about their family health history, and consider the following information.

Having a family history of type 2 diabetes increases the risk for developing the disease. In fact, a person with a family history of diabetes is at least 2-4 times more likely to develop diabetes than someone without a family history.

Family health history is a written record of the diseases and health conditions present in a family. A useful family health history shows three generations of biological relatives, the age of disease diagnosis, and the age and cause of death of deceased family members.

When discussing family health history, the Michigan Department of Community Health suggests looking for these "red flags"

- Many family members with diabetes
- A brother or sister with diabetes
- One or both parents with diabetes

African Americans, Native Americans, and Hispanics have a higher risk for developing diabetes. Also, those with the following conditions may be at a higher risk for developing the disease:

- Diabetes during pregnancy
- A baby who weighed nine pounds or more at birth
- High blood pressure
- High cholesterol
- Overweight
- Too little physical activity

**From MDCH Diabetes and Family Health History Fact Card*



At the next family picnic, barbecue or reunion this summer, encourage people with diabetes or those at risk for developing diabetes to speak with their relatives about their family health history. Instruct them to write this information down and update it from time-to-time. This way, family members will have organized and accurate information ready to share with health care providers.

For those who have been recently diagnosed with diabetes, consider sharing the diagnosis with family members so they can better understand if they are at risk. This information may help health care providers determine which tests and screenings are recommended to help family members know their health risk.

If you know someone who has diabetes or who may be at risk, please consider telling them about the critical link between their health and the health of their family members.

To help individuals collect and organize their family history information, CDC's Office of Public Health Genomics collaborated with the U.S. Surgeon General to develop a Web-based tool called "My Family Health Portrait," see <https://familyhistory.hhs.gov/>.

Healthy Food Choices

If you know someone with diabetes or someone who is at risk, please be sure to share the following information with them about fun and easy ways to eat healthy at their next family reunion. Making responsible food choices this summer could help reduce the risk for type 2 diabetes and associated health complications.

Here are some simple ways to eat healthier at summer gatherings.

Bring the veggies:

- Try stuffing celery with nonfat cream cheese, peanut butter, or goat cheese for appetizers.
- Pack baby veggies like carrots or cauliflower for dipping.

Make Healthy Substitutions:

- For fried chicken, substitute boneless, skinless chicken thighs. Cover with olive oil and sprinkle with rosemary, and pepper.
- Instead of unhealthy desserts, bring angel food cake with sliced strawberries and nonfat whipped topping along for your own version of strawberry shortcake.
- Use dessert as an excuse to stock up on fruit—your best source of fiber, vitamins and minerals with zero fat.
- Instead of beef burgers, try turkey, salmon, lentil, veggie, or ground chicken burgers.
- Choose lean meats, poultry, or fish instead of high-fat meats like barbequed ribs.
- Limit dishes with mayonnaise, sour cream, or butter. Instead, make dressings with olive oil or vinegar.
- If you make a sandwich, use whole wheat bread with mustard or salsa instead of mayonnaise.

Think about your Drink:

- Try to drink water, unsweetened tea, or diet soda with your meal. If you drink alcoholic beverages, drink only one with your meal and limit it to no more than two a day.

- Try making a healthy smoothie to cool off with frozen strawberries, unsweetened pineapple
- chunks, low-fat vanilla soy milk, honey and non-fat vanilla yogurt.
- Freeze healthy popsicles before your picnic with orange juice, white grape juice, or apple juice.

Beat The Heat!

By Denise Pentescu; Juvenile Diabetes Research Foundation

Summer is here and that means the heat is on. For most, it is a great time to enjoy the sun and spend time outdoors. However, if you know someone with diabetes it is important for them to take extra precautions in the warm weather. Here are some helpful tips to share on how to stay safe and have fun in the warm weather.

People with diabetes may experience lower blood sugar in the heat, so take extra precaution. Dehydration can be a serious problem, (whether or not you have diabetes), so make sure to carry water at all times. Most experts recommend drinking at least eight, 8-oz. glasses of water a day in order to avoid problems, and even more if you're going to be very active.



Take care of supplies, test strips and insulin

Keep meters, test strips, and insulin out of direct sunlight and use insulated containers or ice packs to keep them cool. However, make sure insulin doesn't freeze either. Don't keep supplies in a warm car or on a beach towel at the pool or lake. Store everything in plastic bags in a cooler for maximum effectiveness.

Make a list of 'must-haves'

Summer often means being away from home on vacation or day trips to the beach. Make sure to keep an extra set of supplies including batteries, test strips, adhesive tape and alcohol pads with you. Also, make sure you have phone numbers of your health care team and copies of prescriptions. Arrange to have a 'loaner' insulin pump while traveling on long trips or outside the country and check with your insurance to make sure you will be covered on loss or damage to any meter or pump you have.

Travel and Recreation

When flying, it's usually OK to walk through the metal detector or be 'wanded' at the security check point. However, insulin pumps cannot be exposed to X-rays. At amusement parks, very powerful electromagnets are sometimes used on "free-fall" rides. Insulin pumps should be removed and not taken on these types of rides. High gravity forces can be experienced when riding on some roller coasters. It is recommended that you disconnect (NOT suspend) the pump while on roller-coaster rides. Before making reservations at any amusement resort, check with the concierge about special consideration when waiting in long lines for rides and diabetes needs. Bring a backpack with snacks, juices, water, and all your diabetes supplies. Bring meters and insulin pumps in waterproof bags so they don't get wet on water rides.

Resources:

Here are some more resources to share with individuals with diabetes or those who are at risk:

For Families:

- Family Health History: pamphlet in English and Spanish:
<http://www.cdc.gov/genomics/famhistory/index.htm>
- National Diabetes Education Program: Does Diabetes run in your family?

- Diabetes and Family Health History fact card:
www.migeneticsconnection.org/factcards.shtml
(order from the Michigan Department of Community Health at 1-866-852-1247 or genetics@michigan.gov)
- Make a delicious dish for Kids
http://www.eatingwell.com/recipes_menus/collections/healthy_eating_kids
- Enjoy a smoothie with your family
<http://www.kids-cooking-activities.com/simple-smoothie-recipes.html>
- Cool off with a health popsicle
<http://www.healthy-kids-snacks.com/category/popsicle-recipes>
- 5 a day
Recipes and helpful tips to get a colorful variety of fruits and vegetables into your diet everyday!
www.5aday.org.
- United States' Department of Agriculture (USDA): An interactive website to help you choose the foods and amounts that are right for you. Tel: 888-779-7264; www.Mypyramid.gov

Upcoming Dates:

- September 30th – DPAC Board Conference Call, 8:30-9:30
- October 8th – DPAC Full Membership Meeting, 9:30-4, Kellogg Center



For Providers:

- CDC Family HistoryResources:
www.cdc.gov/genomics/famhistory/famhist.htm
- National Coalition for Health Professional Education in Genetics: www.nchpeg.org
- Genetic Alliance:
www.geneticalliance.org/fhh
- American Heart Association/Heart of Diabetes:
<http://www.americanheart.org/presenter.jhtml?identifier=3044745> [under My Diabetes Tools]
- American Medical Association:
<http://www.ama-assn.org/ama/pub/physician-resources/medical-science/genetics-molecular-medicine/family-history.shtml>
- National Society of Genetic Counselors:
www.nhttp://www.nsgc.org/consumer/familytree/index.cfm [sgc.org](http://www.sgc.org)

Quarterly **Family History and Your Health** Newsletters are also available and posted to www.MIGeneticsConnection.org.

To receive notification of a new newsletter please email your contact information to genetics@michigan.gov

MODE Update

By Ann Scott, MODE President-Elect

Michigan Organization of Diabetes Educators (MODE) has been chosen as the American Association of Diabetes Educator (AADE) Chapter of the Year!

This is a great honor and shows how educators work



MODE members have been working with our US Senators to support the Medicare Diabetes Self-Management Training Act of 2010 (S.3211). This Act would provide the recognition n of state licensed or registered health care professionals, who are certified diabetes educators (CDE), as Medicare providers of diabetes outpatient self-management training services. Our position is that this no cost added bill would increase access to diabetes self management education and would result in better outcomes for our citizens with diabetes. Michigan Senator Stabenow is co-sponsoring, but we need the support of all our Senators. The House of Representatives Companion bill is H.R.2425. Currently we have one co-sponsor from Michigan: Congressman Ehlers.

One of the key functions of MODE is professional education and we host two annual conferences. The next conference is October 15th in Battle Creek and the theme is “Laughter is good for the heart, soul and diabetes”. Join us! You can find more details on our website www.modeonline.org



If anyone is interested in learning more about becoming a MODE member, please contact Ann Scott at cibley@hotmail.com or 231-838-1490. You don't have to be a CDE to join!

JPD Support Group Manuals:

There are multiple copies of the Joining People with Diabetes Support Group Manuals. For a copy please contact Jennifer Edsall at edsallj@michigan.gov or (517)335-8378