



Health Resources in Action  
*Advancing Public Health and Medical Research*

# Today's presenter:

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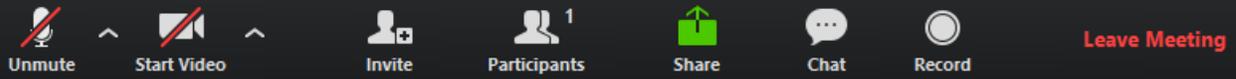


# Housekeeping

- The presentation today will last 90 minutes
  - The presentation is being recorded
- Please put your cell phone on silent or vibration
- Please mute your microphone until you need to participate in activities
- We highly encourage participation
- We will have a 20-minute Q/A session at the end

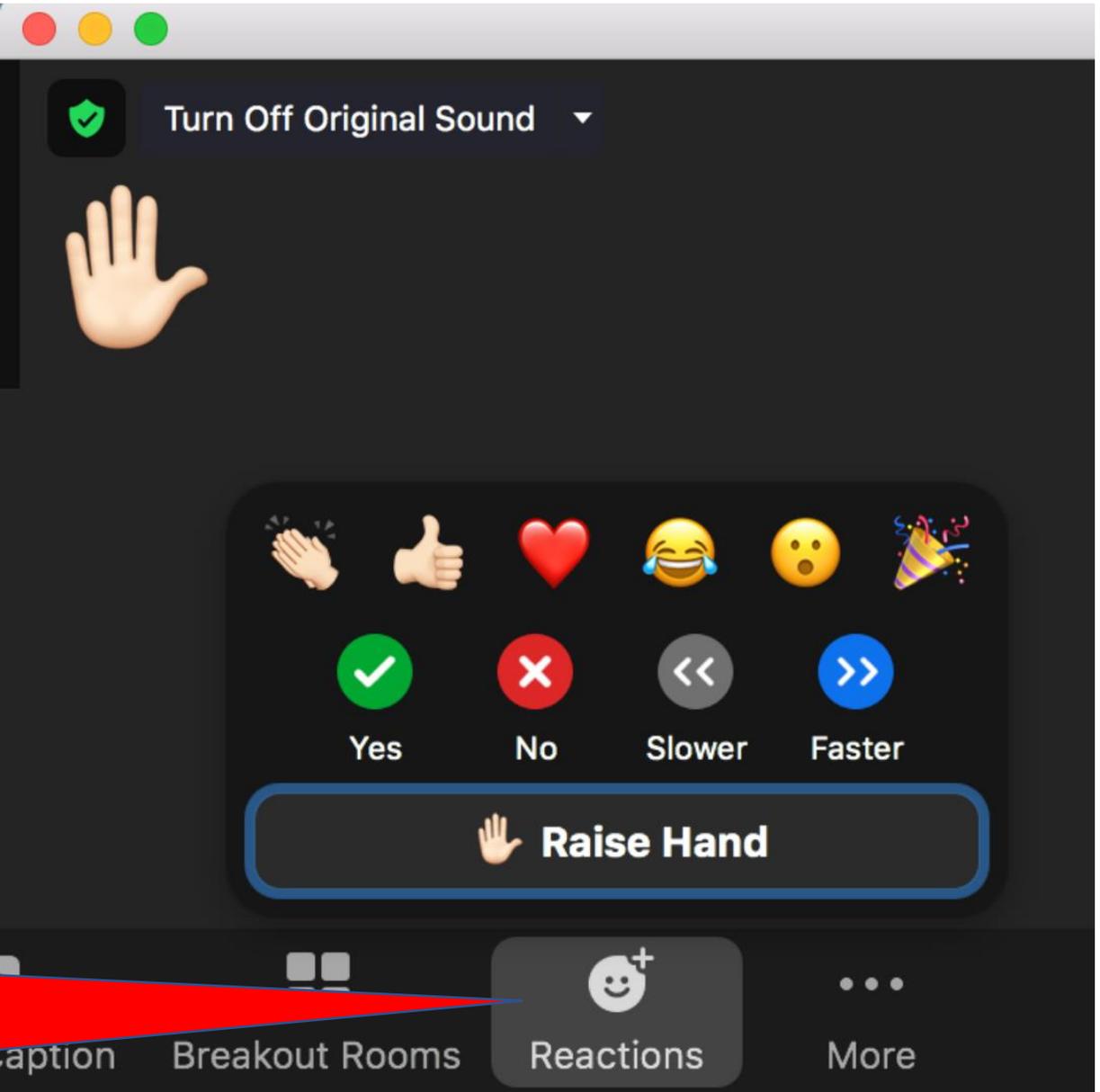


Click here to open the Chat feature



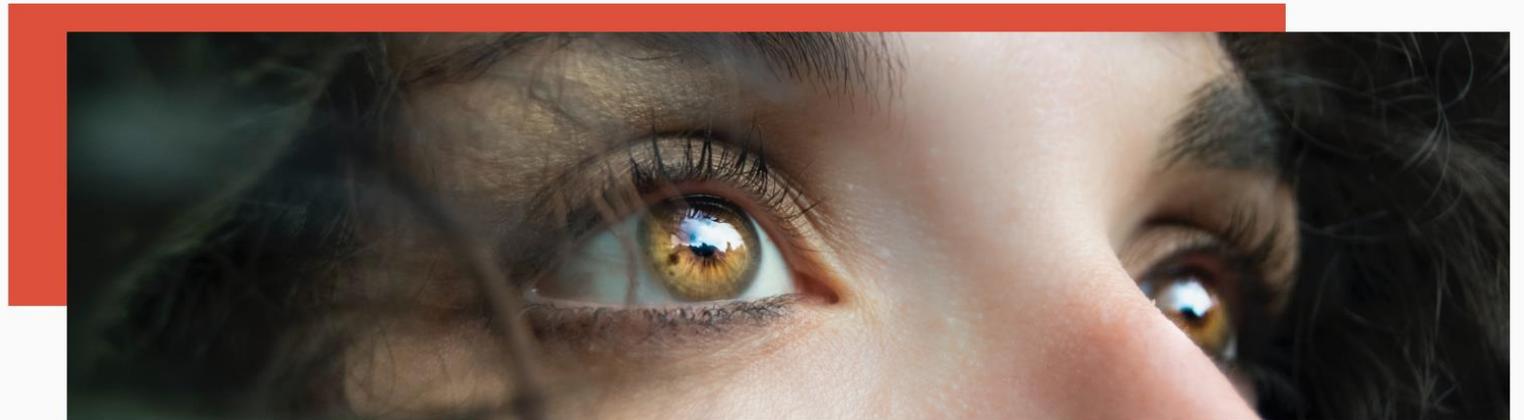
Where to turn on/off Microphone and Video

Click here to raise your hand, applause, thumb and more



# It's easy to take your eyesight for granted

Get Smart About Eye Health



# Getting to know YOU

Where are you logging in from?

How long have you been a Community Health Worker?

Briefly tell us what led you to attend this presentation?

# Objectives

- Know the Risk for Diabetes
- Know the Warning Signs of Diabetic Eye Disease
- Take Control of Eye Health

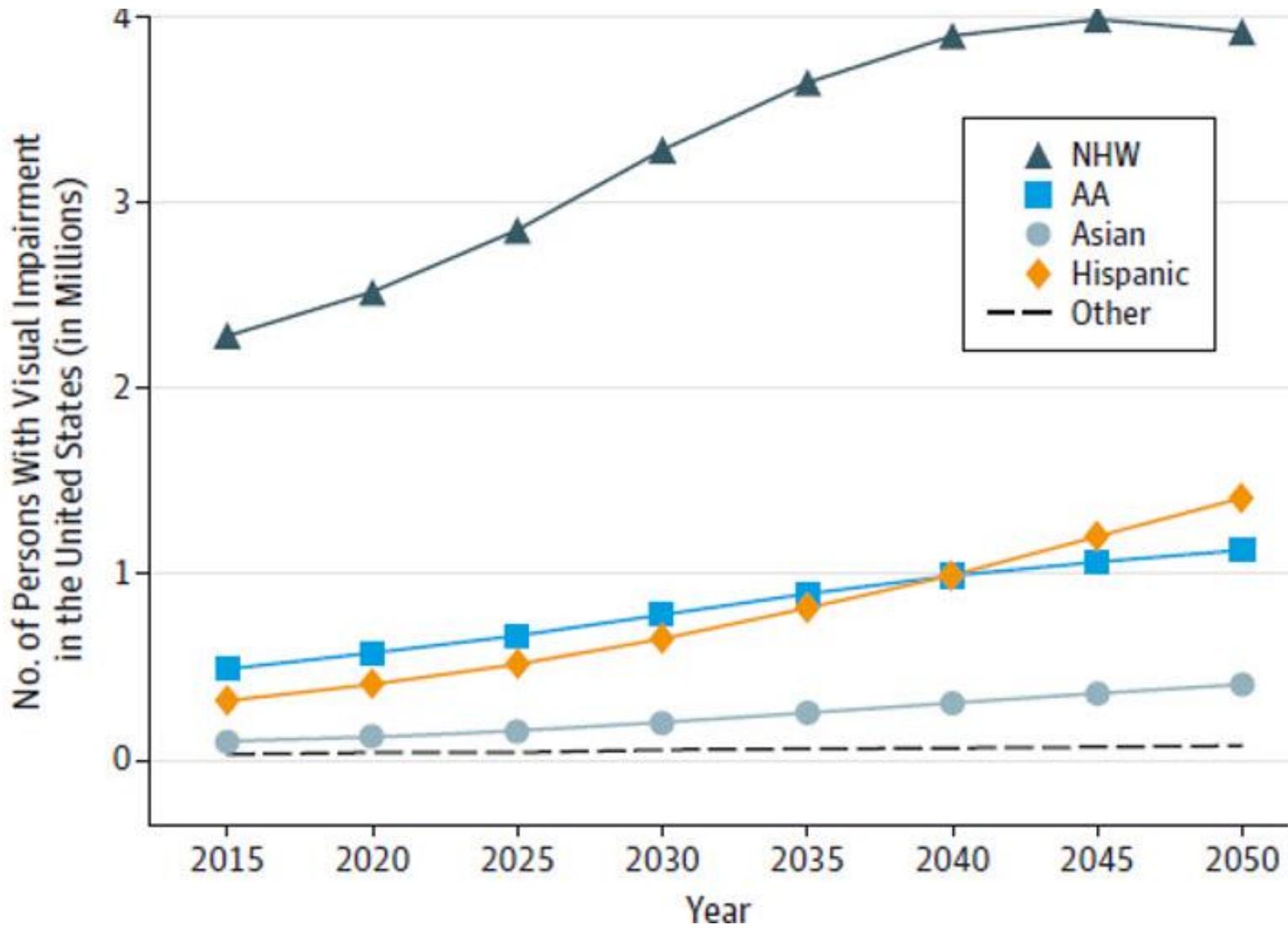
# Facts on Diabetes

## Diabetes

- **Total:** 37.3 million people have diabetes (11.3% of the US population)
- **Diagnosed:** 28.7 million people, including 28.5 million adults
- **Undiagnosed:** 8.5 million people (23.0% of adults are undiagnosed)

## Prediabetes

- **Total:** 96 million people aged 18 years or older have prediabetes (38.0% of the adult US population)
- **65 years or older:** 26.4 million people aged 65 years or older (48.8%) have prediabetes



Estimated Number of Persons With Visual Impairment in the United States

**Table 1. Current Estimate and Projections of Prevalent Populations with Vision Problems**

	Current Estimates	Projections		
	2010	2014	2032	2050
<b>Cataract</b>	24,409,978	25,666,427	38,477,608	45,620,606
<b>Diabetic Retinopathy</b>	7,685,237	8,084,767	10,938,504	13,190,538
<b>Impaired</b>	2,907,691	3,058,852	5,073,572	7,301,814
<b>Glaucoma</b>	2,719,379	2,858,572	4,275,758	5,526,347
<b>AMD*</b>	2,069,403	2,176,985	3,387,560	4,425,989
<b>Blind</b>	1,288,275	1,355,248	2,161,164	3,088,249

\*Age-related macular degeneration

Source: Wittenborn, John S. & Rein, David B. *The Future of Vision: Forecasting the Prevalence and Cost of Vision Problems*. NORC at the University of Chicago. Prepared for Prevent Blindness, Chicago, IL. June 11, 2014.

<http://forecasting.preventblindness.org>.



# Is Vision Loss Part of Getting Older?

Vision can change as we age.

Vision loss and blindness are not a normal part of aging.



# What Vision Changes Are Normal?

- Focusing on objects up close is harder to do.
- Noticing declining sensitivity.
- Needing more light to see well.
- Needing more time to adjust to changing levels of light.



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Take care of your vision

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# What is a Risk Factor

A risk factor is a behavior or condition that increases a person's chances of developing a disease or injury.

# Know the Risk for Diabetes

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Diabetes is the leading cause of vision loss in people **18–64 years old**.

There are no obvious signs or symptoms.



**You're at High Risk with a score of 6.**

**Your health can't wait. Talk to your doctor today.**

# Woman 60 Second test Question 1 and 2

How old are you?

- Less than 40 years
- 40-49 years
- 50-59 years
- 60 years and older

What is your gender?

- Woman
- Man

# Woman 60 Second test Question 2A and 3

Have you ever been diagnosed with gestational diabetes?

- No
- Yes

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

- No
- Yes

# Woman 60 Second test Question 5 and 6

Have you ever been diagnosed with high Blood Pressure?

- No
- Yes

Are you physically inactive?

- No
- Yes

What race or ethnicity best describes you?

- White
- Asian
- Hispanic and or Latino
- American Indian or Alaska Native
- Black or African American
- Native Hawaiian or other Pacific Islander
- Other
- Prefer not to say

# Woman 60 Second test Question 7 and 8

Tell us more about you?

- Height
- Weight

Send my test results and tips  
for preventing diabetes

- Email
- Zip code
- Country (will auto populate)

Email My Results



## Connected for Life.

Hello Mercedes,

We are following up with you today to learn what, if any, actions you've taken because of your Diabetes Risk Test result from the American Diabetes Association® (ADA). Please help us to better serve people who may be at risk for prediabetes or diabetes by answering a **few questions**.

All answers are confidential and to thank you for your time, at the end, you will have the option to enter for a chance to win a \$100 Amazon.com eGift Card. See promotion **Terms and Conditions**.



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[askada@diabetes.org](mailto:askada@diabetes.org) | 1-800-DIABETES

Learn more at [diabetes.org](https://diabetes.org).

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English ▼

Have you talked with your healthcare team about your risk test results?

Yes

No





English



Which healthcare provider(s) did you talk to about your diabetes risk test results? *Select all that apply.*

Primary Care Provider (e.g. physician, nurse practitioner, physician assistant)

Eye doctor (i.e. ophthalmologist, optometrist)

Cardiologist

Endocrinologist

Registered Dietitian or Nutritionist



What did you talk about with your health care provider? *Select all that apply.*

Medication options

Preventing diabetes

Diabetes-related eye health

Common complications of diabetes

Getting tested for diabetes

Other (please specify):

English

To the best of your knowledge, which of these are symptoms of undiagnosed diabetes?  
*Please select all that apply.*

Back pain

Feeling very thirsty

Shortness of breath

Constantly feeling tired

Blurry vision

Urinating often

Tingling, pain, or numbness in the hands/feet

Feeling very hungry—even though you are eating normally

Occasional dizzy spells or nausea

When a person is first diagnosed with type 2 diabetes, when should they have their eyes examined?

- At the time of diabetes diagnosis
- Within 5 years after diabetes diagnosis
- Only if they have eye symptoms
- An eye exam is not necessary
- Don't know





English ▾

**True or False: Diabetes-related eye diseases can have no visual signs or symptoms.**

True

False

Don't know

**Blurred vision is a prominent symptom of undiagnosed diabetes. For those at high-risk, an annual eye exam is a must - offering a simple way to help detect potential problems early.**

**How likely are you to talk with an eye doctor about diabetes-related eye disease risk and prevention? *Please use a scale of 1-5 with 1 = Not at all likely and 5 = Very likely.***

1 - Not at all likely

2

3

4

5 - Very likely





English ▾

Have you registered for a **Diabetes Self-Management Education and Support** program?  
This program usually requires a referral from a healthcare provider.

Yes

No

No, but I intend to

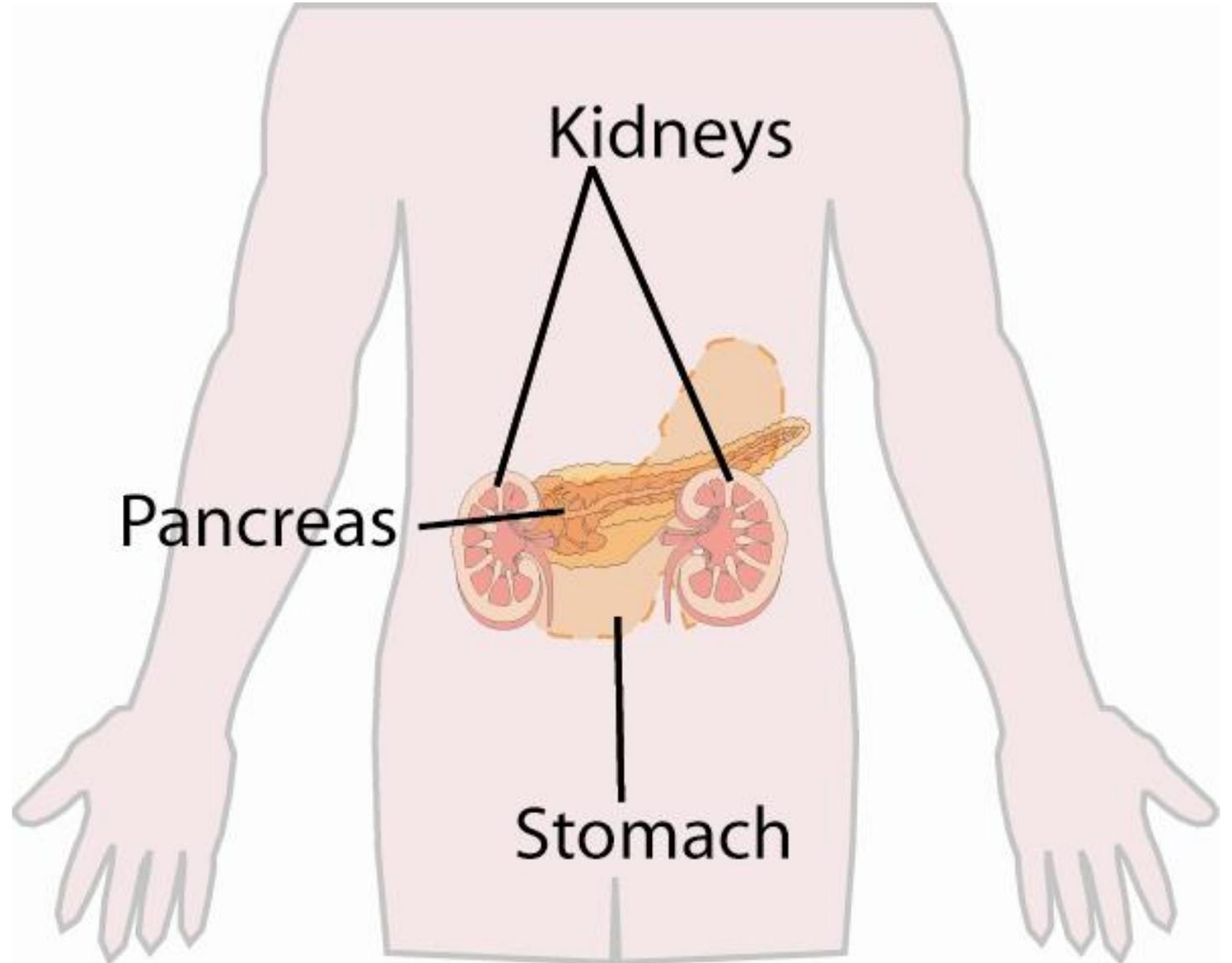
I don't know what this program is



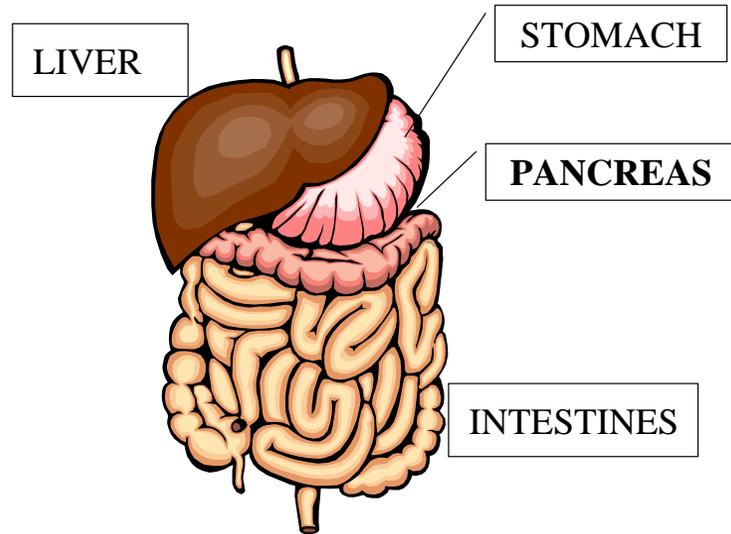
# What is Diabetes?

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Diabetes is a disease in which the body does not produce or properly use insulin.



# DIGESTIVE ORGANS



UIC- Midwest Latino Health Research, Training and Policy Center

When you eat, food is turned into glucose (sugar) to give your body energy



With diabetes, the body does not use the energy well

## What is Diabetes?

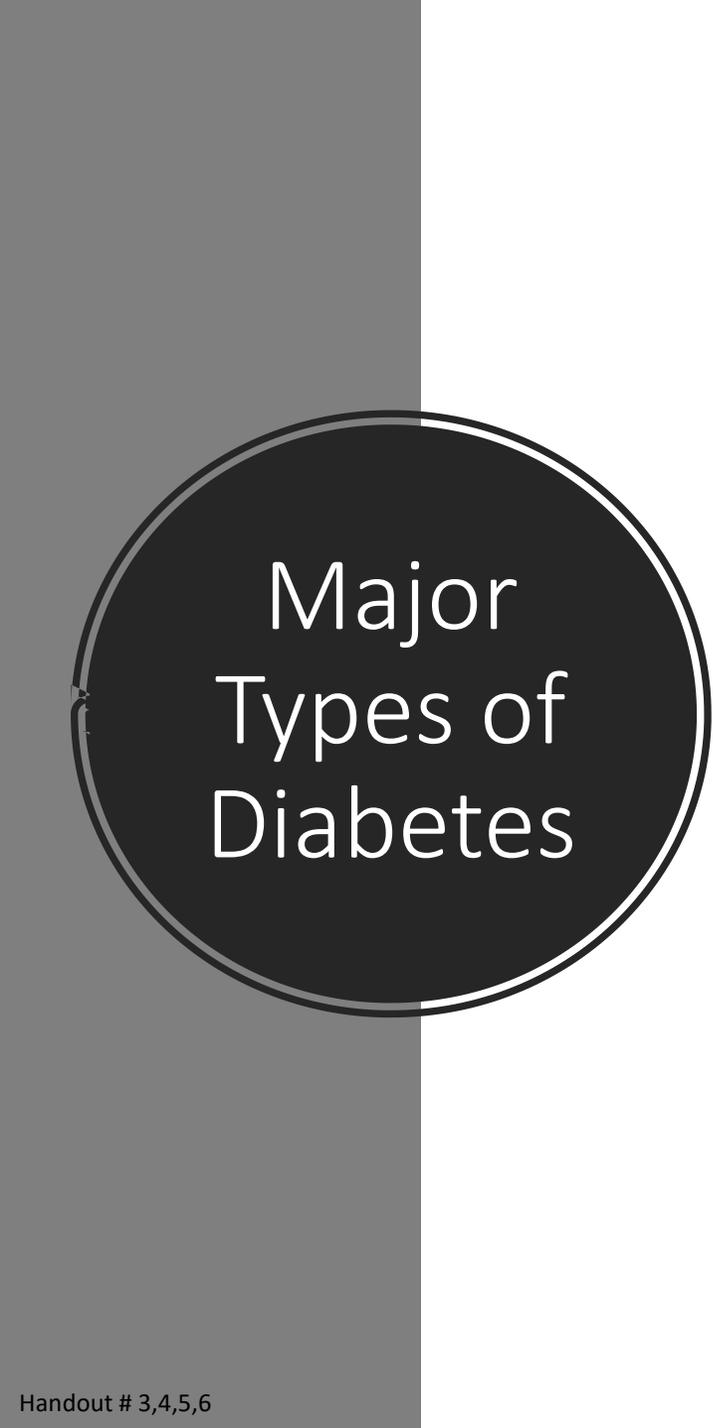
[What is Diabetes - YouTube](#)

# The path to understanding diabetes starts here.

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- Understanding type 1
- Understanding type 2
- Understanding gestational diabetes
- Understanding diabetes from other causes\*
- Understanding prediabetes





# Major Types of Diabetes

## Gestational diabetes

Is diabetes that develops during pregnancy.

## Prediabetes

Prediabetes is a condition that occurs when a person's blood glucose levels are higher than normal.

## Type 1 diabetes

Results from the body's **failure to produce insulin**.

## Type 2 diabetes

Results from **insulin resistance** (the body does not properly use insulin).

# So, what affects my blood sugar levels?

It is important to understand what can make blood sugar rise or fall, so that steps can be taken to stay on target.

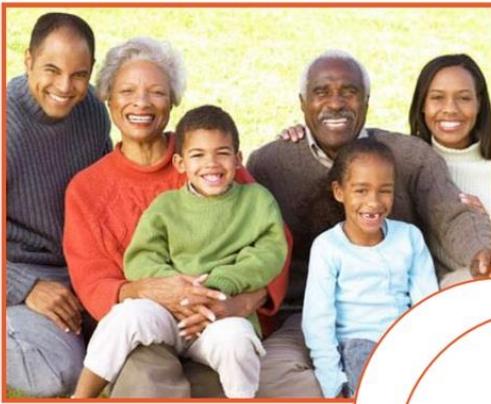
# What do the numbers mean?

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A1C	Average Blood Glucose (eAG)
6%	126 mg/dL
6.5%	140 mg/dL
7%	154 mg/dL
7.5%	169 mg/dL
8%	183 mg/dL
8.5%	197 mg/dL
9%	212 mg/dL
9.5%	226 mg/dL
10%	240 mg/dL
10.5%	255 mg/dL

## What is a good target for A1C?

The American Diabetes Association® (ADA) recommends a target for A1C of less than 7% for most adults.



Family background



High blood pressure

**DIABETES**



Gestational diabetes



Obesity, high cholesterol, and high triglycerides

# Risk Factors for Developing Type 2 Diabetes

# Risk Factors for Type 2 Diabetes

- Being 45 years of age or older.
- Having a parent, brother, or sister with diabetes.
- Having an African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander background.
- Having diabetes while pregnant (**gestational diabetes**).
- Having a baby that weighed **9 pounds** or more at birth.

# Risk Factors for Type 2 Diabetes

- Being told that glucose levels are higher than normal (pre-diabetes).
- Having high blood pressure.
- Having high cholesterol (lipid) levels.
- Inactive/sedentary.
- Having blood vessel problems affecting the heart, brain, or legs.



# Risk Factors for Type 2 Diabetes

The skin around the neck or armpits appears dirty no matter how much it is scrubbed.

The skin appears dark, thick, and velvety. This is called **acanthosis nigricans**.



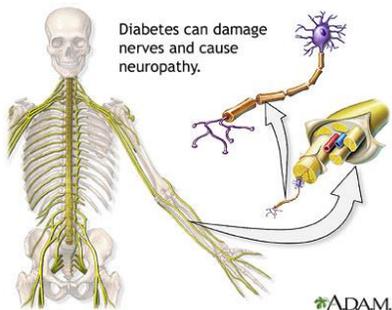
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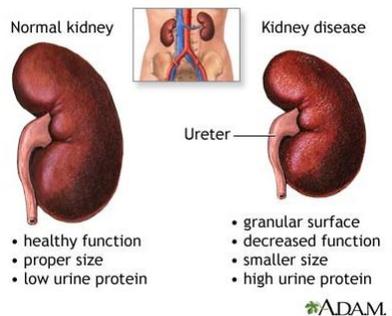
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# ABC of Diabetes

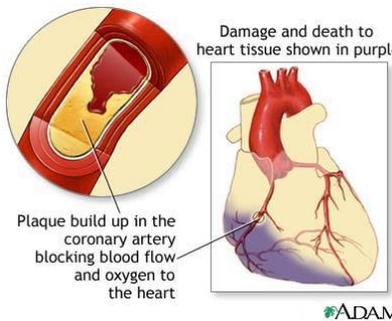
- A = A1C
- B = Blood Pressure (BP)
- C = Cholesterol



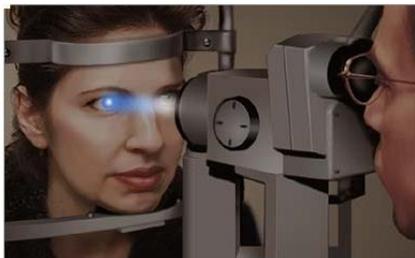
ADAM.



ADAM.



ADAM.



A slitlamp is used to view the interior of the eye

ADAM.

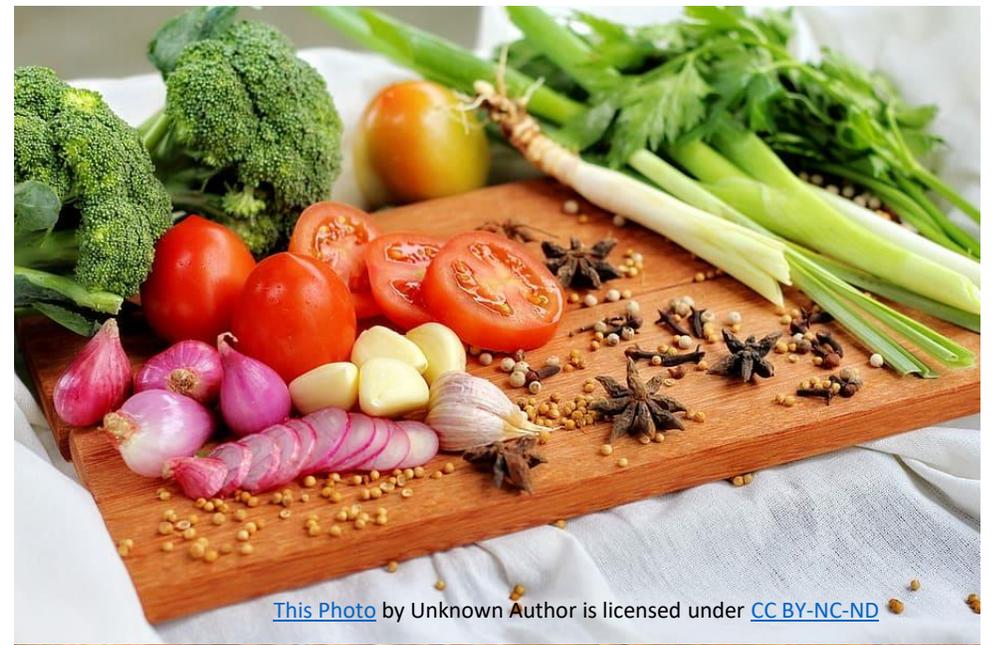
# Common Diabetes Complications

- Retinopathy (blindness)\*
- Neuropathy (nerve damage)\*
- Nephropathy (kidney problems)\*
- Feet ulceration and/or amputations
- Cardiovascular Disease (heart problems)
- Heart attack\*
- Stroke\*
- Erectile dysfunction (inability to have an erection)

# Treatment

## 7 Self-Care Behaviors

- Healthy eating
- Being active





# Treatment 7 Self-Care Behaviors

- Monitoring
- Taking medication



- Problem solving
- Reducing risks
- Healthy coping



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# Treatment

## 7 Self-Care Behaviors



**Type 2 diabetes can be prevented or delayed:**

- Modest weight loss
- Increasing physical activity
- Making healthy food choices.

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**Q1**

**What are normal vision changes of getting older?**

**Wrong**  
Blindness

**Correct**  
Declining sensitivity

**Wrong**  
Vision loss

**Correct**  
Needing more light



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# People with diabetes need to know...

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Vision is wonderful, but it could be lost if a person has diabetes.

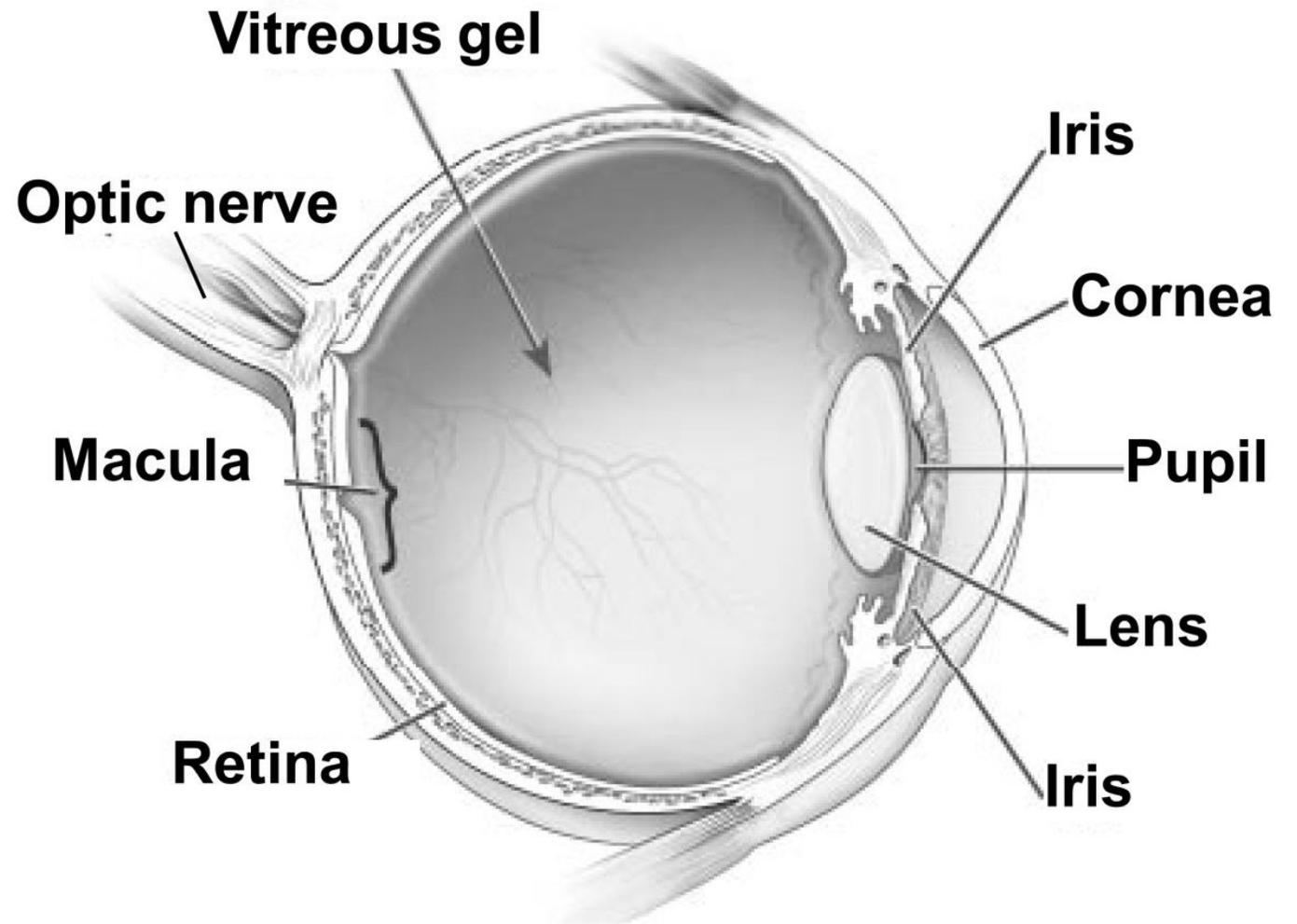


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# Anatomy of the Eye and Its Function

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- The main parts of the eye—
- Vitreous gel
- Iris
- Cornea
- Pupil
- Lens
- Iris
- Retina
- Macula
- Optic Nerve



# The Dilated Eye Exam



Don't wait for symptoms to see an eye care professional.



Have a dilated eye exam at least once a year.





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# Who can develop diabetic retinopathy?

National Association of Community Health Workers (NACHW)

# Calculate Your Risk for Diabetic Retinopathy

## Diabetic Retinopathy Risk Test



RetinaRisk enables you to calculate your future risk of diabetic retinopathy and helps you take better decisions today for your future health

I'm over the age of 16 and have read and accept the [terms](#).

Continue

[Privacy Policy](#)



# Diabetic Retinopathy Risk Test

Powered by  
 RETINARISK



## Low Risk Of Retinopathy

You have a low risk of developing sight threatening retinopathy.



### HbA1c - Poor

Your HbA1c levels are elevated. Speak to a healthcare professional about how to reduce your HbA1c in order to minimize the risk of diabetic complications.

Show in mmol/mol



### Blood Pressure - Elevated

Almost there! Your blood pressure is slightly elevated but does not classify as hypertension. Speak to your physician about ways to reduce your values.



### Diabetes Duration

Your risk of developing sight threatening retinopathy is impacted by your duration of your diabetes. As the duration increases the need for better eye care is of importance.

\* This test does not constitute medical advice nor does it replace the need to visit a physician or other health care provider.

Email my results

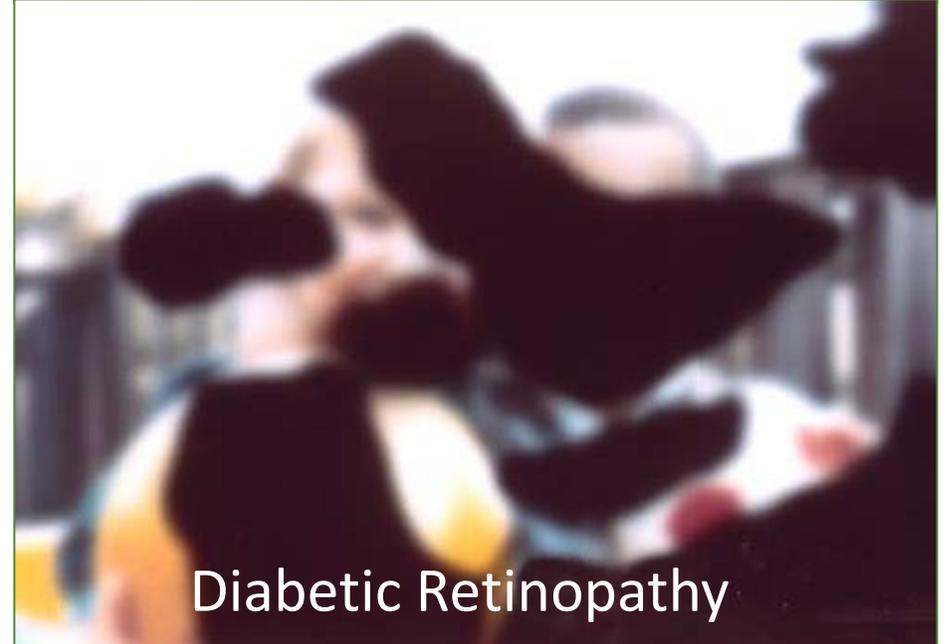
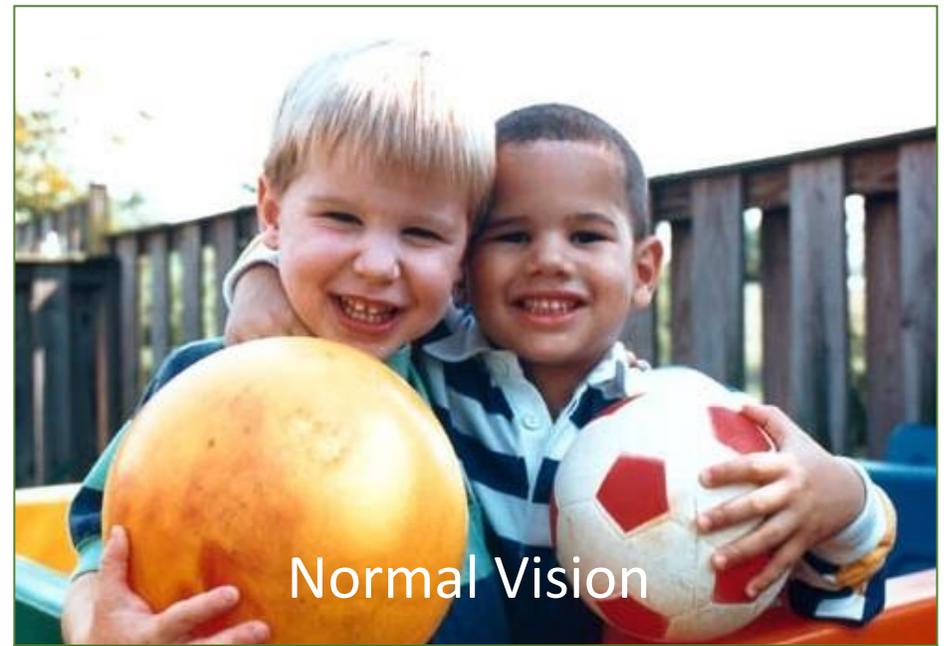
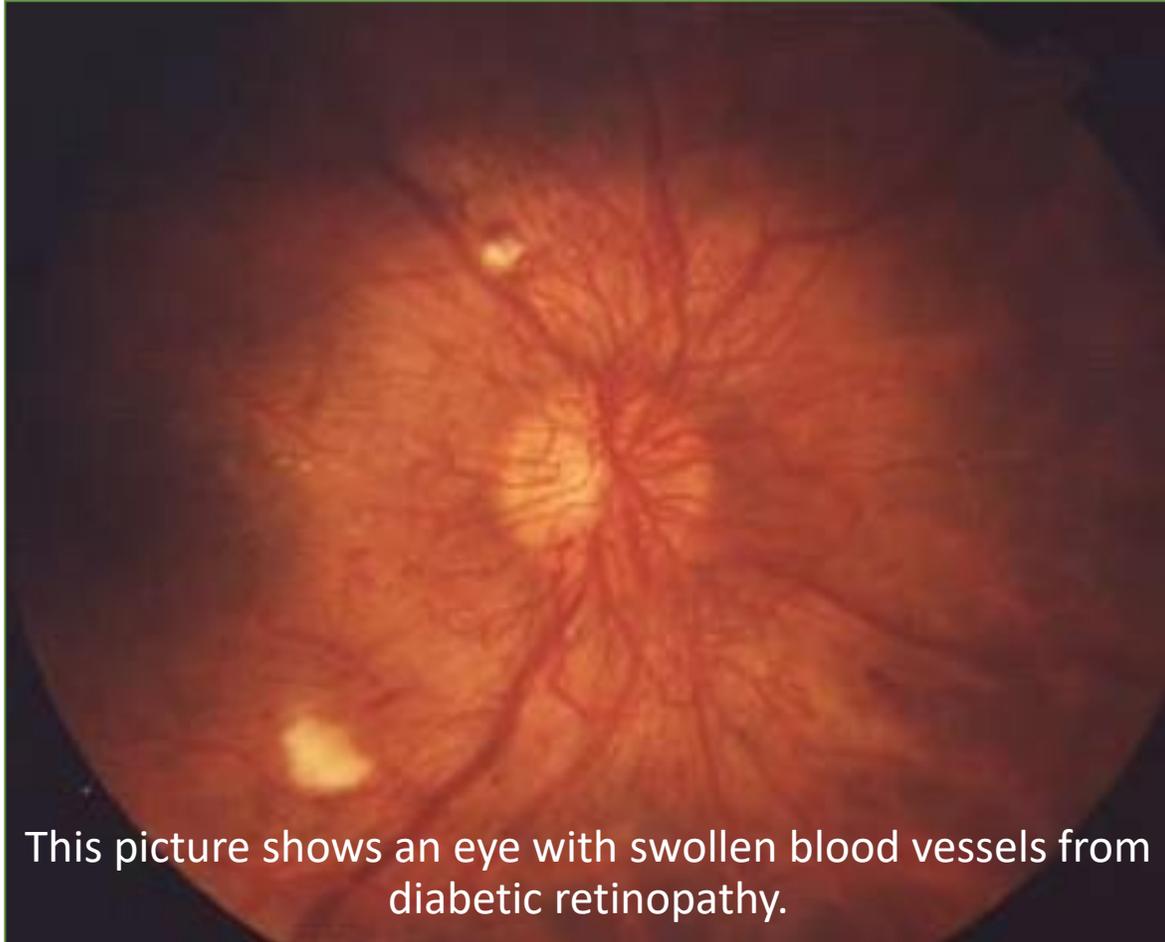
Take control of your eye health

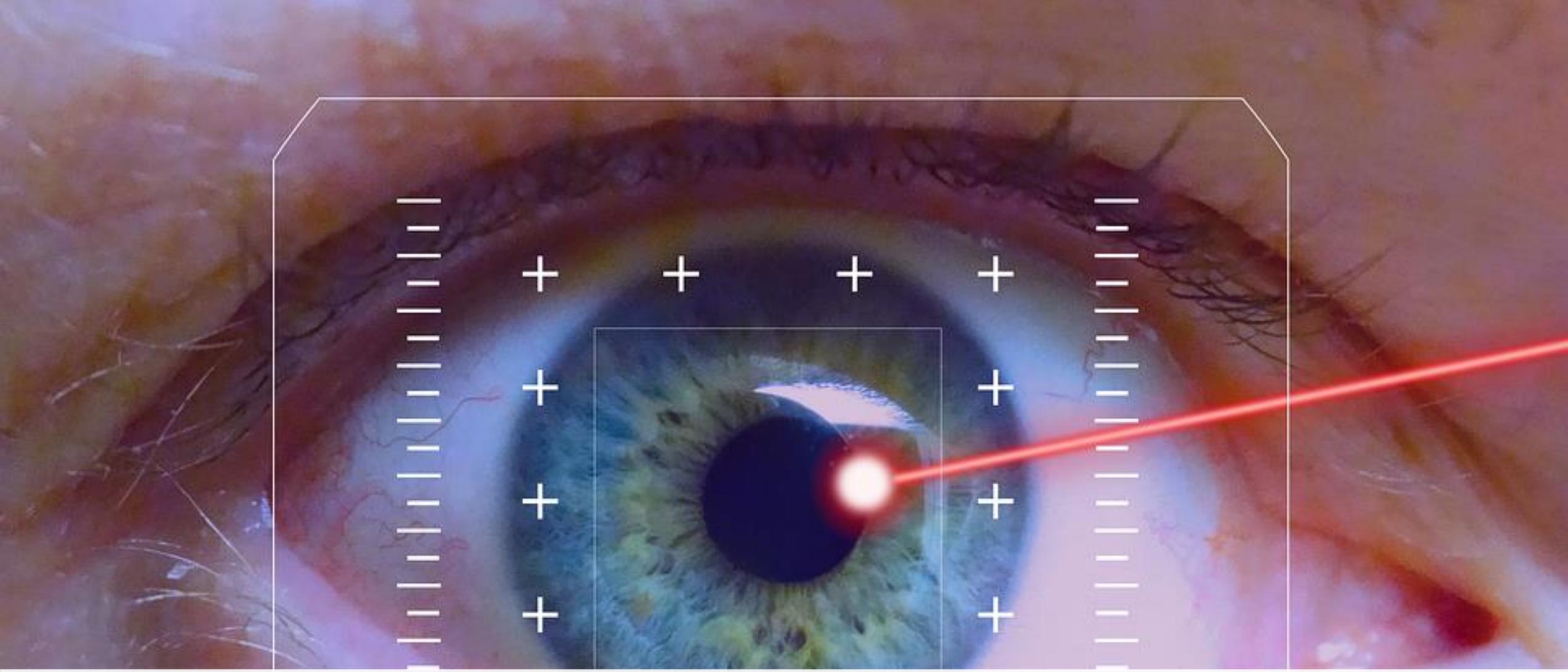


Retake the risk test

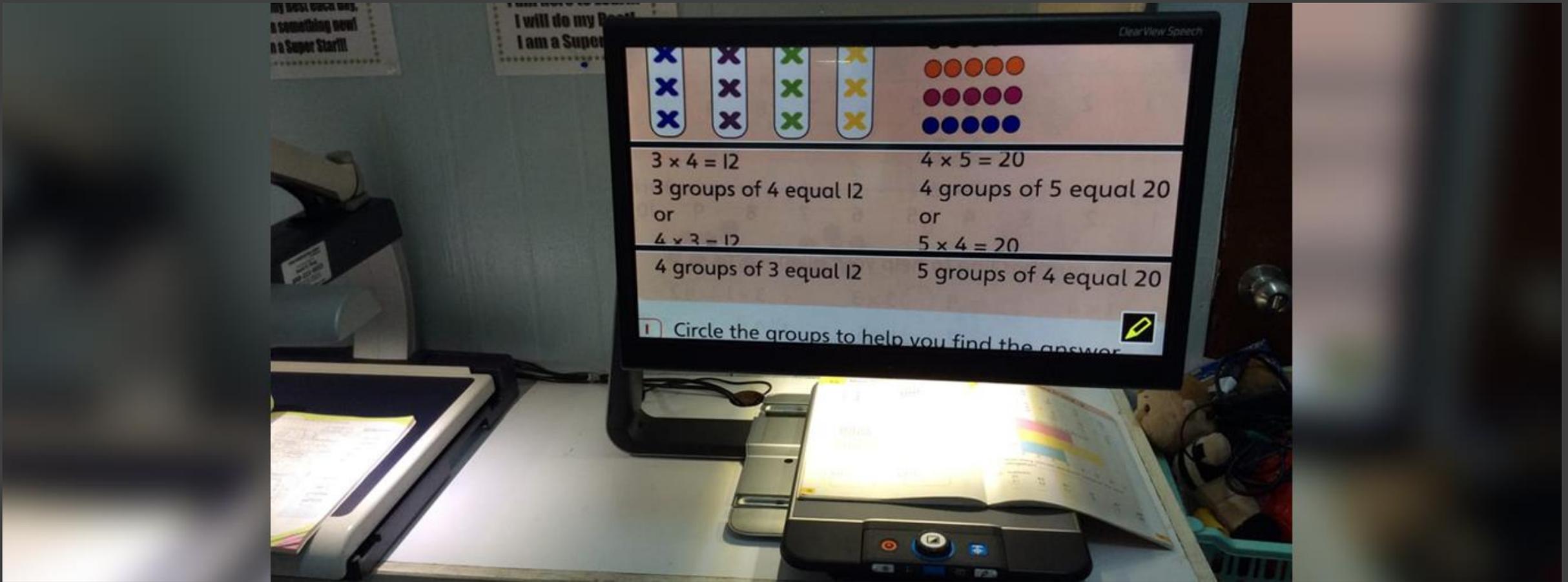


# Diabetic Retinopathy





How is diabetic retinopathy treated?



## What Is Low Vision?

Vision that is **not corrected** by eyeglasses, contact lenses, medication, or surgery.

Low vision may make everyday tasks **difficult** to do.

# What Causes Low Vision?

Sometimes vision loss occurs because of eye injuries or birth defects.

Most people develop low vision because of the following:

- Age-related macular degeneration
- Cataract
- Diabetic eye disease
- Glaucoma

# Signs of Low Vision

Even with regular glasses or contact lenses, a person has difficulty with the following:

- Recognizing familiar faces
- Reading
- Cooking
- Picking out and matching the color of your clothes
- Reading street signs

# What Is a Low Vision Assessment?

A thick yellow horizontal bar spans the width of the slide, with a vertical yellow bar extending downwards from its right end.

A low vision assessment determines the extent of vision loss and potential for vision rehabilitation.

# Examples of low vision devices:

Glasses with high powered lenses



Other devices



Special software for computers



Telescopic lenses





Q2

## What do you believe causes Diabetes?

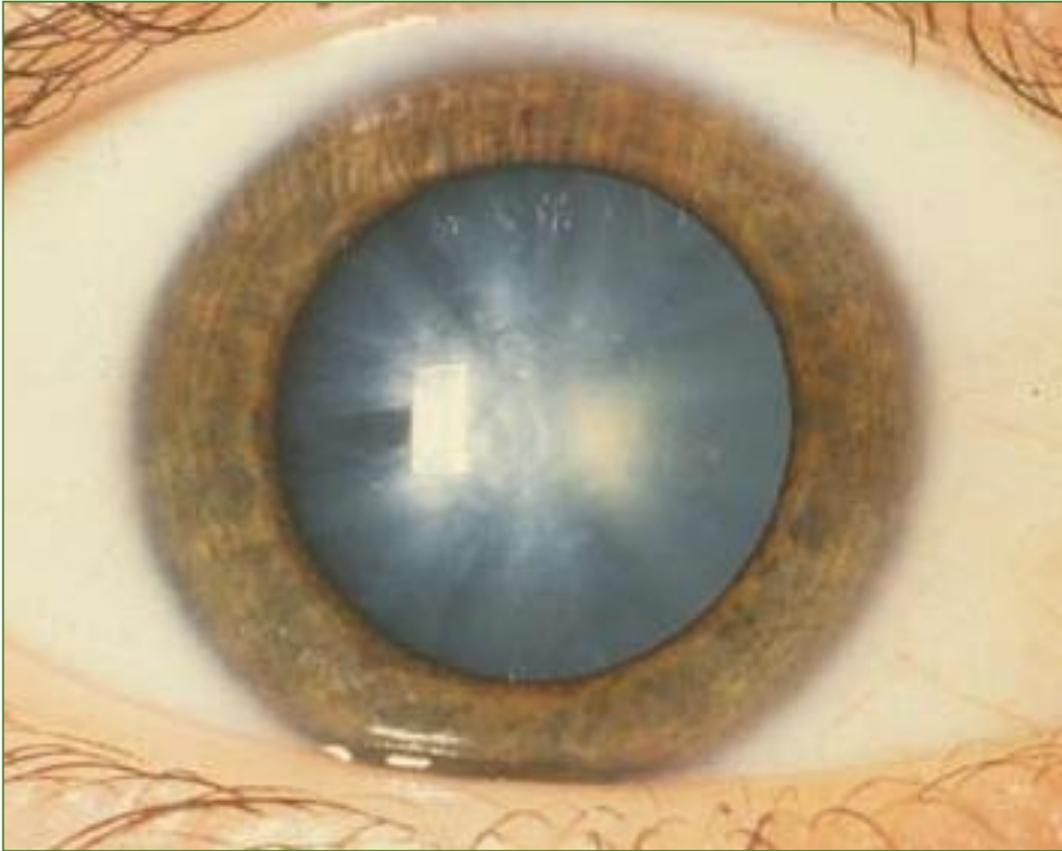
Catching it from someone else  
**Wrong**

Genetics and lifestyle factors  
**Correct**

A viral disease  
**Wrong**

Insulin resistance  
**Correct**

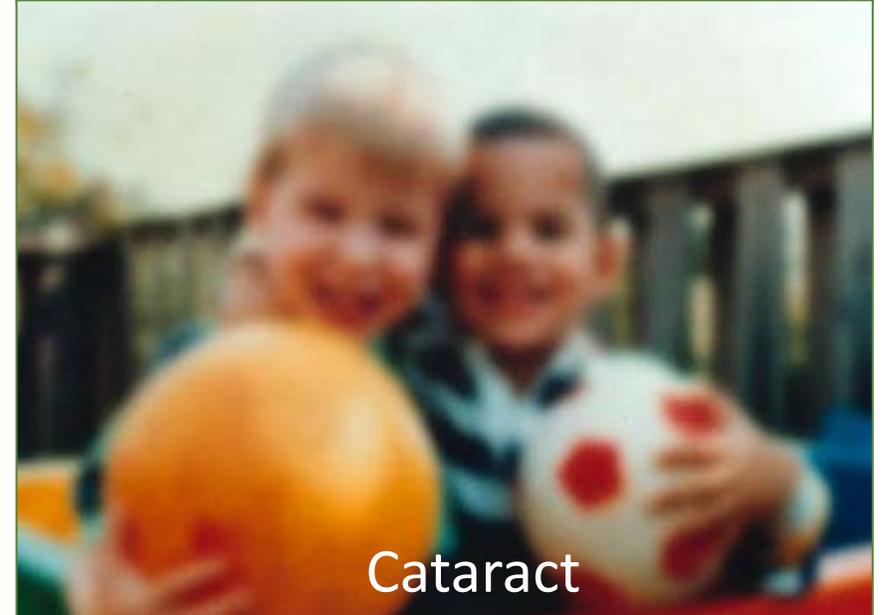
# Diabetes and Cataract



A cataract is a clouding of the lens.  
People with cataract see through  
a haze.



Normal Vision



Cataract

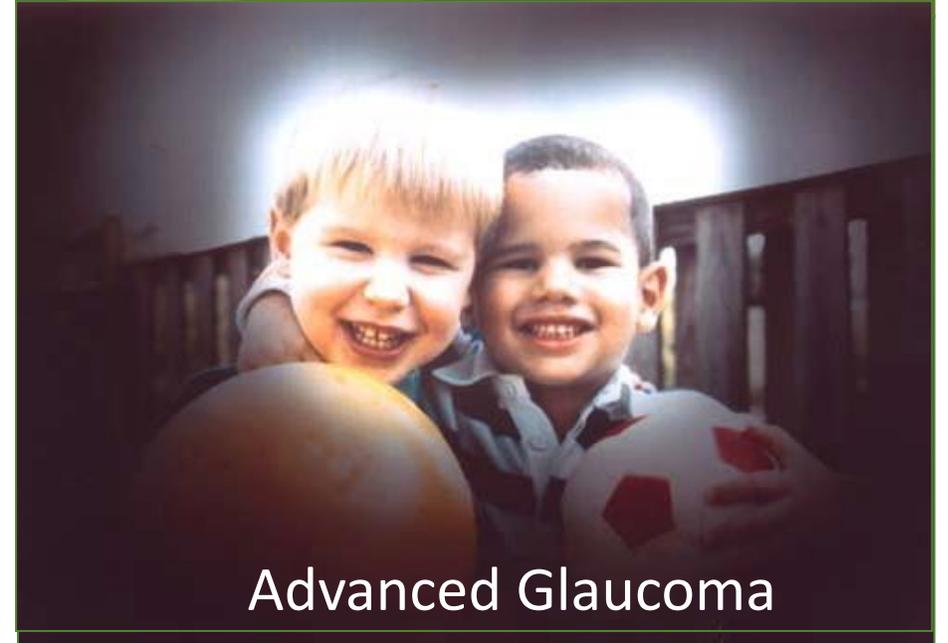
# Diabetes and Glaucoma



Glaucoma is a group of diseases that can damage the optic nerve and result in vision loss and blindness.



Normal Vision



Advanced Glaucoma

# The Eye Health Team

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**Health professionals who are part of an eye health team include:**

- Certified diabetes educator
- Health promoter/CHW
- Nurse
- Ophthalmologist
- Optometrist
- Pharmacist
- Primary care provider
- Social worker



What can someone do to protect their vision?

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**T**

Take your medications as prescribed by your doctor.



**R**

Reach and maintain a healthy weight.



**A**

Add more physical activity to your daily routine.



**C**

Control your ABCs—A1C, blood pressure, and cholesterol levels.



**K**

Kick the smoking habit.



# Diabetes and High Blood Pressure



# What Is High Blood Pressure?

High blood pressure means that the heart **must pump harder** than normal for blood to get to all parts of the body.





# What Causes High Blood Pressure?

# Factors that contribute to high blood pressure are:

- Salt in the diet\*
- Being overweight or obese\*
- Heavy alcohol consumption\*
- Race
- Age
- Gender
- Smoking\*
- Diabetes\*
- Family history



# Spice It Up! - Not Salt It UP!!!



## Vegetables

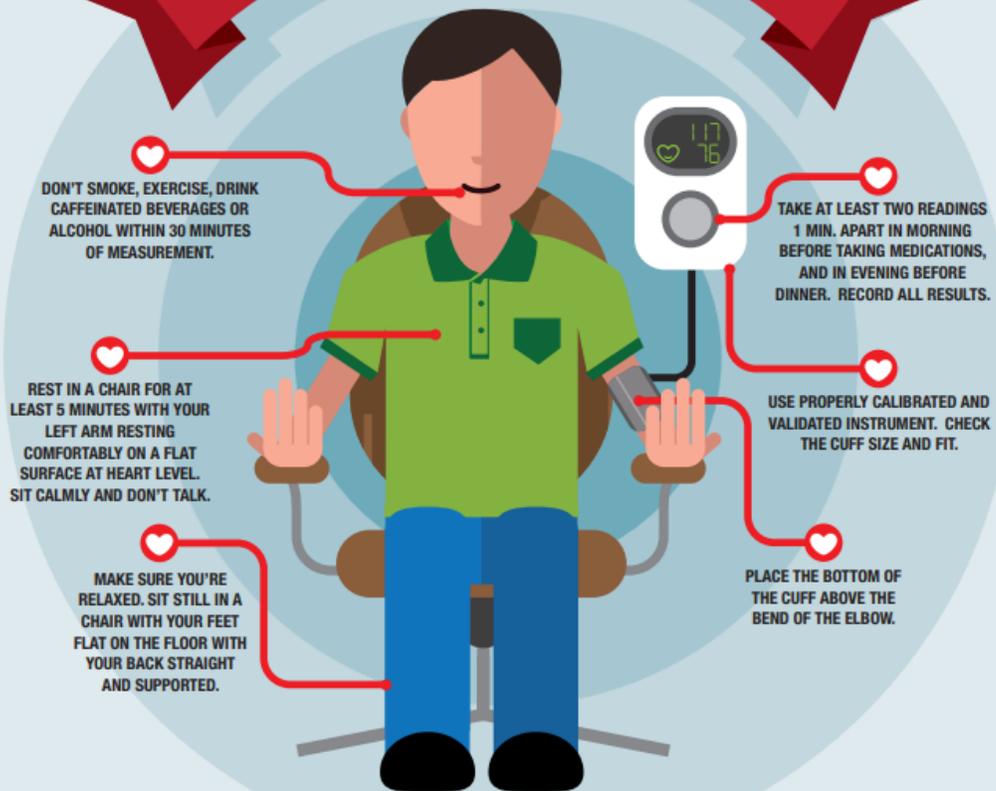
- Carrots - Cinnamon, cloves, marjoram, nutmeg, rosemary, sage
- Corn - Cumin, curry powder, onion, paprika, parsley
- Green beans - Dill, curry powder, lemon juice, marjoram, oregano, tarragon, thyme, Greens Onion, pepper
- Peas - Ginger, marjoram, onion, parsley, sage
- Potatoes - Dill, garlic, onion, paprika, parsley, sage, curry powder, marjoram, nutmeg,
- Squash - rosemary, sage
- Winter squash - Cinnamon, ginger, nutmeg, onion
- Tomatoes - Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper



## (Protein) Meat, Poultry, and Fish

- Beef - Bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme
- Lamb - Curry powder, garlic, rosemary, mint
- Pork - Garlic, onion, sage, pepper, oregano
- Veal - Bay leaf, curry powder, ginger, marjoram, oregano
- Chicken - Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme
- Fish - Curry powder, dill, dry mustard, lemon juice, marjoram, paprika, pepper
- Tofu – Paprika, black pepper, garlic powder, onion powder, cayenne pepper, dried oregano

# BLOOD PRESSURE MEASUREMENT INSTRUCTIONS



**DON'T SMOKE, EXERCISE, DRINK CAFFEINATED BEVERAGES OR ALCOHOL WITHIN 30 MINUTES OF MEASUREMENT.**

**REST IN A CHAIR FOR AT LEAST 5 MINUTES WITH YOUR LEFT ARM RESTING COMFORTABLY ON A FLAT SURFACE AT HEART LEVEL. SIT CALMLY AND DON'T TALK.**

**MAKE SURE YOU'RE RELAXED. SIT STILL IN A CHAIR WITH YOUR FEET FLAT ON THE FLOOR WITH YOUR BACK STRAIGHT AND SUPPORTED.**

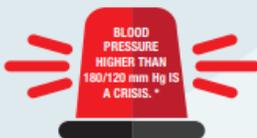
**TAKE AT LEAST TWO READINGS 1 MIN. APART IN MORNING BEFORE TAKING MEDICATIONS, AND IN EVENING BEFORE DINNER. RECORD ALL RESULTS.**

**USE PROPERLY CALIBRATED AND VALIDATED INSTRUMENT. CHECK THE CUFF SIZE AND FIT.**

**PLACE THE BOTTOM OF THE CUFF ABOVE THE BEND OF THE ELBOW.**

## American Heart Association recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



\* Wait a few minutes and take blood pressure again. If it's still high, contact your doctor immediately.

LEARN MORE AT [HEART.ORG/HBP](http://HEART.ORG/HBP)

## Using a wrist cuff to measure blood pressure\* Self-measured blood pressure



\* When an upper arm cuff cannot be used, validated wrist devices can be used for blood pressure estimation.<sup>1</sup>



### Correct forearm position for wrist blood pressure measurement

1. Apply the wrist device
2. Keep elbow on table or desk with forearm bent
3. Place the wrist at heart level
4. Keep arm relaxed and hand resting against your body
5. Measure wrist blood pressure without moving arm from seated position

### Incorrect forearm position<sup>2</sup>



Wrist higher than heart level



Forearm in horizontal position



Forearm vertical and close to the body

# Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

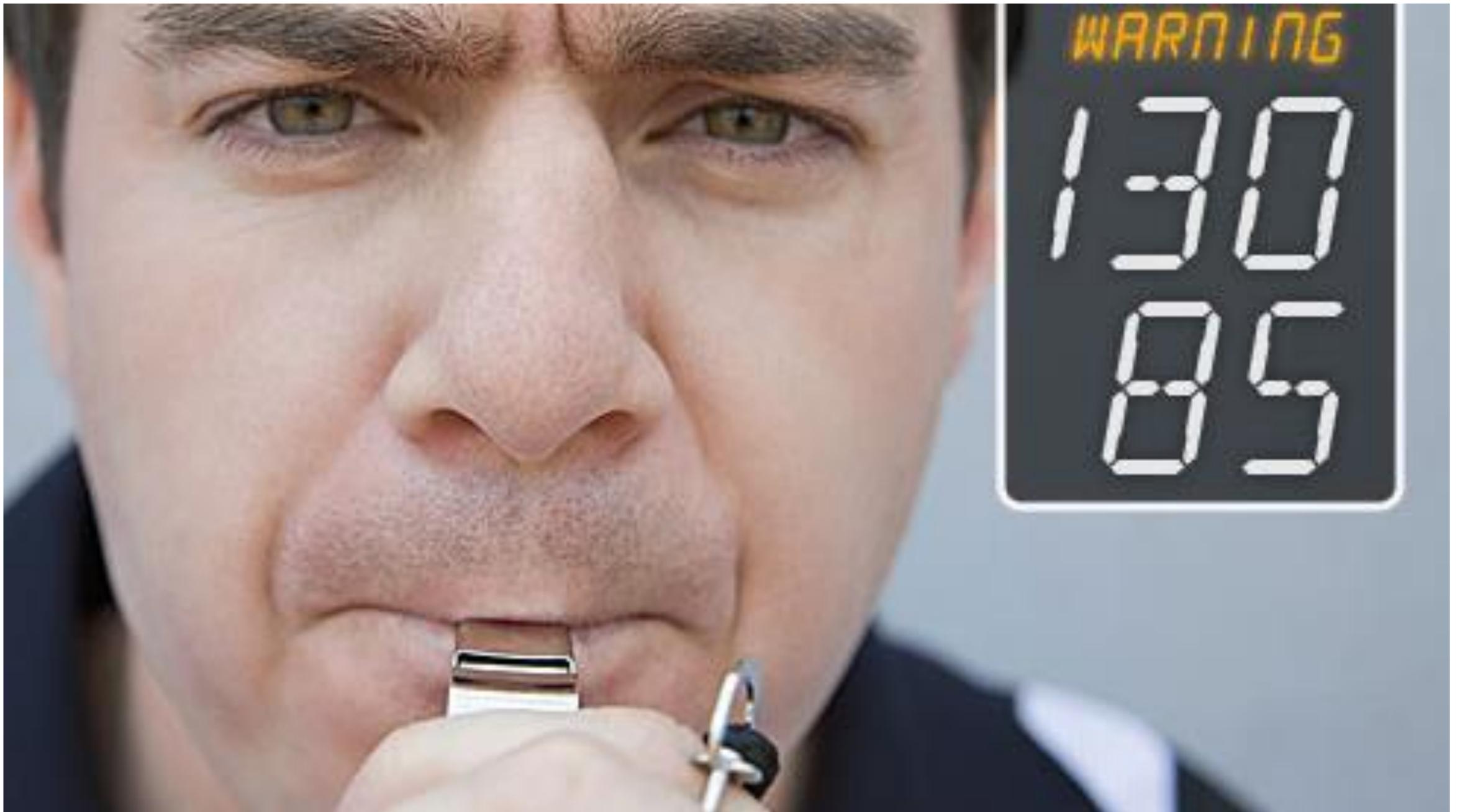
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[heart.org/bplevels](https://heart.org/bplevels)

National Association of Community Health Workers (NACHW)



National Association of Community Health Workers (NACHW)



National Association of Community Health Workers (NACHW)



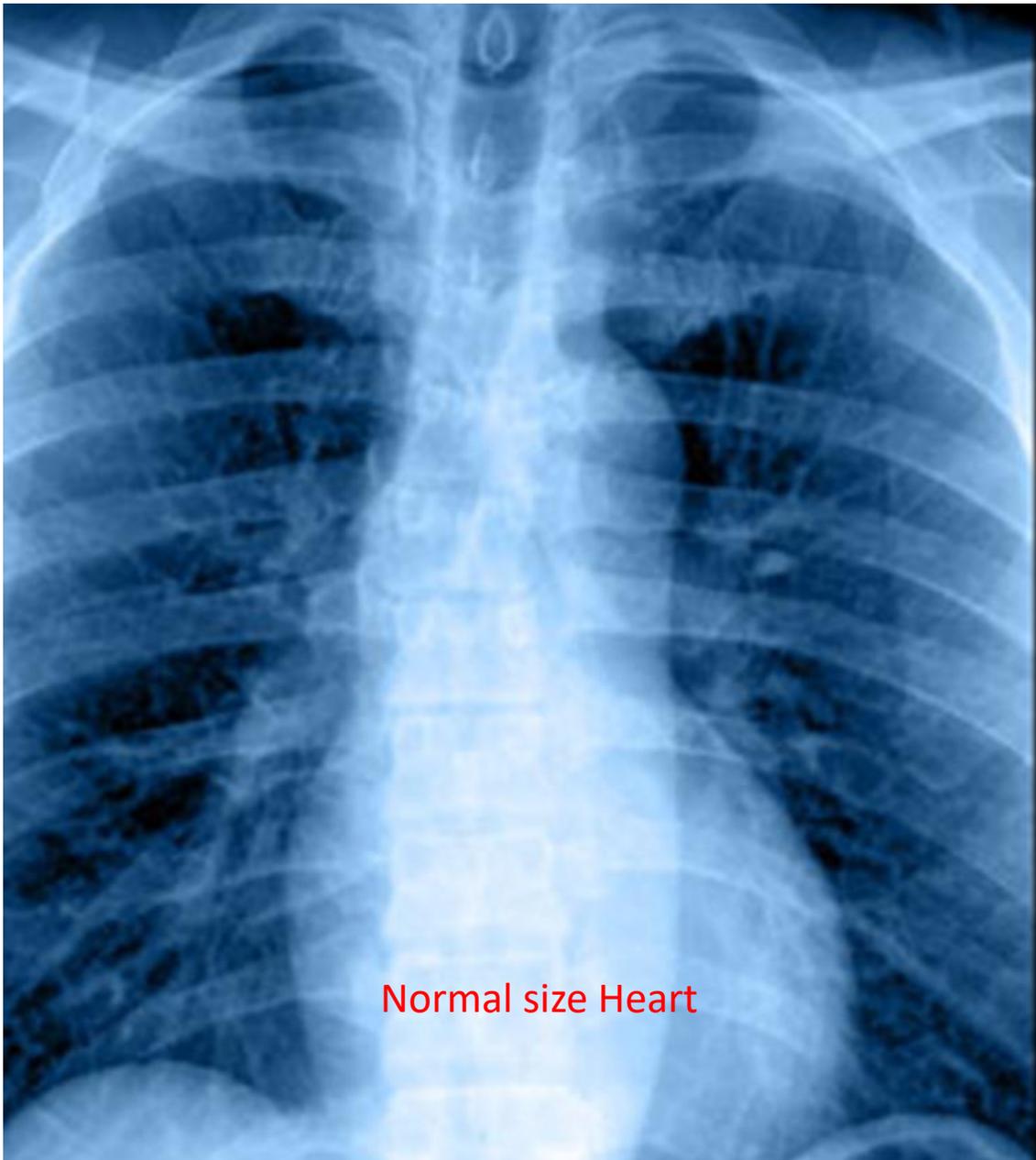
National Association of Community Health Workers (NACHW)

# What Are the Signs of High Blood Pressure?

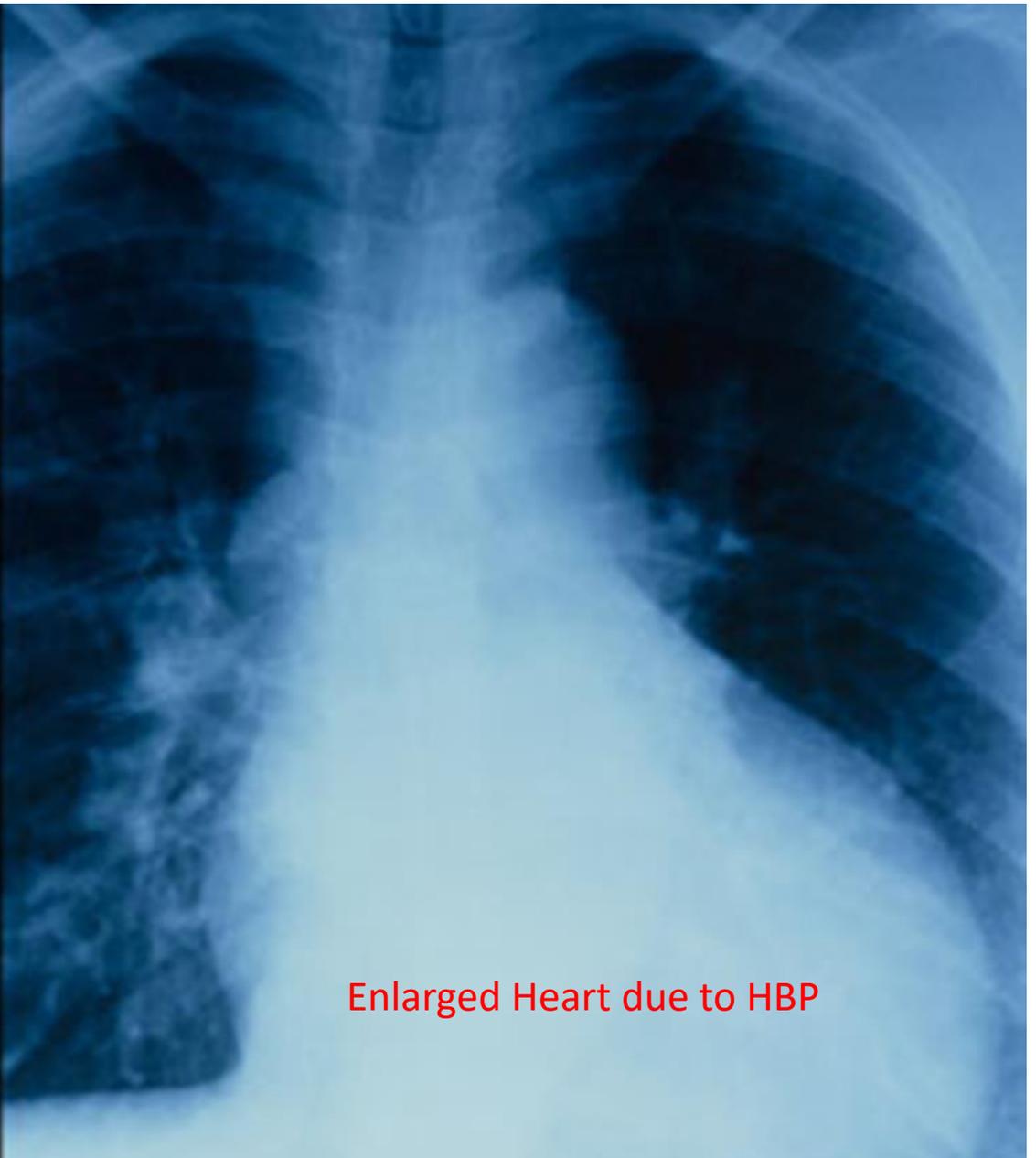
- Tiredness
- Confusion
- Nausea or upset stomach
- Vision problems or trouble seeing
- Nosebleeds
- More than normal sweating
- Headache
- Dizziness
- Skin that is flushed or red, or skin that is pale or white
- Anxiety or nervousness
- Palpitations (strong, fast, or obviously irregular heartbeat)
- Ringing or buzzing in ears
- Impotence

# Why Is High Blood Pressure Harmful?

- High blood pressure causes the heart to **work harder** than normal
- High blood pressure increases the risk of heart attacks, strokes, kidney damage, **eye damage**, heart failure, and atherosclerosis



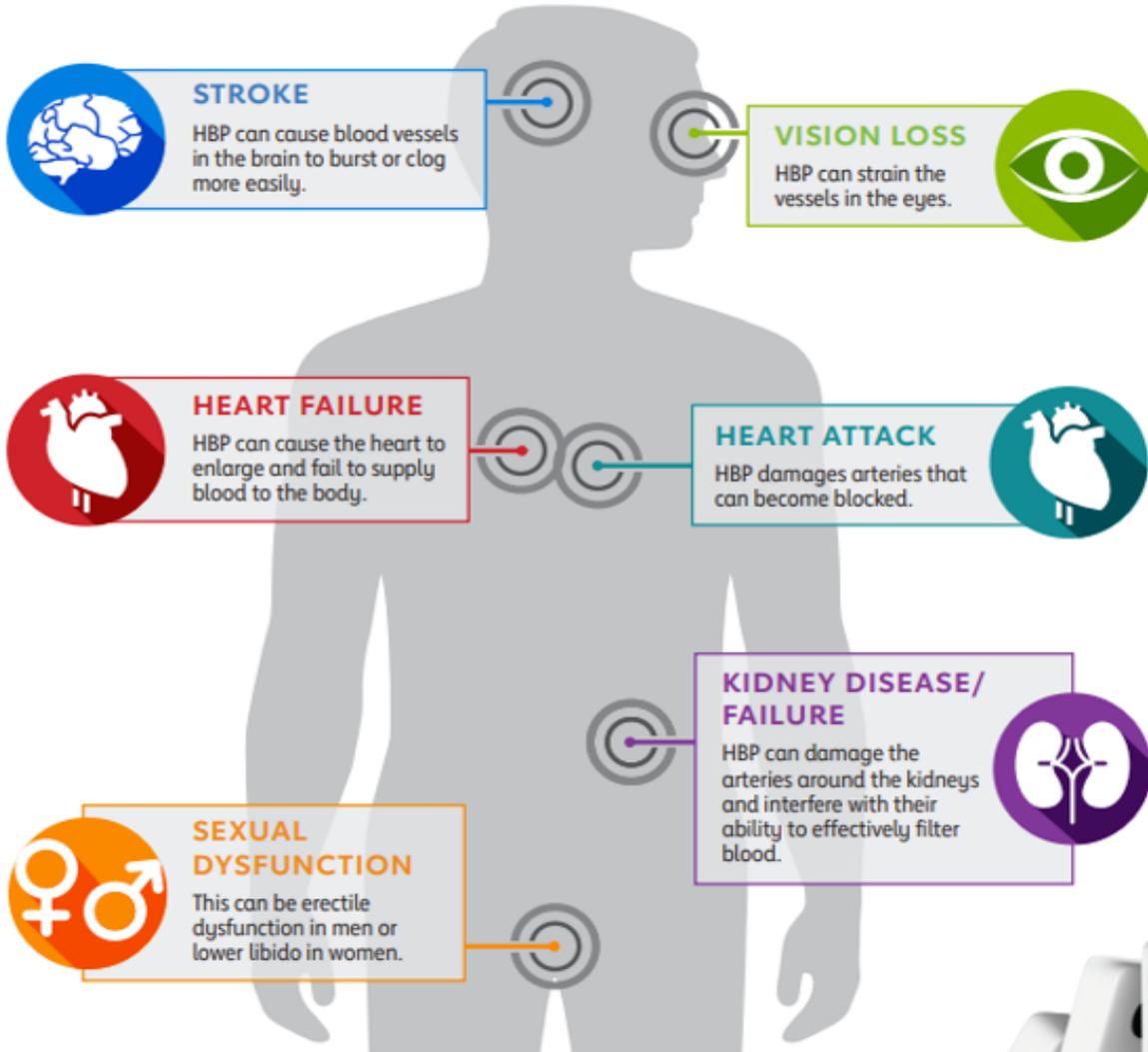
Normal size Heart



Enlarged Heart due to HBP

# Consequences of High Blood Pressure

High blood pressure is often the first domino in a chain or “domino effect” leading to devastating consequences, like:





# High Blood Pressure can be **Prevented,** **Treated,** and **Controlled?**





## Q3

**What are the top and bottom number  
of a blood pressure reading called?  
Click all that applies**

~~Vascular~~

~~Systemic~~

~~Arterial~~

~~Diastolic~~



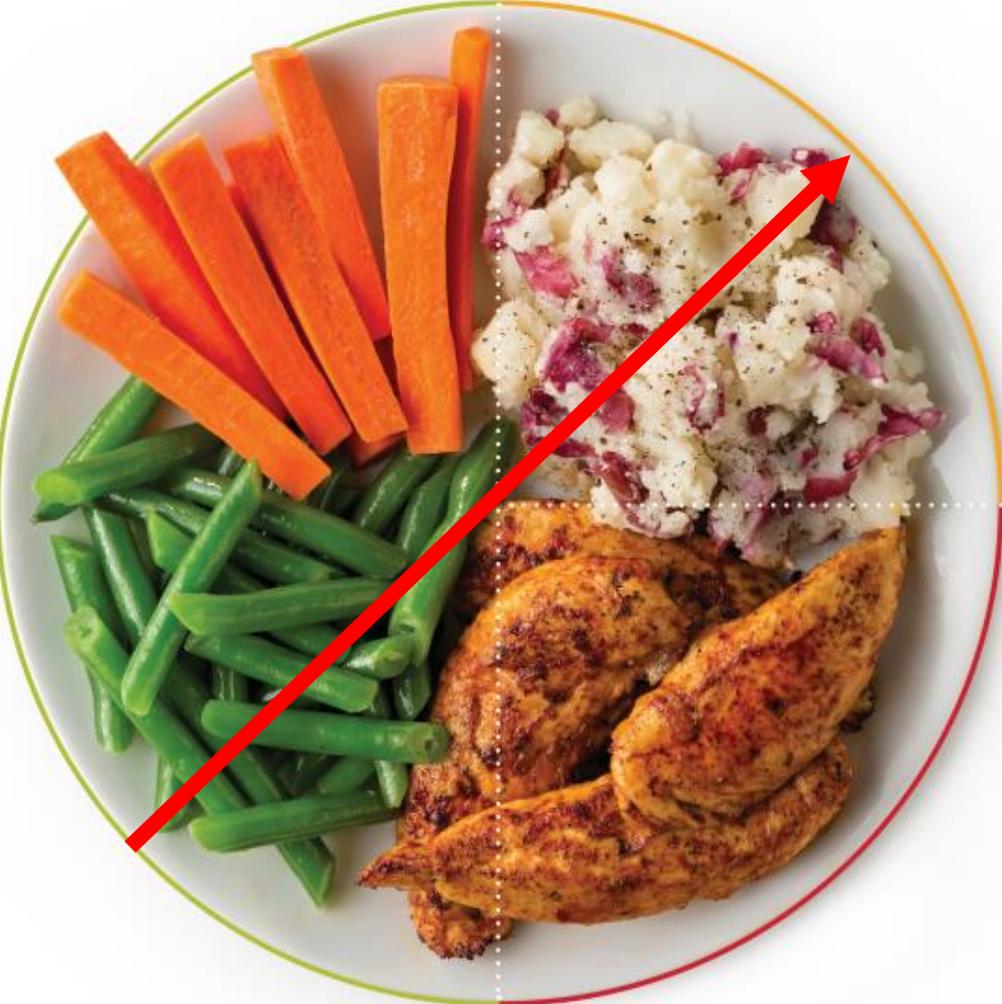
# Plan Your Portions



## What Can I Eat™

NONSTARCHY VEGETABLES

	
Asparagus	Broccoli
	
Brussels sprouts	Cabbage (cole slaw)
	
Cauliflower	Cucumbers
	
Dark leafy greens	Eggplant
	
Mushrooms	Okra
	
Pea pods	Peppers
	
Radishes	Salad greens
	
Tomatoes	Zucchini



Use a smaller plate. This is a 9-inch plate to help guide you.

9 inches

	
Corn	Corn tortilla
	
Fruit	Berries
	
Whole grains	Winter squash
	
Bean, lentils and peas	Milk and yogurt
	
Chicken	Eggs and cheese
	
Fish: salmon, tuna, etc.	Lean beef
	
Nuts	Nut butter
	
Shrimp	Tofu

CARBOHYDRATES

PROTEIN

# Plan Your Portions

Your fist is a handy tool that is always with you. Place your fist on the outline to the right to see how it compares to a measuring cup.

My fist = \_\_\_\_\_ cup(s)

This fist = 1 cup



## Healthy Tip:

Choose low-cost recipes and meals. Recipes with fewer ingredients are often cheaper and quick to make. One place to look for recipes is [www.diabetesfoodhub.org](http://www.diabetesfoodhub.org).

**FATS:** All fats are high in calories, so keep the portion size small (less than 1 tablespoon in most cases).

### EAT Often

Oil-based salad dressing: vinaigrette, oil and vinegar

Oils: canola, olive, sunflower, peanut

Trans fat-free spreads

Avocado, olives, seeds, peanut or almond butter

### Sometimes

Low-fat creamy salad dressing like light ranch

Oils: corn, soybean, safflower, sesame

Mayonnaise

### LIMIT

Full-fat creamy salad dressing like ranch or blue cheese

Butter, lard, coconut oil

Margarine

Cream

# No food label or measuring cups?

½ cup of corn = 15 grams of carbohydrate



Use the front of your clenched fist for ½ a cup

1 Tbsp. jelly = 15 grams of carbohydrate



Top of your thumb for 1 tablespoon



A small fist is about 1 cup



1 cup of pasta = 45 grams of carbohydrate

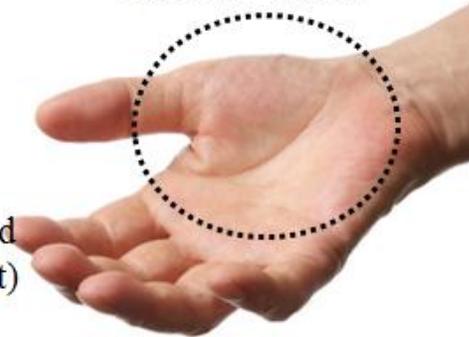
Fingertip for 1 teaspoon (oil)



1 ounce of pretzels = 15 grams of carbohydrate



Use this to portion 1 ounce for snacks



Palm of your hand (3 ounces of meat)



# Protect your eyes

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- Wear sunglasses
- Wear protective eyewear
- Give your eyes a rest
- If you wear contacts, take steps to prevent eye infections

# Get answers to your questions



## Ask the Experts

# Past Recordings

Dial 1-866-686-8240 to hear the latest recording

2022 ▾

## Ask the Experts: Getting Started- Organizing the Diabetes To Do List

[Click for full archive and audio clip highlights](#)

## Ask the Experts: Make the Most of Your Health Care Visits

[Click for full archive and audio clip highlights](#)

## Ask the Experts: Keeping your Heart Healthy-What to do

[Click for full archive and audio clip highlights](#)

## Ask the Experts: What does an eye exam look like?

# Ask the Experts: What does an eye exam look like? February 22, 2022 @ 2:00 PM EST

## MEDIA

### Video



### Full Event

# Living with Type 2 Diabetes Program Support to help you thrive

The Easiest Form of Exercise to Help Manage Your Diabetes > Inbox x

 American Diabetes Association <reply@email.diabetes.org>  
to me ▾

8:33 AM (27 minutes ago) ☆

How walking can help your health, what to do about high blood pressure, and quick meal ideas.

[View in browser](#)



Healthy Living for Life.

**Enroll Today!**

## Spring Into Action

Spring is here, and it's a perfect time to get moving. If you've never been physically active or have been sedentary for a while, it's important to start slowly. Walking is one of the easiest activities to start with, most people with diabetes can do it, and there are so many health benefits!

[Why Walk](#)



[En Espanol](#)

**To sign up by phone, call 1-800-DIABETES (800-342-2383).**



## Managing High Blood Pressure with Diabetes

Two out of three people with diabetes report having high blood pressure or take prescription blood pressure

# Resources

- [Eye Health | ADA \(diabetes.org\)](#)
  - [Risk Test | ADA \(diabetes.org\)](#)
  - [Diabetes and High Blood Pressure | ADA](#)
  - [ADA's Ask the Experts | Know Diabetes by Heart™](#)
  - [Recipes & Nutrition | ADA \(diabetes.org\)](#)
  - [Living With Type 2 Diabetes Program | ADA](#)
  - [What is the Diabetes Plate Method? \(diabetesfoodhub.org\)](#)
- [NACHW – National Association of Community Health Workers](#)
- [Exercise Can Slow or Prevent Vision Loss, Study Finds | National Eye Institute \(nih.gov\)](#)
- [Healthy Vision | National Eye Institute \(nih.gov\)](#)
- [High Blood Pressure | American Heart Association](#)
- [Burden of Vision Loss | CDC](#)
- [National Diabetes Statistics Report | Diabetes | CDC](#)

A B C D E F G H I J K L M N O P Q R S T

Eat me as part of your healthy living routine

  T O M A T O      

A B C D E F G H I J  
K L M N O P Q R S T

Make Your Vision a Health Priority.

Thank you