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In each issue of **Diabetes Resources** we provide information about management of diabetes for health care providers.

Our publications support the **New Mexico Diabetes Practice Guideline** by providing specific tools and resources for providers to help reduce the complications associated with diabetes. The **ABCs of diabetes** is a reminder to test patients 2 to 4 times per year for **A1C**, check **Blood pressure** at each visit and test **Cholesterol levels** annually. The **Diabetes Resources** address other clinical recommendations. Dilated eye exam, foot exam and kidney disease screening as well as nutrition and physical activities are additional covered topics.

In support of the **New Mexico Diabetes Practice Guideline 2006**, please see the reverse side of **Diabetes Resources** for tools and resources that can help in your efforts to provide education and support to your patients with diabetes.

Check [www.nmtod.com](http://www.nmtod.com) for organizations that have graciously provided funding for **Diabetes Resources**.

New Mexico Health Care Takes On Diabetes is a broad coalition of New Mexico's diabetes care professionals, New Mexico Health Plans, the New Mexico Department of Health, and the New Mexico Medical Review Association, with technical and administrative support from the American Diabetes Association.

# Diabetes Resources

## Practical Information for New Mexico Health Care Professionals



A quarterly publication for clinicians caring for people with diabetes - Vol. 7 No. 9, 2006

## Step by Step: Motivating Patients To Be Physically Active and Attain Healthy Weight

### The Issue:

While a review of the current literature contains numerous publications about the effects of weight loss and exercise as measures in the prevention of type 2 diabetes mellitus, there are fewer studies exploring these measures in people with the disease itself. The literature has shown that lifestyle interventions can result in significant improvements in metabolic and clinical variables in some people with persistent impaired glucose tolerance and type 2 diabetes. A Finnish study concluded that type 2 diabetes is preventable with altered diet and exercise, and a program of high-intensity progressive resistance training and moderate weight loss improved glycemic control and body composition in older subjects. While exercise should be combined with proper diet, we will not discuss dietary recommendations in this issue. The trick for practitioners is to find the time to discuss exercise in detail and get the patient to set some reasonable goals. In addition, a follow-up office visit within a few weeks is very important. Since regular exercise can affect blood glucose levels significantly, adjustment of glucose lowering agents may be necessary to avoid hypoglycemia.

### Questions to Assess Patient Readiness and Motivation To Lose Weight:

- ❖ What are your goals concerning weight and exercise? Do these seem realistic to you? What behavioral changes are you ready to make right now? (e.g., give up smoking, start an exercise program, change my eating habits)
- ❖ Are there any behaviors you do not feel ready to work on right now?
- ❖ Have you tried making lifestyle changes before? What has kept you from succeeding in the past?
- ❖ Taking into consideration other factors in your life right now, is this a good time to make a serious lifestyle change?
- ❖ What is preventing you from exercising? (e.g., unsafe neighborhood, cost, access, support system)
- ❖ Can you set a specific date when you will be ready to begin?
- ❖ Are you able to devote time each day (e.g., 15-30 min) toward planning and achieving your goals?
- ❖ What do you need or want from others to help you succeed? (e.g., support from family and friends, enrollment in an exercise class, transportation to and from Weight Watchers meetings, help with menu planning)
- ❖ Do you feel comfortable asking for help? Do you know whom to ask?
- ❖ What are you willing to do right now? Let's discuss the specific behaviors you are going to address first (make notes in patient chart).
- ❖ How confident are you, on a scale of 1-10, that you will be able to meet each of these goals?
- ❖ How can I help you with this? (Provide referrals to other specialists as indicated.)
- ❖ Just in case it's needed, what kind of back-up plan can we develop if your plans are not working as well as we hoped?

Bartlett, S. PhD., *Motivating Patients Toward Weight Loss, Practical Strategies for Addressing Overweight and Obesity, The Physician and Sportsmedicine* - vol. 31, no. 11, November 2003

## Resources for Clinicians

The following resources are FREE and can be downloaded from the New Mexico Health Care Takes On Diabetes website at [www.nmtod.com](http://www.nmtod.com). For further information contact Charm Lindblad, Executive Director, at 505.796.9121 or toll-free 1.866.796.9121.

**New Mexico on the Move**—New Mexico on the Move is a state affiliate of the national program, America on the Move. This coalition has a goal of getting 2% of the state's population to participate in the program. It is a web-based physical activity and healthy eating challenge. One can log on and access the entire site <http://www.newmexicoonthemove.org>.

New Mexico on the Move accomplishes the following:

- ❖ Encourages people to do a 6-week Challenge. A short-term commitment is good for beginners.
- ❖ Suggests increasing daily steps by 2000, decreasing daily calories by 100 to improve health and stop weight gain.
- ❖ Encourages goal setting, record keeping, groups, and using a pedometer for instant feedback - all proven strategies for exercise adherence.
- ❖ Incorporates activity and healthy eating for "energy balance" concept.
- ❖ Stresses small steps, starting from where you are and increasing activity gradually.
- ❖ Provides concrete tips to increase activity and decrease food consumption.
- ❖ Participants can log on to a New Mexico specific web site, which can be a further motivation.

### References about How to Motivate Behavior Change—

- ❖ Sarkin JA, Johnson SS, Prochaska JO, Prochaska JM. Applying the transtheoretical model to regular moderate exercise in an overweight population: Validation of a stages of change measure. *Preventive Medicine*. 2001;33:462-9.
- ❖ Ruggiero L. Helping People With Diabetes Change Behavior: From Theory to Practice. *Diabetes Spectrum*. 2000;13(3):125.
- ❖ Prochaska JO, Norcross JC, DiClemente CC. Changing for good. New York: William Morrow and Co., Inc. 1994.
- ❖ Anderson JW, Kendall CWC, Jenkins DJA. Importance of Weight Management in Type 2 Diabetes: Review with Meta-analysis of Clinical Studies. *Journal of the American College of Nutrition*, 2003;22 (5):3319.

### References for Additional Information about Diabetes and Exercise—

- ❖ Bartlett S. Motivating Patients Toward Weight Loss, Practical Strategies for Addressing Overweight and Obesity. *The Physician and Sportsmedicine*, 2003;31(11).
- ❖ Cuff DJ, et al. Effective exercise modality to reduce insulin resistance in women with type 2 diabetes. *Diabetes Care*, 2003;26(11):2977-82.
- ❖ Dunstan DW, et al. High-intensity resistance training improves glycemic control in older patients with type 2 diabetes. *Diabetes Care*, 2002;25(10):1729-36.
- ❖ Bourn DM, et al. Impaired glucose tolerance and NIDDM: does a lifestyle intervention program have an effect? *Diabetes Care*, 1994;17(11):1311-9.
- ❖ Tuomilehto J, et al. *N Eng J Med*. 2001 May 3;344(18):1343-50.

**Tips To Encourage People To Start Exercising**—This resource page offers conventional and unconventional tips and resources to encourage you or your patient to start exercising and keep moving. *Tips To Encourage People To Start Exercising* is available at [www.nmtod.com](http://www.nmtod.com).

**Websites**—The editorial committee has identified a select number of websites about nutrition that you may find important:

- ❖ National Diabetes Education Program: [www.ndep.nih.gov](http://www.ndep.nih.gov)
- ❖ American Diabetes Association: [www.diabetes.org](http://www.diabetes.org)
- ❖ National Institutes of Health: [www.diabetes.niddk.nih.gov/health/diabetes/diabetes.htm](http://www.diabetes.niddk.nih.gov/health/diabetes/diabetes.htm)
- ❖ American Heart Association, Heart of Diabetes Program: [www.americanheart.org/diabetes](http://www.americanheart.org/diabetes)
- ❖ NM Department of Health, Diabetes Prevention and Control Program: [www.diabetesnm.org](http://www.diabetesnm.org)
- ❖ Information about exercise - County Extension Offices: [www.diabetesnm.org](http://www.diabetesnm.org)
- ❖ Find a dietitian near you through the American Dietetic Association - [www.eatright.com](http://www.eatright.com)
- ❖ Additional web site resources and information about diabetes and exercise are listed separately.

These websites may be accessed directly or through the New Mexico Health Care Takes On Diabetes website\* [www.nmtod.com](http://www.nmtod.com)

\*Please note that these websites do not necessarily represent the views of New Mexico Health Care Takes On Diabetes. They are listed for your reference and convenience. NMHCTOD does not evaluate websites for content accuracy or application to any clinical situation.

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