



Type 2 Diabetes & NIDDM - Policy & Procedure

Policy:

The Keep Canada Slim program for clients with Type 2 diabetes (also known as Non-Insulin-Dependent Diabetes Mellitus – NIDDM) focuses on teaching people to balance their intake of calories during the course of the day, while improving the quality of their food choices. Additional focus is given to teaching better carbohydrate choices. The combination of these strategies is designed to moderate serum glucose level spikes and contribute to the successful management of this disease.

There are two main types of diabetes. Type 1 diabetes, usually diagnosed in children and adolescents, occurs when the pancreas is unable to produce insulin. Approximately 10 per cent of people with diabetes have Type 1 diabetes.

Type 2 or NIDDM diabetes occurs when the pancreas does not produce enough insulin or when the body does not effectively use the insulin that is produced. Type 2 diabetes usually develops in adulthood, although increasing numbers of children in high-risk populations are being diagnosed. Type 2 diabetics respond most favourably to weight control programs, and borderline cases can often be controlled through diet alone.

Controlling future weight gain and reducing weight among those that are overweight is an essential strategy in preventing future diseases related to diabetes, including heart disease, eye disease and renal failure. Effective weight control can often prevent NIDDM from becoming insulin-dependent.

In addition the Keep Canada Slim program can play a significant role in preventing the onset of the diabetes in those who exhibit pre-diabetic conditions. Studies show that being overweight is a leading contributor to the development of diabetes.

Procedure:

The Keep Canada Slim program is slightly more stringent than the dietary recommendations of the **Canadian Diabetic Association (CDA)** diet as listed in the **CDA Clinical Practice Guidelines**. Specifically we educate patients on the benefits of:

1. Reducing fat to less than 20% of the total calories consumed
2. Dividing their day's intake into evenly balanced meals of 3-400 calories
3. Increasing the intake of complex carbohydrates which contain fibre
4. Avoiding saturated and hydrogenated fats
5. Increasing the intake of monounsaturated fats such as olive oil, canola or peanut oils
6. Increasing the intake of Omega 3 fats (from tuna, salmon, almonds, walnuts and flax seed)

Additionally we provide clients with a list of foods based on their Glycemic Index (GI) and Glycemic Load (GL). These charts measure the insulin response generated by carbohydrates, and are an important tool for diabetics. Foods that score lower on the GI and GL can significantly reduce insulin challenges.

Keep Canada Slim also offers optional supplement programs that feature key nutrients which help improve insulin sensitivity. A second supplement option can also lower cortisol levels, an important step in reducing stress, which can help diabetics better manage their disease. *Note: patients who use the supplement package should be instructed to monitor blood sugar levels closely for the first 30 days, since it contains chromium, which is known to have a beneficial effect on blood sugar levels.*

Sources: *Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management, Canadian Diabetic Association; Carbohydrate Counting, Sharon Zeiler, MBA, RD, June 2006, original article by Bev Madrick RD, CDE at the Regional Diabetes Centre, Colonel Belcher Hospital, Calgary, AB.; Sweet Choices, Claire Cronier MSc, RD, Kingston, Ontario; The Benefits of Eating Fibre, June V. Engel PhD., Editor-in-chief, Health News, University of Toronto Faculty of Medicine.*