

DIABETES

OPTIMISING HEALTH AND SECONDARY PREVENTION

South Africa has a moderate to high increasing prevalence of Type 2 Diabetes with a large number of undiagnosed individuals. The increased prevalence is also due to urbanisation, lack of physical activity and increasing obesity. The number of overweight children has more than doubled the past two decades. Uncontrolled diabetes result in increased cardiovascular mortality rates.

Dietitians do prevention through individualised patient management of modifiable risk factors that include:

- **Healthy dietary intake for glucose control and dyslipidaemia** that include a balanced intake (of carbohydrates, protein and fat) with a reduced total energy intake and increased fiber. Provide tools to improve portion distribution by methods such as carbohydrate counting and plate models. Dietitians consider an individual by addressing dietary adaptations for sport/ training, cultural events, socio-economic status or changes in life cycle such as pregnancy.
- Guidance to use **medication** correctly - oral agents and/or insulin
- **Weight management** through guiding healthy weight loss and maintenance of more than 5% body weight of overweight and obese individuals
- Increased moderate **physical activity** for more than 150 minutes per week.

JEMDSA 2017 Guidelines for the Management of Type 2 Diabetes. JEMDSA. 2017; 22(1): S1-196.



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