

MY HEALTHY
VERMONT

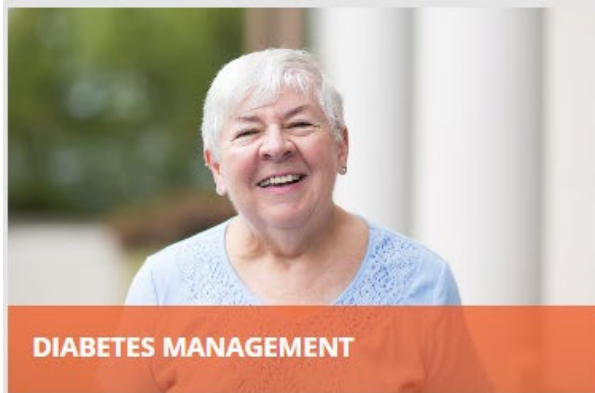
MyHealthyVermont Workshops

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DIABETES MANAGEMENT



HIGH BLOOD PRESSURE MANAGEMENT



CHRONIC PAIN MANAGEMENT



CHRONIC DISEASE MANAGEMENT



DIABETES PREVENTION



QUIT SMOKING

Chronic Conditions in Vermont

Prevalence: Vermont adults who have ever been diagnosed with:

Heart disease: 9%

Diabetes: 8%

Cancer (non-skin): 10%

Lung disease (COPD, asthma): 15%

Impact: Reduced quality of life, disparities among certain populations

Vermonters are more likely to die from a chronic condition than from all other causes combined

What we know: Lifestyle changes, education, and support can help people better prevent and manage chronic conditions



Become a self-advocate and active partner with your healthcare team



Work through emotional challenges that come with chronic conditions



Solve problems and create action plans



Incorporate regular healthy self-care strategies



Weekly, small group workshops (2 ½ hour per week, 6-week sessions)

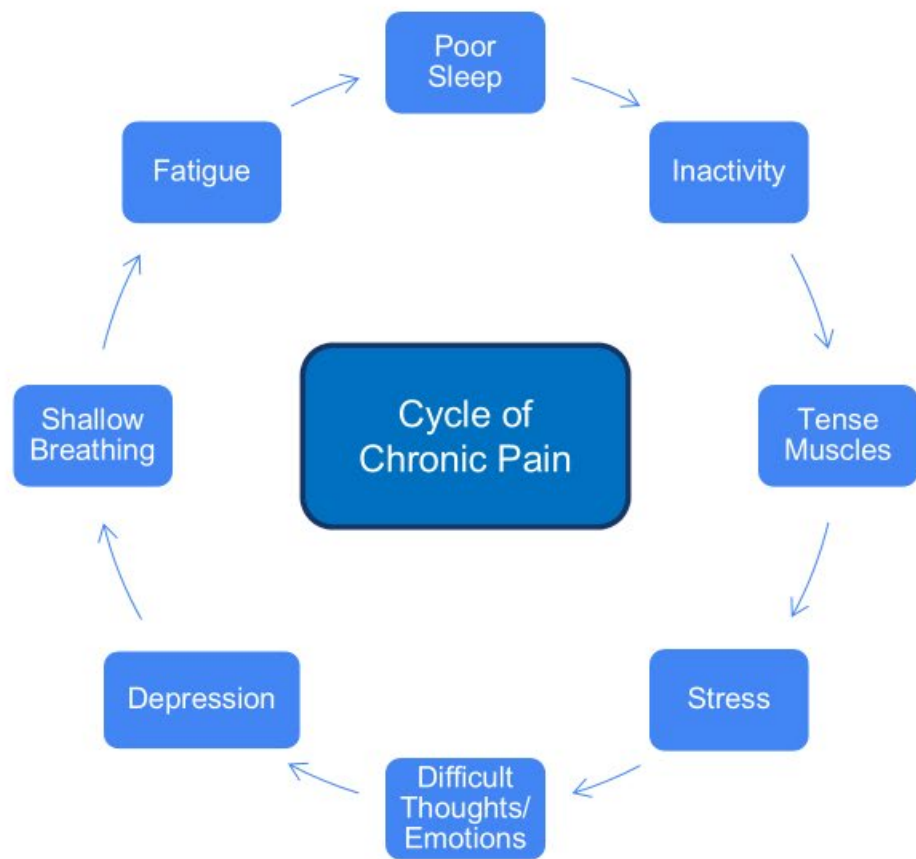
Chronic Pain

Prevalence: An estimated 20.9% of U.S. adults experience chronic pain, and 6.9% experience high-impact chronic pain

Impact: 83% of those with high-impact chronic pain are unable to work for a living, mental health and social implications

What we know: Chronic pain can be improved through slowly building strength and mobility, and social and emotional support is key





Diabetes

Prevalence: 8% of adults in Vermont have been diagnosed with diabetes in their lifetime

Impact: When diabetes is not well-controlled, blood sugar can increase. This can cause high blood pressure, hardening of the arteries, and damage to many parts of the body.

What we know: Many factors impact the development and progression of diabetes, but this condition can be prevented or managed through health behavior changes

Prediabetes Risk Test

NATIONAL
DIABETES
PREVENTION
PROGRAM



1. How old are you?

- Younger than 40 years (0 points)
- 40–49 years (1 point)
- 50–59 years (2 points)
- 60 years or older (3 points)

Write your score in the boxes below

2. Are you a man or a woman?

- Man (1 point)
- Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point)
- No (0 points)

5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

6. Are you physically active?

- Yes (0 points)
- No (1 point)

7. What is your weight category?

(See chart at right)

Total score:

| Height | Weight (lbs.) | | |
|--------|---|-----------------|-----------------|
| 4'10" | 119-142 | 143-190 | 191+ |
| 4'11" | 124-147 | 148-197 | 198+ |
| 5'0" | 128-152 | 153-203 | 204+ |
| 5'1" | 132-157 | 158-210 | 211+ |
| 5'2" | 136-163 | 164-217 | 218+ |
| 5'3" | 141-168 | 169-224 | 225+ |
| 5'4" | 145-173 | 174-231 | 232+ |
| 5'5" | 150-179 | 180-239 | 240+ |
| 5'6" | 155-185 | 186-246 | 247+ |
| 5'7" | 159-190 | 191-254 | 255+ |
| 5'8" | 164-196 | 197-261 | 262+ |
| 5'9" | 169-202 | 203-269 | 270+ |
| 5'10" | 174-208 | 209-277 | 278+ |
| 5'11" | 179-214 | 215-285 | 286+ |
| 6'0" | 184-220 | 221-293 | 294+ |
| 6'1" | 189-226 | 227-301 | 302+ |
| 6'2" | 194-232 | 233-310 | 311+ |
| 6'3" | 200-239 | 240-318 | 319+ |
| 6'4" | 205-245 | 246-327 | 328+ |
| | 1 Point | 2 Points | 3 Points |
| | You weigh less than the 1 Point column (0 points) | | |

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

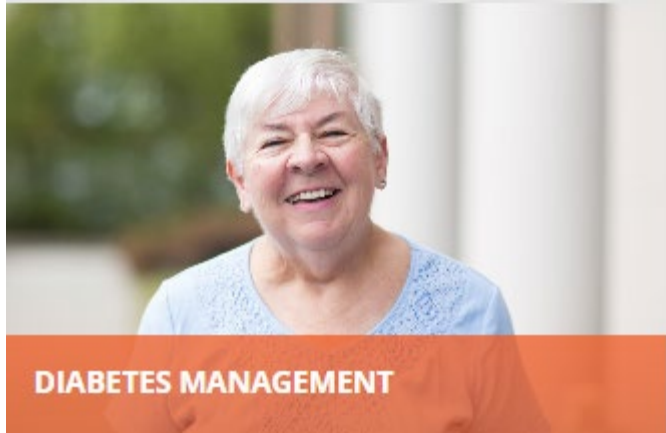
You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.



Diabetes Tool Box



- Healthy eating
- Physical Activity
- Monitoring
- Action Plan
- Stress Management
- Understanding Emotions
- Medications
- Using Your Mind
- Avoiding Complications
- Communication
- Decision Making
- Not Smoking
- Problem Solving
- Working with Health Professionals

Tobacco and other forms of nicotine

Prevalence: 13% of VT adults report smoking cigarettes, 6% use e-cigarettes, 3% use smokeless tobacco

What we know: Tobacco cessation can prevent the development of a disease or improve symptoms of a preexisting disease, and a supportive environment can make a big difference!

Impact: Tobacco use is Vermont's leading cause of preventable death and contributes to 4 out of 5 of the top causes of death



Data sources:

*Vermont Behavior Risk Factor Surveillance System, 2022 Report
Tobacco Control Program, Vermont Department of Health*

Image Source:

Tobacco Control Program, Vermont Department of Health



QUIT SMOKING



Delay
Wait out the urge to smoke, it will pass in a few minutes

Discuss
Talk about your craving with someone you trust



Drink Water
Sip the water slowly and hold it in your mouth for a while



Distract
do something that takes your mind off smoking for a few minutes



Deep Breath
Breath in slowly and deeply, breath out, repeat 5 times

High blood pressure (hypertension)

Prevalence: 32% of Vermont adults have been diagnosed with hypertension

Impact: Hypertension is a risk factor for many serious conditions, including heart disease, stroke, and kidney disease

What we know: Hypertension can be effectively controlled through regular blood pressure monitoring, changes in nutrition, regular exercise, tobacco cessation, and getting enough sleep



How to Read a Food Label:

1. Start Here



2. Check Calories

3. Limit these Nutrients

4. Get Enough of these Nutrients

5. Footnote

| Nutrition Facts | |
|---|---------------------------|
| Serving Size 1 cup (228g) | |
| Servings Per Container 2 | |
| Amount Per Serving | |
| Calories 250 | Calories from Fat 110 |
| % Daily Value* | |
| Total Fat 12g | 18% |
| Saturated Fat 3g | 15% |
| Trans Fat 3g | |
| Cholesterol 30mg | 10% |
| Sodium 470mg | 20% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 0g | 0% |
| Sugars 5g | |
| Protein 5g | |
| Vitamin A | 4% |
| Vitamin C | 2% |
| Calcium | 20% |
| Iron | 4% |
| * Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Sat Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |

6. Quick Guide to % Daily Value

- 5% or less is Low
- 20% or more is High

Sample label for Macaroni & Cheese

The Health Benefits:

- Empowerment
- Participants learn from peer leaders who have been trained to lead the evidence based workshops.
- Learn from other participants.
- Become aware of food, food labels, activity, and supports.
- Better engagement with their healthcare team
- Learn skills to improve health outcomes
- See a path forward

Free workshops.
Local support.
Real results.
Start the sign-up process

Email Address...

Submit

1/3 of Vermonters have prediabetes and 90% aren't aware of it. Could this be you? Here are two things you can do today:

1. Take our online [prediabetes risk quiz](#) to see if you're at risk
2. Sign-up for a free, online [prediabetes or diabetes workshop](#)