



# Women's Health and Diabetes

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# Land acknowledgment

## Inclusion statement

While the topic is about women and diabetes, this presentation aims to be inclusive of all gender diverse people.

# Diabetes and Social Determinants of

## Social and economic influences on health

Many factors have an influence on health. In addition to our individual genetics and lifestyle choices, where we are born, grow, live, work and age also have an important influence on our health.


**Determinants of health** are the broad range of personal, social, economic and environmental factors that determine individual and population health. The main determinants of health include:

1. Income and social status
2. Employment and working conditions
3. Education and literacy
4. Childhood experiences
5. Physical environments
6. Social supports and coping skills
7. Healthy behaviours
8. Access to health services
9. Biology and genetic endowment
10. Gender
11. Culture
12. Race / Racism

**Social determinants of health** refer to a specific group of social and economic factors within the broader determinants of health. These relate to an individual's place in society, such as income, education or employment. Experiences of discrimination, racism and historical trauma are important social determinants of health for certain groups such as Indigenous Peoples, LGBTQ and Black Canadians.

## For Diabetes

- Social Economic Status
- Neighborhood and Physical Environment
- Food Environment
- Health Care
- Social Context



# What we eat matters from birth onwards

- Infancy – human milk and then introduction to family meals starting at 6 months
- Toddlers and preschoolers
- School age to young adulthood

Involve children throughout this time and provide opportunities for them to learn about and enjoy the food they eat.

This sets the foundation for good health that lasts their entire lifetime



# Infant Feeding

- Breast/chest feeding – provide the first microbiome
- Sets the microbiome for life
- Sets the immune system for life
- Sets the digestive system for life

*. . . political and emotionally charged topic and it is the lack of skills and knowledge among health care providers along with a lack of support that makes this very challenging for a new parent. This is one of the biggest health care system failures that needs urgent attention.*





# Family Meals

As children grow and develop from toddlers through to young adulthood:

- Enjoy meals together – at least one meal per day
- Provide age-appropriate life skills on purchasing, preparing, and storing food; this will set the foundation for good health that lasts the entire lifetime
- Minimize highly processed foods
- Provide a sense of belonging and social and emotional connection
- Protection from engaging in high-risk behaviours



Adults . . . Rest of your life



Exactly what is healthy  
eating?

MENU

Home > Health > Food and nutrition

Canada's food guide

Newsletter

Food guide snapshot

Recipes and cooking skills

Tips for healthy eating

Resources

### Eat a variety of healthy foods each day

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice



Choose whole grain foods

Item 1 of 3

Play

### Explore Canada's food guide



Healthy eating recommendations



Food guide snapshot - Other languages



Canada's Dietary Guidelines

### Recipes from the kitchen



Za'atar chicken wheat pan dinner



Whole wheat flour tortillas



Apple nachos with peanut butter caramel sauce

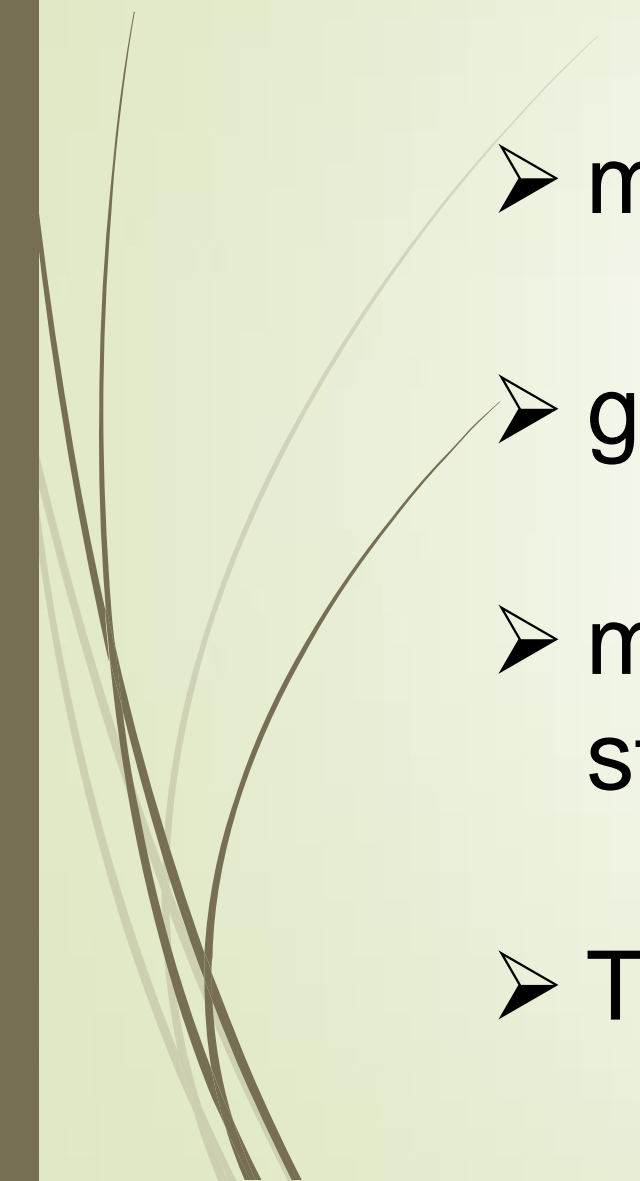


Subscribe to get the latest healthy eating updates.

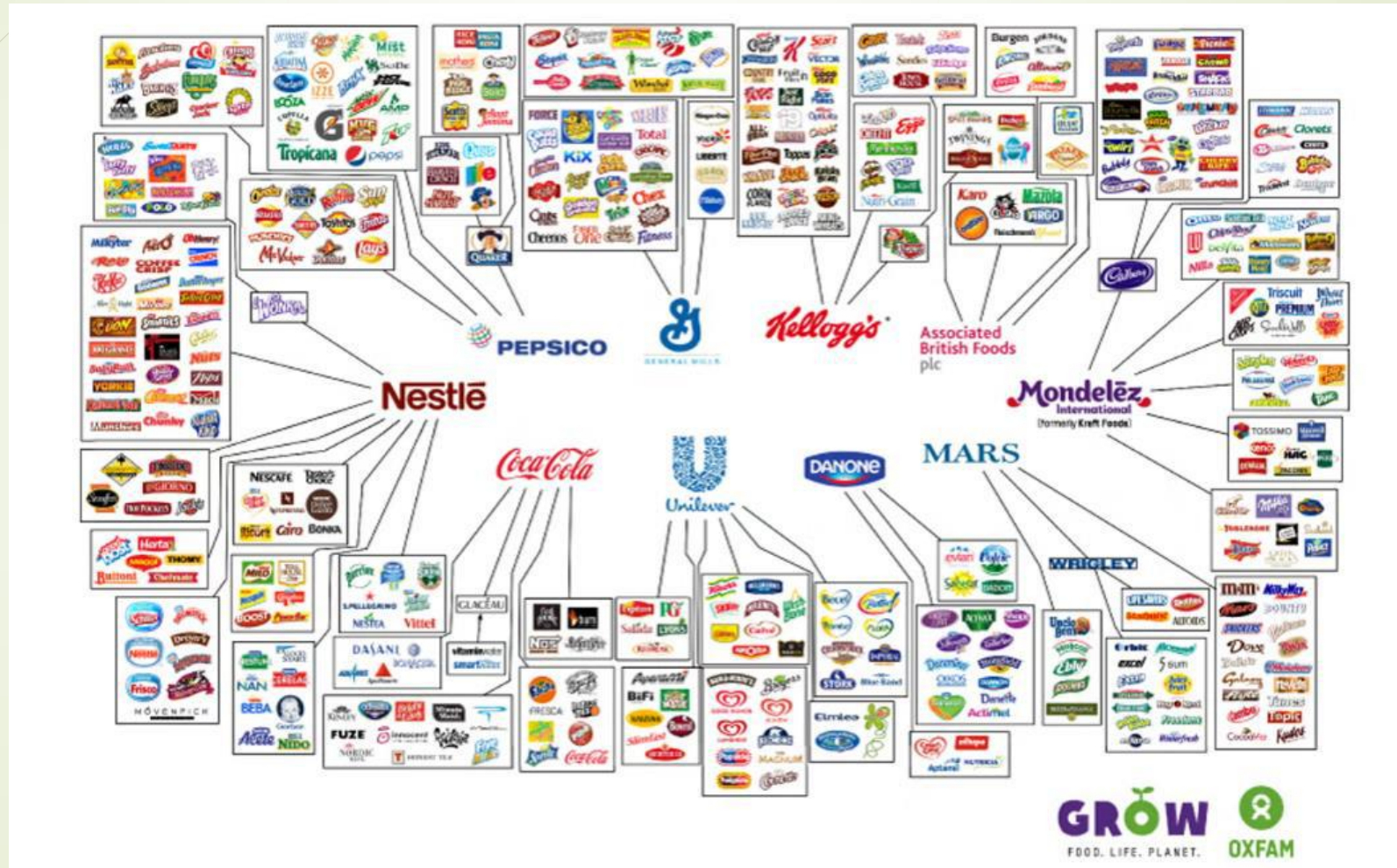
Sign up now



# Who is in control?

- make your own food
  - grow some . . . if you can
  - meal planning, purchasing, preparing, storing
  - True cost of healthy eating
- 

# Corporations – 10 companies





. . . and the many, many eating establishments



# How to take back (some) control



Many, many online resources and  
Apps

Or old-fashioned way . . . on  
paper

Home > MenuPlanner

## Meal Plan

Use this menu planning tool to create customized meal plans.



Diabetes Menu Plan



Plan Your Own Menu



Sample Meal Plan for your Toddler



Sample Meal Plan for your Preschooler



Recipes



- 1 Choose a Goal
- 2 Review Your Menu Plan
- 3 View Shopping List
- 4 Download & Print



## 1 Choose a Goal

Create your menu plan by choosing your goals. For best results, choose no more than two goals.



### Vegetarian

These recipes include eggs and dairy.

Choose this Goal



### Gluten Free

Healthy recipes without gluten

Choose this Goal



### Nut free

These recipes do not contain peanuts or tree nuts

Choose this Goal



### Budget Friendly

Recipes using less expensive ingredients.

Choose this Goal



### Dairy Free

These recipes do not contain any dairy products.

Choose this Goal



### Kid Approved

Award winning recipes by kids.

Choose this Goal



### Find a Dietitian

Dietitians are passionate about the potential of food to enhance lives and improve health. Search by location or keyword to find a dietitian in your area.

[Menu Planner Help →](#)

# Activity: Daily Meal and Snack Planner

## Instructions

1. **Plan:** In the chart below, write what you will eat and drink at meals and snacks. Include the time of day and where you will eat.
2. **Purchase, Prepare, and Pack:** Answer each question below to help make your plan happen. Use the back of this page if you need more space.

### Plan:

Date: \_\_\_\_\_

|           | Breakfast | Lunch | Supper | Snack |
|-----------|-----------|-------|--------|-------|
| Time:     |           |       |        |       |
| Location: |           |       |        |       |
| Foods:    |           |       |        |       |

### Purchase:

What foods do I need to buy?

When and where will I shop?

### Prepare:

What can I make ahead? (Example:  
defrost meat or cut up vegetables the night  
before)

What can I make extra of so that I have  
planned leftovers for later?

### Pack:

What do I need to pack for meals or  
snacks that I will eat away from home?

When will I do this?

# Regular mealtimes

- We are creatures of habit . . . we don't like surprises
- Hunger metre
- Plan together





# Frequency

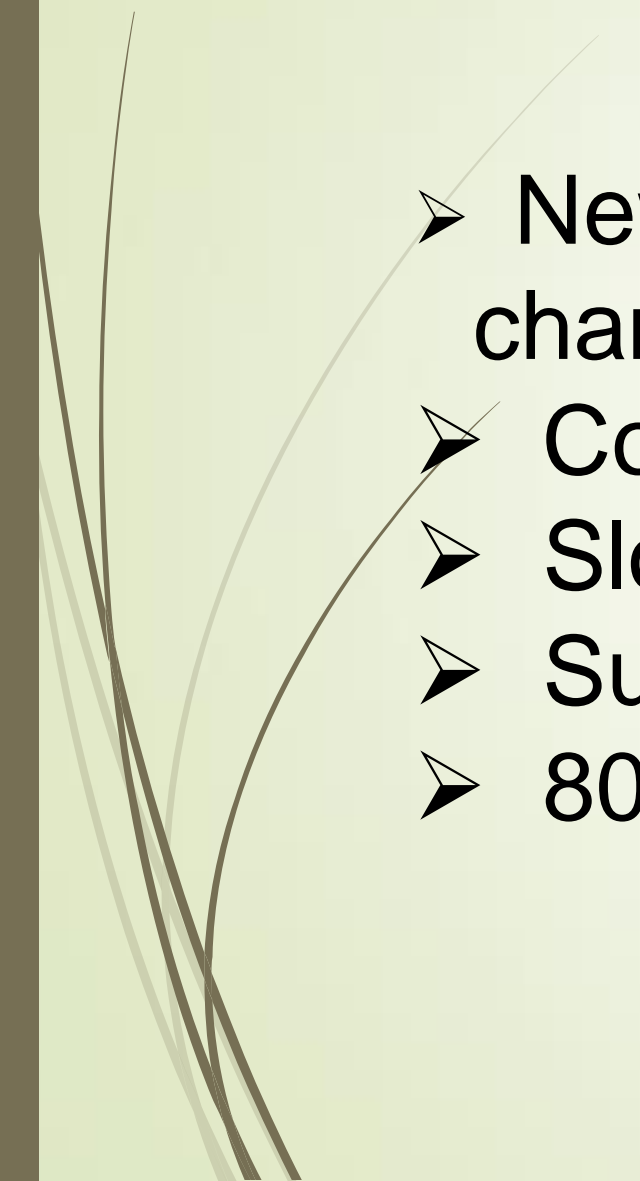
- every meal, every day, all the time

## Verses

- Sometimes, occasionally, once in a while



# Change takes time

- New habits can take up to 3 months to change
  - Consistency
  - Slow and steady
  - Sustainable and long term
  - 80/20 rule
- 

# Minor changes lead to long term impacts

➤ Make a plan (menu)

➤ Small change like ingredients used

➤ Keep it simple and easy

➤ Get to know the carbohydrates

➤ Is it sustainable





# Gimmicks and fads

- Fasting, erratic eating, fads, etc., etc., etc.
- Not practical and will affect social events
- Carb-free, gluten-free, keto, blah, blah, blah
- Not sustainable
- Short term
- \$\$\$

# Know The Biggest Offenders

- Sugar Sugar Sugar and in all its forms  
1 packet of sugar = 4 g of sugar = 1 tsp
- Beverages
- Processed Food



# Label Reading 101

| <b>Nutrition Facts</b>  |   |
|---|---|
| <b>Valeur nutritive</b>   |   |
| Per 12 crackers (30 g)<br>pour 12 craquelins (30 g)   |   |
| <b>Calories 107</b>   |   |
|   | <b>% Daily Value*</b><br><b>% valeur quotidienne*</b> |
| <b>Fat / Lipides 1 g</b>  | 1 %   |
| Saturated / saturés 0 g<br>+ Trans / trans 0 g  | 0 %   |
| <b>Carbohydrate / Glucides 27 g</b>   |   |
| Fibre / Fibres 1 g  | 4 %   |
| Sugars / Sucres 3 g   | 3 %   |
| <b>Protein / Protéines 3 g</b>  |   |
| <b>Cholesterol / Cholestérol 0 mg</b>   |   |
| <b>Sodium 370 mg</b>  | 16 %  |
| Potassium 50 mg   | 1 %   |
| Calcium 10 mg   | 1 %   |
| Iron / Fer 2 mg   | 11 %  |
| *5% or less is <b>a little</b> , 15% or more is <b>a lot</b><br>*5 % ou moins c'est <b>peu</b> , 15 % ou plus c'est <b>beaucoup</b> |   |

**1** Find the amount of food

**2** Use % daily value

**3** Read the list of ingredients

**Ingredients:** Enriched wheat flour • Sugars (glucose, barley malt extract) • Salt • Vegetable oil • Soda



# Learn to handle stress . . .



- connect with friends and family
- find laughter
- get moving

. . . *stress raises blood sugars*



# The miracle drug!

- Any physical activity and movement
- The most protective action we can do
- 10 min x 3 per day
- ideally 30 min daily
- Minimum of 150 min per week = 21.4 min/day/week

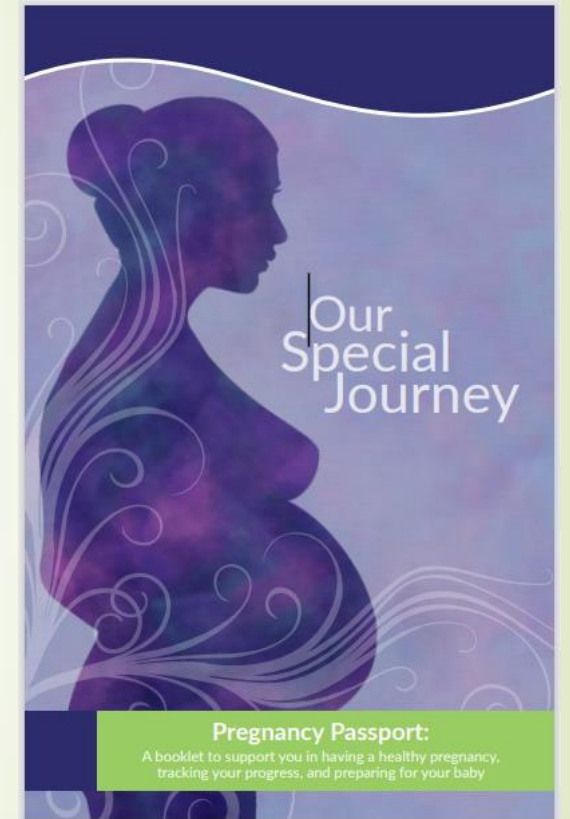


# Perinatal phase – the child bearing years

# Pregnancy

- Less processed foods
- Active lifestyle
- Informed choice about breastfeeding
  - HMS highly preferred

*HMS = Human Milk Substitute AKA Infant formula*



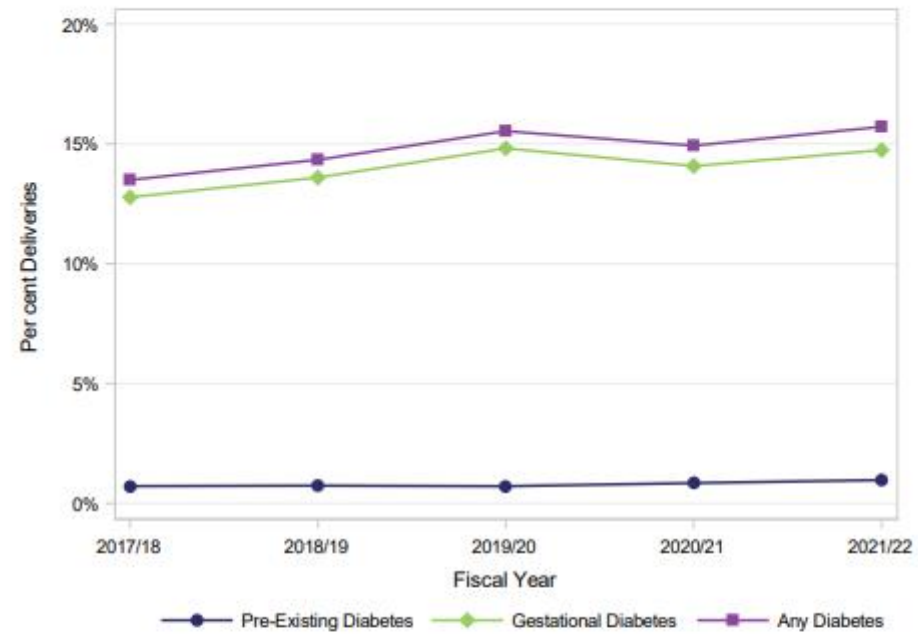


# Gestational diabetes

- High risk population: older over 25, overweight, family history of type 2 diabetes, previously gestational diabetes, previous delivery of a large baby, PCOS, ethnicities such as Black, Hispanic, Indigenous, and Asian women
- Reduce processed foods
- Active lifestyle and physical activity
- Learn and make informed decision about infant feeding (hms is the most processed food)
- Research on lactation and blood sugar control post-partum


## Diabetes Mellitus in Pregnancy

Deliveries in British Columbia: April 1, 2017 - March 31, 2022



| Type of Diabetes      | Fiscal Year |         |         |         |         |
|-----------------------|-------------|---------|---------|---------|---------|
|                       | 2017/18     | 2018/19 | 2019/20 | 2020/21 | 2021/22 |
| Pre-Existing Diabetes | 0.7%        | 0.7%    | 0.7%    | 0.9%    | 1.0%    |
| Gestational Diabetes  | 12.8%       | 13.6%   | 14.8%   | 14.1%   | 14.7%   |
| Any Diabetes          | 13.5%       | 14.3%   | 15.5%   | 14.9%   | 15.7%   |

Definitions and specifications begin on Page 84 of this document.



# Perimenopause and menopause

- Hormonal changes
- Food, exercise, sleep
- Mood
- All the stuff! (symptoms)
- Prediabetes and Diabetes Type 2
- Heart and kidney health



# Resources and Information Sources

- Lots and lots online and in social media . . . .  
Ask “Who is benefiting? Is there \$\$\$ involved?”
- Check your private health benefits plan for health care professional services
- Look for credible and evidence-based sources

# Dietitians of Canada – Unlock

Food

The screenshot shows the homepage of the website UnlockFood.ca. At the top right, there are navigation links for "Cookspiration - Recipes", "About Us", "Contact Us", and "Français". The main header features the "UnlockFood.ca" logo with the tagline "Expert Guidance. Everyday Eating. Brought to you by Dietitians of Canada". Below the logo are three main navigation options: "What is a Dietitian?", "Find a Dietitian", and "Browse by Topic", each with a dropdown arrow. A search bar is located on the right side of the header.

The main content area is divided into three sections:

- Featured Article:** A large image of various fresh ingredients (avocado, tomatoes, eggs, mushrooms, green onions, etc.) on a wooden cutting board. The title is "Shaping Food Safety Behaviours in the Kitchen".
- Article:** A photo of a man and a young boy smiling while cooking together. The title is "Family-Friendly One-Week Sample Menu Plan".
- Article:** A photo of a woman sitting at a desk with a laptop, looking thoughtful. The title is "What is a Dietitian?".

At the bottom of the page, a green banner contains the text: "We love food and the science behind it."

# Diabetes Canada

The screenshot shows the Diabetes Canada website homepage. At the top left is the Diabetes Canada logo. To the right are social media icons for Facebook, LinkedIn, X, Instagram, and YouTube, followed by a search bar and a yellow 'Donate' button. A left-hand navigation menu lists various topics with right-pointing chevrons. The main content area features a large photograph of a diverse group of people sitting around a table, smiling and talking. To the right of the photo is a dark blue call-to-action box with white text. Below this is a light blue section with the heading 'I'm looking for:' and four white buttons with icons and text: 'Diabetes information', 'Health provider tools', 'Research', and 'Advocacy & policies'. At the bottom right of the main content area are navigation arrows and a numbered list (1, 2, 3, 4).

**DIABETES CANADA**

Facebook LinkedIn X Instagram YouTube Search **Donate**

- About diabetes >
- Type 2 risks >
- Nutrition & fitness >
- D-Camps >
- Get involved >
- Resources >
- Contact us >
- Donate clothing

Advocacy & Policies >

Health-care providers >

Research >

**Join our new online community**

Connect, share, and find support with others living with diabetes on Diabetes Canada Connect.

**Join now**

← 1 2 3 4 →

**I'm looking for:**

- Diabetes information
- Health provider tools
- Research
- Advocacy & policies

# Healthlink BC

 **Public Health Alerts:** [Ask the Expert: Sun safety & sunscreen tips for babies & children](#)



HealthLinkBC

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**Connecting B.C. with reliable  
health information and  
services.**

## Search health topics

Search for illnesses, symptoms or health advice...





Thank you

