

Types of Diabetes

Pre-diabetes: The blood sugar level is abnormally high but not high enough to be considered diabetes

Type 1: The pancreas can not make insulin, therefore, the blood glucose can't enter the cells to be used as energy

Type 2: Either the pancreas cannot make enough insulin or cannot effectively use the insulin it produces

Gestational: The body cannot make enough insulin during pregnancy

Type 2 Diabetes

Most common diabetes diagnosis, about 90-95% of people with diabetes have Type 2.

Quick Facts:

- Usually diagnosed in adults
- Can be prevented or delayed with healthy lifestyle changes
 - Nutritious diet
 - Physical activity
 - Losing weight

Hemoglobin A1c (HbA1c) Values

Interpretation	A1c Level
Normal Level	Less than 5.7
Prediabetes	5.7-6.4
Diabetes	6.5 and above

Long COVID Symptoms

- **Fatigue**
- **Tachycardia:** a condition that makes your heart beat more than 100 times per minute
- **Microvascular dysfunction:** a type of non-obstructive coronary artery disease that causes the small blood vessels feeding the heart muscle to not work as they should
- **Brain Fog:** trouble concentrating or thinking

Take Home Points

- **Periodic screenings at PCP for diabetes**
- **Practice healthy habits → Nutritious eating**
- **Utilize Nutritional Resources**
 - Market Match
 - Local food pantries
- **Sign up for Diabetes Self-Management Education Support Course**



Impact of Produce Prescriptions on Diet, Food Security, and Cardiometabolic Health Outcomes: A Multisite Evaluation of 9 Produce Prescription Programs in the United States

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BACKGROUND:

Produce prescriptions may improve cardiometabolic health by increasing fruit and vegetable (F&V) consumption and food insecurity yet impacts on clinical outcomes and health status have not been evaluated in large, multisite evaluations.

CONCLUSIONS:

In this large, multisite evaluation, produce prescriptions were associated with significant improvements in F&V intake, food security, and health status for adults and children, and clinically relevant improvements in glycated hemoglobin, blood pressure, and BMI for adults with poor cardiometabolic health.



ELSEVIER

High prevalence of post COVID-19 fatigue in patients with type 2 diabetes: A case-control study

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Highlights

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- We compared patients with T2D who had COVID-19 infection, and matched T2D patients who did not suffer from COVID-19 infection.
- Patient with T2D who had COVID-19 infection had significantly more fatigue, weight loss and reduced exercise capacity, but showed preserved handgrip strength.
- Patients with T2D and COVID-19 having higher fatigue had loss of weight, high inflammatory markers and reduced handgrip strength.