

# DIABETES SURVIVAL SKILLS



*Diabetes Services Program*

597 W. 11th ST  
Panama City, FL 32401  
850-872-4455, option 3, then option 1  
[www.Bay.FloridaHealth.gov](http://www.Bay.FloridaHealth.gov)  
[CHD03Diabetes@FLHealh.gov](mailto:CHD03Diabetes@FLHealh.gov)

Deanna Howard-Gonzalez, MBA, RD, LD, CDE



# What is Diabetes?



Before you had diabetes, your body controlled the sugar in your blood on its own. You did not even have to think about it. Your body used insulin to get you the energy you needed. This system worked perfectly all day, every day.

Things are different now. Left untreated, your diabetes could increase your blood sugars to the point of damage to your body.

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to change carbohydrates into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

## Diabetes can be diagnosed using several different tests.

- A random blood sugar of 200 or greater
- A fasting blood sugar of 126 or greater
- An Oral Glucose Tolerance test of 200 or greater
- HgbA1C > 6.5%

## Type 1 Diabetes

People with type 1 make little or no insulin. They must take insulin in order to survive. This type usually happens in young people, but can happen at any age.

## Symptoms of Type 1

- need to urinate often
- increase thirst
- increase in hunger
- loss of weight without trying to lose
- weakness or tiredness

# What is Diabetes?

## Type 2 Diabetes

People with type 2 still make insulin. Their bodies may not make enough insulin or their cells are resistant to the insulin they do make. It is most often found after the age of forty, but can happen at any age. Many people with type 2 are overweight.

### Symptoms of Type 2

- need to urinate often
- increase thirst
- increase in hunger
- tiredness
- blurred vision
- dry, itchy skin
- frequent infections
- slow healing cuts or sores



## Gestational Diabetes

Gestational diabetes is a type of diabetes that occurs only in pregnancy and usually disappears after the birth of the baby. It is usually detected at 24 to 28 weeks of pregnancy. In all pregnancies, the placenta creates hormones that work against the action of insulin, reducing its effectiveness. In most women, the pancreas is able to make extra insulin to overcome insulin resistance. If your pancreas is unable to make enough insulin and your blood sugar remains too high, this is known as gestational diabetes.

### Who is likely to have it?

- family history of diabetes
- previous birth of a very large baby
- are overweight
- earlier pregnancy with gestational diabetes
- too much amniotic fluid
- older than 25 years

## Pre-diabetes

The term “borderline diabetes” has been replaced with the more appropriate term of pre-diabetes. These individuals have impaired fasting glucose (IFG) and/or impaired glucose tolerance (IGT). They are at a higher risk of developing type 2 diabetes. It is estimated that over 5 years, 30 to 40% of these individuals will develop type 2 diabetes.

### IFG (Impaired fasting glucose)

- Fasting blood sugar level between 100 and 125

### IGT (Impaired glucose tolerance)

- After meal blood sugar level between 140 and 199

# What Happens When We Eat?



When we eat, all of our foods contain:

- Carbohydrates
- Proteins
- Fats

Carbohydrates are the main source of energy for the body. We all need a certain amount of carbohydrates whether we have diabetes or not. When we eat carbohydrates our bodies take those nutrients and convert them to a form of sugar called glucose that we use for energy. So, trying to control your blood sugar by not eating carbohydrates is not good for your body.

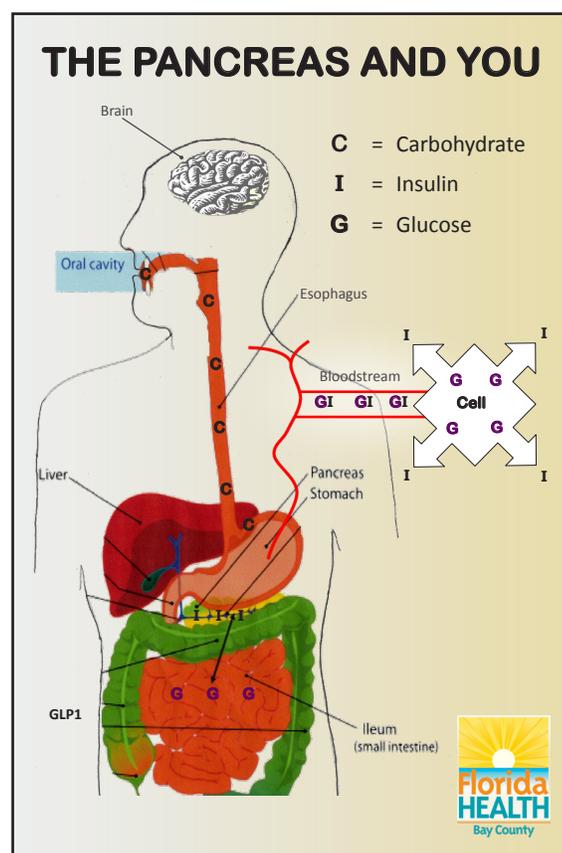
Let's look at the process of what should happen in your body when you eat. Seeing the normal process of eating will help you better understand what may be happening in your body and why you were diagnosed with diabetes.

## Normal Physiology of Eating

Carbohydrate digestion begins as soon we start eating. Enzymes in the mouth start to break down carbohydrates into sugar (glucose) that our body uses for energy. In fact, when someone without diabetes sees or smells food the brain signals the pancreas to release any stored insulin. Insulin is needed to digest carbohydrates. This signaling is called the **first phase response** and most individuals with Type 2 diabetes have lost the first phase response.

Carbohydrates travel from the mouth and travel down the esophagus into the stomach. The carbohydrates continue their change to sugar before entering the small intestine. At this point, the sugar trickles through the wall of the intestines and enters the bloodstream. The pancreas then secretes just the right amount of insulin to match the sugar present in the bloodstream. Insulin is the key that opens the door on our cells so that the sugar from the blood enters the cells where it is used for energy.

In other words, insulin “unlocks” and opens the doors of the cells allowing the sugar to enter and be used for energy. When something in this process fails the result can be a diagnosis of diabetes.



# Monitoring Blood Sugar

Monitoring your blood sugar can help you to control your blood sugar levels.

## Testing your own blood glucose levels is a key to taking charge of your diabetes.

Blood glucose testing can help you understand how food, physical activity, and diabetes medicine affect your glucose levels. Testing can help you make day-to-day choices about how to balance these things. It can also tell you when your glucose is too low or too high so that you can treat these problems.

### How to Test your blood sugar

1. Wash your hands with soap and water.
2. Place a needle in the Lancet device (check the depth setting).
3. Insert a strip into your meter (this will turn the machine on).
4. Press the Lancet device on the side of the finger to get a drop of blood.
5. Touch and hold the end of the test strip to the drop of blood. It will “suck up” the blood.
6. Wait for the result.

### Possible times to Monitor:

- Fasting
- Bedtime
- Before Meals
- 2 Hours after start of Meals
- Any symptoms of High or Low Blood Sugar
- Before and After Exercise
- During Times of Unusual Stress or Illness
- When Dosing Insulin Based on Blood Sugar



You can develop a schedule where you get to see all the important times with only check 1 to 2 times per day.

Remember monitoring is individual and everyone's schedule will be different....

BLOOD SUGAR GOALS	AACE*	ADA**
Before Eating	70-110	80-130
Two hours after eating	<140	<180
Hemoglobin A1C%	<6.5%	<7.0%

\*American Association of Clinical Endocrinologists Guidelines (AACE)

\*\*American Diabetes Association (ADA)

# Monitoring Blood Sugar

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Date: <b>Bedtime</b> Time: Result:	Date: <b>Fasting</b> Time: Result:	Date: <b>Before Lunch</b> Time: Result: <b>After Lunch</b> Time: Result:	Date: <b>Before Dinner</b> Time: Result: <b>After Dinner</b> Time: Result:	Date: <b>Before Exercise</b> Time: Result: <b>After Exercise</b> Time: Result:	Date: <b>Not feeling well or stressed</b> Time: Result:
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Date: <b>Before Breakfast</b> Time: Result: <b>After Breakfast</b> Time: Result:	<b>Take the day off</b>	Date: <b>Bedtime</b> Time: Result:	Date: <b>Fasting</b> Time: Result:	Date: <b>Before Lunch</b> Time: Result: <b>After Lunch</b> Time: Result:	Date: <b>Before Dinner</b> Time: Result: <b>After Dinner</b> Time: Result:
Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
Date: <b>Before Exercise</b> Time: Result: <b>After Exercise</b> Time: Result:	Date: <b>Not feeling well or stressed</b> Time: Result:	Date: <b>Before Breakfast</b> Time: Result: <b>After Breakfast</b> Time: Result:	<b>Take the day off</b>	Date: <b>Bedtime</b> Time: Result:	Date: <b>Fasting</b> Time: Result:
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24
Date: <b>Before Lunch</b> Time: Result: <b>After Lunch</b> Time: Result:	Date: <b>Before Dinner</b> Time: Result: <b>After Dinner</b> Time: Result:	Date: <b>Before Exercise</b> Time: Result: <b>After Exercise</b> Time: Result:	Date: <b>Not feeling well or stressed</b> Time: Result:	<b>Take the day off</b>	Date: <b>Bedtime</b> Time: Result:
Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
Date: <b>Fasting</b> Time: Result:	Date: <b>Before Lunch</b> Time: Result: <b>After Lunch</b> Time: Result:	Date: <b>Before Dinner</b> Time: Result: <b>After Dinner</b> Time: Result:	Date: <b>Before Exercise</b> Time: Result: <b>After Exercise</b> Time: Result:	Date: Time: Result:	<b>Take the day off</b>

# Monitoring Blood Sugar

Hemoglobin A1C is an average blood sugar over the past 3 months. It should be checked every 3 months.

HEMOGLOBIN A1C	LEVEL OF CONTROL	AVERAGE BLOOD GLUCOSE
16.0%	POOR TAKE ACTION!	420
15.0%		390
14.0%		360
13.0%		330
12.0%		300
11.0%		270
10.0%		240
9.5%		225
9.0%		210
8.5%		FAIR
8.0%	180	
7.5%	165	
7.0%	150	
6.5%	TARGET	135
6.0%	GOOD	120

## Oral Medications & Injectables

Oral medications are used to treat Type 2 diabetes. They generally assist the body to produce more insulin or help the body use the insulin it does make better.

TYPE OF MEDICATION	HOW IT WORKS	WHAT YOU CAN EXPECT	WHAT YOU NEED TO KNOW	HOW MUCH IT WILL COST
Glucotrol (glipizide), Amaryl (flimeperide), Glynase (glyburide), Prandin, Starliz	Makes the pancreas make insulin.	Should be taken with or before the meal.	Can cause low blood sugar, weight gain.	Inexpensive.
Glucophage (metformin)	Keeps liver from dumping glucose.	Take with a meal to prevent stomach upset.	Does not cause low blood sugar, may take up to 3 weeks to lower blood sugar.	Inexpensive (certain dose free at Publix).
Januvia, Onglyza, Tradjenta	Blocks an enzyme that assists with blood sugar control.	Take at anytime, no major side effects.	Does not cause low blood sugar.	Can be expensive depending on insurance.
Inovkana, Farxiga, Jardiance	Increases the output of glucose in the urine.	Take at anytime, may cause UTI or yeast infections.	Does not cause low blood sugar.	Can be expensive depending on insurance.
Actos (piogiltazone), Avandia	Helps your body use insulin.	Take at anytime, can cause weight gain.	Does not cause low blood sugar, watch possible weight gain.	Generic is less expensive.
Byetta, Victoza	Helps your body with insulin production and digestion.	Byetta is taken twice a day, up to an hour before breakfast and supper, Vitoza may be taken at anytime in the day.	Given through an injection, does not cause low blood sugar, can cause nausea and other stomach problems.	Can be expensive depending on insurance.
Bydureon, Tanzeum, Trulicity	Helps your body with insulin production and digestion.	Taken once a week.	Given through an injection, does not cause low blood sugar, can cause nausea and other stomach problems.	Can be expensive depending on insurance.

# Insulin

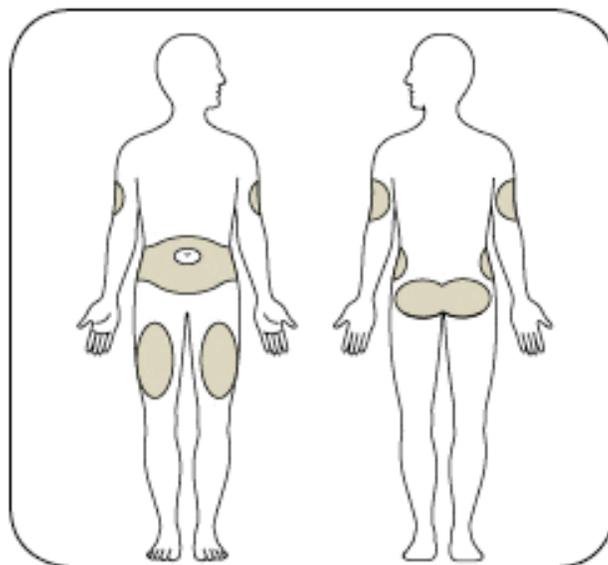
TYPE OF INSULIN	Rapid	Fast	Intermediate	Long	Mixed
BRAND NAME	Humalog, Novolog, Apidra	Humulin R, Novolin R, ReliOn	Humulin N, Novolin N, ReliOn	Lantus, Levermir	Novolog 70/30, Humalog 75/25 & 50/50, Humulin 70/30, Novolin 70/30
WHEN SHOULD YOU TAKE IT?	0-15 min before meal	30 min before meal	Every 12-24 hours.	Same time every day.	Before breakfast and before supper.
HOW LONG DOES IT KEEP WORKING?	3-4 hours	3-6 hours	10-16 hours	20-24 hours	3-24 hours
HOW IS IT PACKAGED?	Vials and pens, safe at room temperature once opened	Vials and pens, safe at room temperature once opened	Vials and pens, safe at room temperature once opened.	Vials and pens, safe at room temperature once opened.	Vials and pens, safe at room temperature once opened.
WHAT DOES IT LOOK LIKE?	Clear	Clear	Cloudy	Clear	Cloudy
SPECIAL CONSIDERATIONS	Inject immediately before a meal. After meal injection may be beneficial for children or anyone with an unpredictable food intake	May be mixed with intermediate insulin.	Must be mixed before injecting. May be mixed with regular insulin.	Should not be mixed with other insulins. Generally given at bedtime, but may be taken at other times. Should be consistent with the time given. One dose may be split into two dose if is is > than 50 units.	Should not be mixed with other insulins. Should be given before meals.
HOW MUCH WILL IT COST?	May be expensive depending on insurance coverage.	Less expensive.	Less expensive.	May be expensive depending on insurance coverage.	Some are less expensive.

## Administration and Storage

- Keep unused vials/pens refrigerated at 36 to 46 degrees
- Opened vials and pens may be kept at 59 to 86 degrees for one month
- Keep insulin out of direct sunlight
- Cloudiness, discoloration, clumping, or frosting is a sign of decreased potency and should be discarded.
- Insulin should be given into fatty tissue at a 90 degree angle (45 degree angle for a thin person).
- Count to 5 (while needle is still in body) after giving an injection
- Injections may be given in the upper arm, the anterior and lateral aspects of thigh, buttocks, abdomen (with the exception of a 2 inch circle around the navel).
- Rotate the injection sites to decrease the risk of infection
- Abdomen site leads to the most rapid absorption followed by the arms, thighs, and buttocks.

## Possible places to give an injection:

- Stomach
- Legs
- Arms
- Top of butt



# Hypoglycemia

## What are the symptoms of hypoglycemia?

The symptoms of hypoglycemia include:

- Shakiness
- Sweating
- Headache
- Seizure
- Sudden moodiness
- Behavior changes
- Difficulty pay attention
- Dizziness
- Hunger
- Pale skin color
- Clumsy/jerky movements
- Confusion
- Tingling sensations around the mouth

## How do you know when blood sugar is low?

Hypoglycemia is a blood sugar reading  $< 70$ .

- Check your blood glucose whenever you feel any low blood glucose symptoms coming on. After you check and see that your blood glucose level is low, you should treat hypoglycemia quickly.
- If you feel a reaction coming on but cannot check, it's best to treat the reaction rather than wait. Remember this simple rule: When in doubt, treat.

## How do you treat hypoglycemia?

Be sure you always carry a fast acting carbohydrate with you.

### Use the “Rule of 15” to treat hypoglycemia

1. If your blood glucose is less than 70, have 15 grams of carbohydrates (4 oz juice, 4 glucose tablets, 5 life savers, 15 jelly beans).
2. Wait 15 minutes and recheck your blood glucose.
3. If your blood glucose is still less than 70, take an additional 15 grams of carbohydrates.
4. Wait 15 minutes and recheck blood glucose.
5. Continue this process until blood glucose is greater than 70.
6. If it is close to the time of a meal, eat your meal. If it is not close to the time of a meal, eat a snack.

If you pass out from hypoglycemia, people should:

- NOT inject insulin.
- NOT give you food or fluids.
- NOT put their hands in your mouth.
- Inject glucagon.
- Call for emergency help.

**The main causes of low blood sugars are too much medication, too much insulin, not enough food, or skipping meals.**

# How Food Affects Your Blood Sugar

Many people think that having diabetes means you can't eat your favorite foods. You can still eat the foods you like. It's the amount that counts. Healthy eating habits for diabetes include foods from all major food groups. These foods provide you with the energy and the nutrients you need for good health.

- **Carbohydrates are the only food that directly impacts your blood sugar.**
- Carbs are in foods such as breads, pasta, cereal, beans, potatoes, fruits, fruit juice, yogurt, milk, as well as cakes, pies, cookies, and candy.
- **EATING TO MAINTAIN A HEALTHY BLOOD SUGAR**
- Balance your carbohydrate intake during the day using the plate method (below).
- Try to not skip meals.
- Eat more non-starchy vegetables.
- Eat less fatty or fried foods.
- When you sit down for a meal, draw an imaginary line through the center of your plate. Draw a line to divide one into two sections.
- $\frac{1}{4}$  of your plate should be filled with grains or starchy foods such as rice, pasta, potatoes, corn, or peas.
- $\frac{1}{4}$  of your plate should be lean protein such as meat, fish, or poultry.
- The remaining  $\frac{1}{2}$  of your plate should be filled with non starchy vegetables such as lettuce, broccoli, carrots, tomatoes, and etc.
- Add a glass of non-fat milk and a small piece of fruit.

## What's On Your Plate?

Fill half your plate with healthy vegetables. They are full of flavor and nutrients.

At least 2-3 servings of fruit each day.

Use fats sparingly. Choose healthy oils like vegetable or olive instead of animal fats such as butter.

At least 2-3 times a day, add a cup of non-fat milk or yogurt.

Fill one quarter of your plate with protein, including lean cuts of meat, poultry, fish and legumes like beans, peas and soybeans.

Limit carbohydrate servings/choices to one quarter of your plate. This includes rice, corn, dried beans and potatoes.

**9" Plate Method**

Source: American Diabetes Association

# How Food Affects Blood Sugar

MyPlate Food Group	Serving Examples
<b>Starch/Grains</b>	<ul style="list-style-type: none"> <li>• 1/2 medium bagel</li> <li>• 1 slice bread</li> <li>• 1/2 English muffin</li> <li>• 1/4 cup cooked pasta or rice</li> <li>• 1- 6 inch tortilla</li> <li>• 1/2 cup beans</li> <li>• 3/4 cup dry cereal</li> <li>• 4-6 crackers</li> <li>• 1 small potato</li> </ul>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>• 1 medium apple</li> <li>• 1/2 medium banana</li> <li>• 1 cup berries</li> <li>• 1/2 cup grapes</li> <li>• 1 cup melon</li> <li>• 1 small orange</li> <li>• 1/2 grapefruit</li> <li>• 1 medium pear</li> <li>• 1/2 cup fruit juice</li> </ul>
<b>Milk</b>	<ul style="list-style-type: none"> <li>• 1 cup milk (any type)</li> <li>• 6-8 oz. plain non-fat yogurt</li> <li>• 6-8 oz. light yogurt</li> </ul>
<b>Vegetable</b>	<ul style="list-style-type: none"> <li>• 1 cup raw vegetables or 1/2 cup cooked vegetables:</li> <li>• broccoli</li> <li>• cucumber</li> <li>• carrots</li> <li>• cauliflower</li> <li>• celery</li> <li>• green beans</li> <li>• peppers</li> <li>• 1/2 cup V-8 or tomato juice</li> <li>• greens (kale, collard, mustard)</li> <li>• tomatoes</li> <li>• asparagus</li> <li>• spinach</li> <li>• summer squash</li> <li>• zucchini</li> <li>• lettuce</li> </ul>
<b>Protein</b>	<ul style="list-style-type: none"> <li>• 1 oz. fish</li> <li>• 1 oz. skinless chicken or turkey</li> <li>• 1 oz. lean beef, pork, lamb or veal</li> <li>• 1 oz. low fat cheese</li> <li>• 1 egg</li> <li>• 1/4 cup egg substitute</li> <li>• 1/4 cup cottage cheese</li> <li>• 2 tbsp. peanut butter</li> </ul>
<b>Fats &amp; Oils</b>	<ul style="list-style-type: none"> <li>• 1 tsp. butter, oil, soft margarine or mayonnaise</li> <li>• 10 peanuts</li> <li>• 6 almonds</li> <li>• 9 cashews</li> <li>• 1 tbsp. cream cheese or salad dressing</li> <li>• 2 tbsp. light cream chees or light salad dressing</li> <li>• 1 tsp. vegetable oil</li> <li>• 1 slice bacon</li> <li>• 3 tbsp. low fat sour cream</li> <li>• 1/8 of an avocado</li> </ul>

How much is a serving of carbohydrate? Each serving below contains 15 grams of carbs.

Examples of one serving:

- 1 slice of bread
- 1 small potato
- 1/2 cup cooked cereal or 3/4 dry cereal flakes
- 1 small tortilla
- 1 small apple
- 1/2 cup juice
- 1/2 grapefruit
- 1 cup low-fat or fat-free yogurt
- 1 cup skim or 1% milk

# Sick Day Management

- Drink plenty of fluids.
- Increase blood sugar monitoring. Check blood sugars every 2 to 4 hours.
- Do not stop taking oral medications or insulin. Infection can cause blood sugars to go up.
- Consume some carbohydrates every 3 to 4 hours such as regular jello or soda.

## Suggestions of when to give the Doctor a call:

- Experience vomiting and are unable to tolerate fluids.
- Diarrhea for more than 6 hours
- Change in Mental Status
- A pattern of blood sugar levels > 200
- A pattern of blood sugar levels < 70
- Injury to foot or leg
- Low grade fever, < 101.5 degrees
- Any non-healing sores or ulcers
- Urine Ketones

## Suggestions of when to seek immediate medical care:

- Vomiting or having diarrhea for more than 6 hours
- Moderate to large amounts of ketones in your urine
- Glucose level > 300 on two readings without response to insulin
- Glucose level > 400
- Severe abdominal pain
- Severe pain anywhere in the body
- Fever > 101.5 degrees
- Unexplained shortness of breath or irregular heartbeat
- Chest pain
- Large sores or ulcers, or cuts penetrating all layers of skin

## Resources

If you do not currently have insurance or a regular healthcare provider, here is a list of available health care clinics in the Panama City area:

### **Avicenna Clinic**

237-E West 15th ST, Lincoln Center

Panama City, FL 32401

850-215-8200

[www.avicennaclinic.net](http://www.avicennaclinic.net)

Free/low cost clinic. Non-urgent care provided. Must call for appointment.

### **PanCare Community Health Center**

2309 E 15th ST

Panama City, FL 32401

850-747-5272

[www.pancarefl.org](http://www.pancarefl.org)

Monday - Friday 7:30 a.m. - 9:00 p.m., Saturday 9:00 a.m. - 9:00 p.m.

Primary care and treatment for urgent non-emergencies. Registration must be completed (paperwork) before an appointment will be made. Prescription assistance is also available.

### **St. Andrew Community Medical Clinic**

1616 Cincinnati AVE

Panama City, FL 32401

850-785-1419 (press 3)

Monday - Friday 9:00 a.m. - 5:00 p.m.

Days and times vary based on provider availability. Primary care provided (not urgent care). Free/low cost clinic. Must call for appointment.

# Resources

## Organizations:

### American Diabetes Association

[www.diabetes.org](http://www.diabetes.org)  
1-800-342-2283

### Academy of Nutrition and Dietetics

[www.eatright.org](http://www.eatright.org)

### Joslin Diabetes Center

[www.joslin.org](http://www.joslin.org)  
1-617-309-2400

## Online Resources:

- [www.doihaveprediabetes.org](http://www.doihaveprediabetes.org)
- [www.dlife.com](http://www.dlife.com)
- [www.diabetescontrolforlife.com](http://www.diabetescontrolforlife.com)
- [www.DiabeticLivingOnline.com](http://www.DiabeticLivingOnline.com)
- [www.diabetesselfmanagement.com](http://www.diabetesselfmanagement.com)
- [www.journeyforcontrol.com](http://www.journeyforcontrol.com)

## Diabetes, Medication, and Food information:

### BD Diabetes

[www.bd.com/us/diabetes](http://www.bd.com/us/diabetes)

### Cornerstones for Care

[www.cornerstones4care.com](http://www.cornerstones4care.com)

### Healthy Plate

[www.choosemyplate.gov](http://www.choosemyplate.gov)

### National Diabetes Education Program

<http://ndep.nih.gov>  
1-301-496-3583

## Medication Assistance:

### Family Services Agency

114 E. 9th ST  
Panama City, FL 32401  
850-785-1721

### Amylin

1-800-3330-7647

### Bayer Corporation

1-800-998-9180

### Bristol Myers Squibb

1-800-763-0003

### Eli Lilly and Co.

1-800-545-6962

### GlaxSmithKline Beecham

1-800-546-0420

### Hoechst-Marion-Roussel

1-800-362-7466

### Novo Nordisk

1-866-310-7549

### Novartis (Starlix)

1-800-277-2254

### Pfizer, Inc.

1-800-707-8990

### Sanofi-Aventis Pharmaceuticals, Inc.

1-800-446-6267

### Needy Meds

[www.needsmeds.com](http://www.needsmeds.com)

# Resources

## Apps:

### **dLife**

Backed by the resources of the #1 diabetes website, offers you access to the most essential tools you'll need to manage your diabetes on the go.

### **GoMeals**

Makes it easy to access nutritional information, find restaurants and keep track of your food intake.

### **SparkRecipes**

Lets you browse and search more than 190,000 recipes by course, ethnicity, preparation time, and dietary needs.

### **Diabetes Tracker**

Lets you track your food, blood sugar levels, exercise, blood pressure, weight, medications, and moods- it can all be tracked and put into a report.

### **Fooducate**

Allows you to scan any food product with a UPC to grade your groceries, explain what's really inside each product, create shopping lists, and offers healthier alternatives.

### **Calorie King**

Need a quick and easy way to check calories, carbs, and fat? The CalorieKing Food Database is America's best and most reliable.

### **MyPlate**

Serves as a reminder to help consumers make healthier food choices with the internet to prompt consumers to think about building a healthy plate.

### **Lose It!**

One of the most popular weight loss apps in the US. It helps you set weight loss goals, establish a daily calorie budget, and enables you to lose weight.

### **OnTrackDiabetes**

Designed to document blood sugar levels, food, A1c, weight and more, then calculates averages and maintains a record of your history so it's easy to show your doctor how you've been doing.

# Public Walking Parks/Trails

## **Brittany Woods Park**

170 Bird Drive, Callaway

## **Collinfurst Park**

219 Collinfurst ST, Callaway

## **McCall-Everitt Park**

County Road 2321, Deerpoint Lake

## **Cain Griffin Park**

17th ST and Illionis AVE, Lynn Haven

## **Lynn Haven Rec Center**

2201 Recreation DR, Lynn Haven

## **Bay Memorial Walking Park**

Florida AVE & Garden Club Drive, Panama City

## **Harvey De Mathis Park**

Florida AVE & Token RD, Panama City

## **Joe Moody Harris Park & Clubhouse**

2300 E 9th CT, Panama City

## **H.G. Harder's Park**

8110 John Pitt RD, Panama City

## **Spring Avenue Park**

1620 Spring AVE, Panama City

## **Aaron Bessant Park**

Adjacent to Pier Park, Panama City Beach

## **Frank Brown Park**

16200 Panama City Beach Parkway, Panama City Beach

## **Gayle's Trails**

Panama City Beach

## **Under the Oaks/Coral Bean**

5843 HWY 98 E, Parker

## **Simmons Park**

3023 Kingswood Rd, Southport

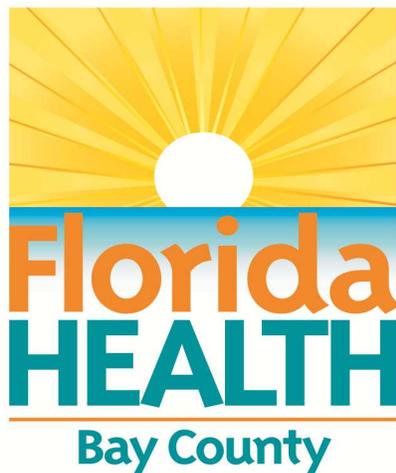
# Diabetes Education

Education is the key to controlling diabetes and reducing your risk of diabetes complications.

The Florida Department of Health in Bay County offers comprehensive diabetes self-management. Learn what diabetes is and how you can take control of your diabetes and live a healthier life.

## Available programs include:

- Advanced Diabetes Self-Management
- Living Well with Diabetes
- Pregnancy with Diabetes
- Insulin Pump Consultations
- Medical Nutrition Therapy
- National Diabetes Prevention Program
- Diabetes Support Group
- Diabetes Training for Professionals



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