

DIABETES

SELF-MANAGEMENT

March / April 2009

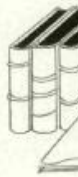


DIABETES RESOURCES

WEIGHT LOSS INFORMATION AND SUPPORT

Weight management is a constant struggle for many people with diabetes. According to the National Institutes of Health, more than 85% of people with Type 2 diabetes are overweight. While the exact relationship between overweight and Type 2 diabetes is not known, there is ample evidence that losing at least some excess weight tends to help with diabetes control. For people with either Type 1 or Type 2 diabetes, losing weight may result in more efficient use of insulin—either the body's own or injected—and possibly reduce the need for other drugs. In addition, for overweight people at risk of developing Type 2 diabetes, the Diabetes Prevention Program study found that losing 5% to 7% of body weight and doing moderate exercise for 30 minutes, 5 days a week, could prevent or delay its onset.

Losing weight is, of course, difficult. Due to the variety of factors that contribute to overweight—including food choices, physical activity, emotions associated with food, and genes—a single approach to weight loss does not work for everyone. However, experts—including people who have lost weight and managed to keep it off—agree that plans with an emphasis on long-term, healthy, sustainable weight loss are more likely to succeed than those that aim for fast, dramatic weight loss. The following resources offer a variety of tools for developing your own, personalized plan for losing excess weight and keeping it off.



ULTIMATE FAT GRAM
Lea Ann Ho
McGraw-Hill
New York, 3
This book, a
who writes a
"Supermark
nutrition fa
common fo
anyone tryi
lower in cal
dritic. Lasti
items as we
chain resta
EAT, DRINK
Mollie Katz
M.D.
Hyperion
New York, 2
Covritten b
ous cookbo
inal *Moozo*
chair of th
Public Hea
Nutrition, 1
vide a sciet
gram for w
a wide varie
gram emph
able shifts in

foods with a lower energy density, the author suggests, the reader can consume fewer calories while still eating the same volume of food. The book includes charts to track food intake and recipes that can be incorporated into the plan.



Web sites emphasizing diet

SMART CALORIE
www.smartcalorie.com
This Web site, developed by a doctor, offers free software programs that can be used to track caloric intake and pounds lost. These programs include a calorie diary, which automatically accesses a database of nutrition information when the user enters a food (it also has an activity log that calculates calories burned); a recipe diary, which tallies the nutrients in recipe ingredients; and a body-fat calculator. Each software program requires Microsoft Excel to operate.

DIETWATCH
www.dietwatch.com
Members of this Web site can keep track of exercise and daily caloric balance, as well as plan out meals and exercise programs online. The site can be used to generate specific meal plans that are low in carbohydrate, conform to the Mediterranean diet, are vegetarian, or that follow no particular eating pattern. Membership costs \$2.99 per week or \$77 per year. For an additional cost, members can also access articles or take a 12-week online course on overcoming emotional overeating.

NUTRITIONDATA
www.nutritiondata.com
This site provides nutrient information for nearly every food imaginable. In addition, there are articles on weight loss, heart health, and diabetes control, as well as recipes and a blog on nutrition.

CALORIEKING
www.calorieking.com
This Web site has a free nutrient database as well as an online, paid membership area. Members can access a personalized online plan for meals and exercise, articles on weight control, and an online discussion community. Software available for download includes a nutrition and exercise manager, a diet diary, and a diabetes log. The site contents were reviewed by the Joslin Diabetes Center. Membership costs \$9 per month or \$75 per year.

MYFOODDIARY.COM
www.myfooddiary.com
This site features an online food diary that is linked to a nutrition database, as well as an exercise log and a forum for discussion. Members can create charts and reports of such information as calories burned through exercise and projected weight loss. Membership costs \$9 per month.

Other Web resources

CLUBPED
www.diabetes.org/ClubPed
This portion of the American Diabetes Association Web site allows members to log how much they walk, based on pedometer readings. When walking goals are met, the site administers virtual rewards in one of two rewards programs ("Evolving Story" or "Virtual Dog"). Message boards enable members to share information and stay connected. Membership is free, and a pedometer with the book *Small Steps, Big Rewards* is available for purchase for \$19.95.

CALORIEKING

www.calorieking.com

This Web site has a free nutrient database as well as an online, paid membership area. Members can access a personalized online plan for meals and exercise, articles on weight control, and an online discussion community. Software available for download includes a nutrition and exercise manager, a diet diary, and a diabetes log. The site contents were reviewed by the Joslin Diabetes Center. Membership costs \$9 per month or \$75 per year.

...this year, has lost 20 pounds, and aspires to lose another 40.

NATIONAL WEIGHT CONTROL REGISTRY

www.nwcr.org
This site, founded by medical researchers, both collects information from successful weight losers for research purposes and shares research findings with the public so that would-be weight losers can learn from the experiences of others. The site counts over 5,000 members who have lost at least 30 pounds and maintained 30 pounds of weight loss for a year or longer. Anyone who meets these standards can join; names are kept confidential, and members are periodically asked to complete questionnaires on their thoughts and behaviors related to weight. Most findings are on the site in both original form and a reader-friendly format.