Using the 7 Circles of Health and Well-being for Diabetes Self-Management Education

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Objectives

• Participants will be able to describe multiple factors that impact self-management of diabetes.

• Participants will be able to identify ways to incorporate the 7 Circles of Health and Well-being in diabetes education.
7 CIRCLES OF HEALTH & WELL-BEING

- Awareness
- Food
- Culture/Traditions
- Being in Motion
- Relationships
- Balance
- Sleep
7 Circles Conceptualization

- Presentation: Well for Culture-Chelsey Luger and Thosh Collins
  - [https://www.wellforculture.com/](https://www.wellforculture.com/)
  - Framework for 7 Circles of Wellness

- Bemidji Area Health and Wellness Coaches
  - Opportunity to bridge the gap between culture and clinical education
  - Individual experience and knowledge
  - Dynamic
7 CIRCLES OF HEALTH & WELL-BEING

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- Balance
Self-Care Behaviors vs. 7 Circles

- Healthy Eating
- Being Active
- Taking Medication
- Monitoring
- Problem Solving
- Healthy Coping
- Reducing Risks

- Food
- Being in Motion
- Balance
- Awareness
- Relationships
- Culture/Traditions
- Sleep
Assessment

Awareness:
• Blood pressure, A1c, eye exam, foot exam, dental exam, flu shot, pneumonia shot, commercial tobacco use, self-monitoring

Food:
• Supplements, grocery shopping, food security, meal preparation, label reading, meal patterns
Assessment, continued

Being in Motion:
• Activity level, limitations

Sleep:
• How much? Shift work? Nocturia?

Balance:
• Stress management, financial burden?, diabetes medications, hypoglycemia, target glucose range
Assessment, continued

Relationships:
• Support for health/diabetes

Culture and Traditions:
• Traditional medicines, healer, ceremonies, language

Education Plan and Goals:
• AADE7 Self-Care Behaviors Tracking Tool
<table>
<thead>
<tr>
<th>Goal Setting</th>
<th>Follow Up</th>
<th>Goal Review</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date</td>
<td>Goal</td>
<td>Date</td>
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<tr>
<td>Date</td>
<td>Healthy Eating</td>
<td>Date</td>
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**Goal Setting**
- Healthy Eating
  - Make better food choices
  - Reduce portion sizes
  - Follow meal plan
- Being Active
  - Exercise longer
  - Exercise more often
  - Follow exercise plan
- Monitoring
  - Follow monitoring schedule
  - Monitor more often
  - Monitor health status
- Taking Medication
  - Increase taking medications on time
  - Miss fewer medications
  - Take medications as prescribed
- Problem Solving
  - Identify potential problems
  - Plan problem situation treatment
  - Prevent problem situations
- Healthy Coping
  - Cope with diagnosis of disease
  - Adapt to lifestyle changes
  - Get support from family/ friends
- Reducing Risks
  - Stop smoking
  - Get health checkups
  - Perform daily self-care activities

**Follow Up**
- Date
- Achievement
- Rate

**Goal Review**
- Date
- Documentation
7 CIRCLES OF HEALTH & WELL-BEING

- AWARENESS
- FOOD
- CULTURE/TRADITIONS
- BEING IN MOTION
- RELATIONSHIPS
- SLEEP
- BALANCE
Session 1: Awareness

• Stage of Change? What circle is something you want to improve upon?
• What is diabetes? What type do you have?
• Pathophysiology of diabetes
• Self-monitoring
• Risk reduction: What are the complications of diabetes?
Session 1: Sleep

Are you getting enough sleep?

• May impact blood sugar directly

• Impact blood sugars indirectly?
Session 1: Sleep

Healthy Sleep Hygiene:
• Consistent schedule/routine
• Set bedtime to get 7-8 hours of sleep
• Reduce exposure to screens and bright lights
• Don’t eat large meal before bed
• Avoid caffeine for ~6 hours before bed
• Get physical activity
• Reduce fluid intake before bed
• Keep bedroom temperature cool
“Resistance training is just as important as cardio. Train yourself to resist chocolate, pastries, fried foods, beer, pizza....”
Session 2: Food

- Gentle nutrition recommendations
- Making peace with food
- Mindfulness
- Removing distractions
- Food/body awareness
- Adding rather than limiting
- How food impacts glucose/energy levels
Session 2: Balance

- Work/life/family/diabetes management
- What are your barriers to optimal diabetes management?
- Time-management
- Medications (Diabetes Forecast-comprehensive list)
- Hyperglycemia/hypoglycemia treatment
Session 3: Being in Motion

- Exploring new ways of getting physical activity
- Interactive demonstration

Problem solving: Overall barriers to wellness, dealing with blood sugar issues, patterns, complications
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Session 4: Relationships

- Improved health and longevity
- Better glucose level regulation
- Decreased inflammation
- Fewer cancers
- Less risk for Alzheimer's
- Improved CHD – fewer cardiovascular events
- Improved blood pressure control
- Better immune function
– Who supports you?
  • In what areas do you feel well-supported?
  • What areas are lacking support?

– Who do you support?
  • Happiness isn’t only gained by having support, but by providing support as well (Brown, et al)
  • How can you help?
Relationships

– With whom do you best connect?
– Are you connecting with like-minded individuals?
– Are you having positive connections?
  • Prioritize the relationship
  • Mindful
  • Present and uninterrupted
  • Listening carefully
  • Responding in encouraging ways
Session 4: Culture and Traditions

• How does your culture and identity impact your health?
• What are some teachings that relate to health?
• Traditions that are important to them?
• Share your story
• Traditional healer experience?
Session 4: Wrap-up

• Healthy Coping: Dealing with the emotions that come with managing diabetes
  – Tie-in with relationships, culture, motion, stress, etc.

• Self-Management Support: Community resources, plans for follow-up

• Goal Review

• Outcomes: A1c 8.08% → 7.2%
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Categories:
- Spiritual
- Emotional
- Mental
- Physical

Image description:
A vibrant diagram illustrating the 7 circles of health and well-being, each connected to a category: Awareness, Food, Culture/Traditions, Being in Motion, Relationships, Sleep, and Balance. The background features a natural setting with trees and sunlight, emphasizing the holistic approach to health.
Questions?

Thank you!