

IAMHP QUARTERLY

ILLINOIS ASSOCIATION OF MEDICAID HEALTH PLANS NEWSLETTER

Information resource for Medicaid members, health plans and providers



A NOTE FROM THE EXECUTIVE DIRECTOR

The holidays are my favorite time of year because they are a fantastic opportunity to catch up with friends and family – but most importantly, host dinner parties. With all the Olds-Frey family birthdays' taking place in December the focus tends to be on family traditions, laughter and food.

For some, the holidays can be tough, especially for families dealing with diabetes. But a little preparation can empower you to face any holiday dinner party, work party, event head on.

In this issue we walk through helpful hints and recipes in order to help those managing diabetes or helping a loved one and the work Illinois is doing to improve diabetes rates and management.

Warmest regards,

Samantha Olds Frey



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*Special thanks to the American Diabetes Association
for content included in this newsletter*



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DIABETES IN ILLINOIS

Approximately 30 million children and adults have diabetes in the United States. In Illinois, approximately 1.3 million or 12.5% of the population have diabetes, but roughly 341,000 of those don't know they have diabetes.

It is estimated that 84 million Americans have prediabetes, of which 3.6 million live in Illinois. Diabetes is the seventh leading cause of death nationally and in Illinois. Thus, members being aware of their status and understanding their diabetes and comorbidities is important.

The American Diabetes Association (ADA) *Standards of Medical Care in Diabetes* is a living document that provides the latest clinical practice guidelines and puts them into the hands of the professionals so they can better serve members living with diabetes thus increasing member's understanding and adherence to treatment.

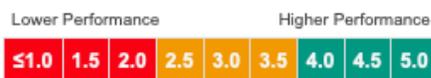
This year's Standards of Care updated cardiovascular recommendations to reduce heart attacks, strokes, heart failure and other manifestations of cardiovascular disease and was endorsed by the American College of Cardiology.

The ADA places substantial emphasis on the role of lifestyle modifications, including diet and physical activity, for achieving better glycemic control and cardiovascular outcomes. However, in situation when physical activity isn't enough there are pharmacological options. Statins are the first-line lipid lowering medication.

According to the American College of Cardiology, "Statin is dosed based on patients' atherosclerotic CVD risk factors rather than single LDL levels. High-dose statin therapy is recommended for all patients with diabetes with a history of clinical atherosclerotic CVD or with at least one additional CVD risk factor. Moderate-dose statin therapy is also suggested for patients younger than 40 or older than 70 who have CVD risk factors."

Below is a quality comparison chart based on NCQA Health Insurance Plan Rating for 2019 – 2020.

MEASURE	MCO 1	MCO 2	MCO 3	MCO 4
Patients with diabetes – received statin therapy	4.0	4.0	3.0	4.0
Patients with diabetes – statin adherence 80%	3.0	3.0	3.0	4.0



HOLIDAY RECIPES FOR PEOPLE WITH DIABETES

Planning for the holidays can be stressful but cooking doesn't have to be with Diabetes friendly toolkits. Nutritional experts have developed menus that include healthier versions of American's favorite classics with fewer calories, carbs, and fat without losing any of the flavor.

The Diabetes Food Hub is a great tool for people living with Diabetes and their families all year round and can help making cooking fun, delicious, healthier, and minimize the stress because the recipes are from nutritional experts at the American Diabetes Association.

This tool can help you compile a grocery list, a game plan, a menu and ideas for leftovers.

Visit the Diabetes-Friendly Toolkit at: <https://www.diabetesfoodhub.org/articles/your-diabetes-friendly-thanksgiving-toolkit.html>

Looking for more holiday recipe information that will spice up your holiday?

Check out featured recipes on page 4 or visit the Diabetes Forecast at: <http://www.diabetesforecast.org/2019/06-nov-dec/10-recipes-to-spice-up-your.html>



HOLIDAY SURVIVAL TIPS FOR PEOPLE WITH DIABETES

1 Plan ahead

The holidays are a time where you have less control over what food is served. Plan ahead and know your own limits. By anticipating the kinds of foods you will encounter you can plan your meals and medication during the day so that you can have a slice of your favorite pie for dessert.

2 Bring your own dish

Communicate with your host about your nutritional needs related to diabetes but if possible/preferred, bring a diabetes-friendly dish.

3 Check your blood sugar frequently

This will increase your awareness of your blood sugar levels if you are snacking and will help you to make smart decisions.

4 Kick the mess of stress

Stress can send your blood sugars levels out of equilibrium. Try relaxing activities such as yoga, meditation or deep breathing between all those holiday functions.

5 Exercise

A regular exercise program can improve blood sugars so don't take a holiday break from physical activity. Talk to your health care provider before you start a new exercise program or modify your existing one. Remember to check your sugars prior to vigorous exercise.

6 Drink water

Water can help your body eliminate excess glucose through urine. Remember high blood sugar levels can also cause dehydration.

7 Watch your alcohol intake

Remember that alcohol can raise triglyceride levels. Keep alcohol to 1-2 drinks with food to avoid low blood sugar. Make sure to count the alcoholic beverage as a serving of carbohydrates, as many are loaded with carbs.

8 Be kind to yourself

Remember the reason for the season!

PUMPKIN HUMMUS



Source: *Diabetes Superfoods Cookbook and Meal Planner/Diabetes Forecast*. Recipe Credit: Cassandra L. Verdi, MPH, RD, and Stephanie A. Dunbar, MPH, RD. Photo Credit: Photography by Eric Hinders; Food Styling by Caroline Tremmel; Art Direction & Styling by Haleigh Eason.

- 1 (15oz) can garbanzo beans (drained & rinsed)
- ½ cup canned pumpkin
- 2 tbsp. tahini
- 1 tbsp. lemon juice
- 2 cloves garlic
- ¼ tsp. smoked paprika
- 1 tsp. pumpkin seeds (optional)
- freshly ground black pepper to taste

Nutrition Facts	
7 Servings	
Serving Size	1/4 cup
Amount per serving	
Calories	110
Total Fat 5g	
Saturated Fat	0.5g
Trans Fat	0g
Cholesterol 0mg	
Sodium 70mg	
Total Carbohydrate 13g	
Dietary Fiber	4g
Total Sugars	3g
Protein 4g	
Potassium 160mg	
Phosphorus 100mg	

Choices/Exchanges: 1 Starch, 1 Fat

- Add all ingredients except them pumpkin seeds to food processor or blender and blend until smooth.
- Garnish with sprinkling of pumpkin seeds, if desired. Serve with pita chips or fresh vegetables, such as celery, sugar snap peas or carrots.

ROAST TURKEY WITH ORANGE SPICE RUB



Source: *Diabetes & Heart Healthy Cookbook/Diabetes Forecast*. Recipe Credit: American Diabetes Association and American Heart Association. Photo Credit: Photography by Eric Hinders; Food Styling by Caroline Tremmel; Art Direction & Styling by Haleigh Eason.

- 5 lbs. turkey breast w/ bone & skin
- 1 tbsp. grated orange zest
- ½ tsp. ground cinnamon
- ½ tsp. ground cumin
- ½ tsp. paprika
- ¼ tsp. ground all spice or ground nutmeg
- ¼ tsp. salt
- ¼ tsp. black pepper
- ¼ tsp. cayenne pepper

Nutrition Facts	
11 Servings	
Serving Size	3 oz turkey
Amount per serving	
Calories	140
Total Fat 4g	
Saturated Fat	1g
Cholesterol 65mg	
Sodium 120mg	
Total Carbohydrate 0g	
Dietary Fiber	0g
Total Sugars	0g
Protein 25g	
Potassium 260mg	
Phosphorus 180mg	

Choices/Exchanges: 3 Lean protein

- Preheat oven to 325°F. Lightly spray a roasting pan and baking rack with cooking spray.
- Put the turkey on a cutting board or flat surface. Carefully loosen the skin by gently inserting your fingers between the skin and meat, making a pocket for the orange zest mixture. Don't break the skin. Discard any fat beneath the skin. Spread the orange zest under the loosened skin as evenly as possible. Transfer turkey to the rack in the pan.
- Roast the turkey for 1 hour and 45 minutes or until it reaches an internal temperature of at least 170°F. Be sure thermometer doesn't touch the bone.
- Remove turkey from the oven and let stand 15 minutes.
- Discard the skin and all visible fat. Slice and serve.