How the Affordable Care Act Affects those Living with Diabetes

Regardless of controversy and technical glitches, the Affordable Care Act (also known as the ACA or Obamacare) is moving ahead.

For people with diabetes, the Affordable Care Act has five key implications:

1. **People cannot be denied coverage because of a pre-existing condition.** This includes diabetes, as well as related risk factors that often occur with diabetes such as heart disease, high blood pressure, obesity, and high cholesterol.

2. **There are no copays or deductibles for preventive care services when you see a participating provider.**

3. **All insurance plans will cover doctor’s visits, hospitalization, maternity care, emergency room care, prescriptions, and other services.**

4. **There are no overall lifetime limits.** The law prohibits annual or lifetime dollar limits on the amount of care that people may receive from their insurance company.

5. **Young adults can stay on their parents’ plan until the age of 26.**

The ACA has the potential to improve access to healthcare, although challenges remain. You can learn more about coverage options by visiting our websites, [PacificSource.com/reform](http://PacificSource.com/reform) and [HealthcareLawGuide.com](http://HealthcareLawGuide.com). You’re also welcome to contact a PacificSource Coverage Advisor with questions related to reform. They can be reached toll-free at (855) 330-2792 or by email at reform@pacificsource.com.

Cut the Winter Blahs with Fun Outdoor Activity!

What are some of the things your family enjoys doing in winter? Do you like to ice skate, snowboard, cross country ski, or downhill ski? Where you live it might be so cold, that indoor basketball and volleyball are the best things going on. It is important to remember that exercise, every day, is very beneficial for people who have diabetes. Your family may enjoy screen time in the winter, but be sure to get active and off the couch for at least an hour a day.

Physical activity improves the uptake of sugar by muscles in a way that is complementary to the effect of insulin, and can help lower blood glucose. Physical activity also increases the effect of insulin on the muscles.

Daily exercise provides the most benefit. Aim for 30–60 minutes of moderate paced exercise every day. Walking is one of the easiest ways to start. Five thousand steps per day is a reasonable goal. (Around two thousand steps equal one mile.) It’s fun to use a pedometer to measure your progress.
Parenting Style Impacts Type 1 Diabetes Control in Children and Adolescents

For the individual child and the entire family, type 1 diabetes changes life. But it need not become your family's life. One of your most important jobs as the parent of a child with type 1 diabetes is to encourage, supervise, and foster the independence your child needs to successfully grow to manage T1D. Recent studies have shown that parenting style can play an important role in improving glycemic control in children and adolescents with type 1 diabetes.

Researchers at the Israel Diabetes Center of Schneider Children's Medical Center found an association between fathers who parent authoritatively and improved glycemic control in their children, while a sense of helplessness in both fathers and mothers was associated with worse glycemic control and worse adherence to treatment among their children.

The study included parents and children/adolescents ages 11-18 years who had been living with type 1 diabetes for at least a year. Researchers examined the children's glycemic control (based on their A1C values), their adherence to their diabetes treatment plan; their parents’ parenting styles and sense of helplessness, and demographic information. The parenting styles were classified as:

- Authoritative (characterized by setting clear limits to the child in a noncoercive manner)
- Permissive (few efforts by the parents to direct and limit their child's behavior)
- Authoritarian (coercive, harsh, and punitive)

Higher authoritativeness of fathers, but not mothers, was associated with better treatment adherence and improved glycemic control in the children, the researchers found. Among mothers, a higher level of permissiveness was associated with poorer treatment adherence. Authoritarian parenting styles were not associated with either glycemic control or treatment adherence, but when the analysis was limited to boys, a higher level of maternal authoritarianism was associated with poorer treatment adherence. Finally, a higher sense of helplessness in both fathers and mothers was associated with worse glycemic control and worse adherence to treatment in the children.

“The findings may help health care providers and parents in determining appropriate parental involvement in the daily management of children and adolescents’ diabetes needs,” said lead researcher Joseph Meyerovitch, MD, of the Jesse Z. and Sara Lea Shafer Institute for Endocrinology and Diabetes, National Center for Childhood Diabetes, Schneider Children's Medical Center of Israel.

“Unfortunately, our clinical experience along with empirical evidence suggests that when compared with mothers, fathers tend to take a too-small role in their child's diabetes management. We believe fathers should be encouraged and educated to be more engaged in their child's routine diabetes care, specifically by adopting a more authoritative stance,” Meyerovitch said.

In other words, we should not overlook the critical role that a father plays in creating a home environment and expectations that can seriously impact a child’s health. Often, moms are left with the major role in working with the child with T1D. However, the importance of having another parent involved in the day-to-day glucose tracking and control with your child, cannot be over emphasized.

Source: American Diabetes Association, Diabetes Care, August 2011: http://care.diabetesjournals.org/content/34/8/1735.abstract.
Breakfast is the fuel...

that helps you get through the morning, and if you have ever skipped it and taken some morning insulin, you know what can happen—it is not pretty or fun! Make breakfast an important time, by getting the protein and carbohydrates you need to make your brain work better and fuel you until lunch.

Sometimes you just might not feel like eating in the morning. “That was me before I was diagnosed with diabetes,” says Sheila, PacificSource RN. “I often skipped breakfast. But, after working with a certified diabetes educator, I realized that breakfast was really the most important meal of my day. I don’t skip it anymore.”

Some good breakfast foods are:

- Eggs
- Greek yogurt with fruit and cereal sprinkled in
- Whole-grain cereal with milk

Eggs in Nests

Prep time: 10 minutes
Cooking Time: 20
Recipe makes 2 servings

Ingredients
2 slices whole-grain bread
Cooking spray
1 teaspoon butter or margarine
3 large spinach leaves, washed, chopped
Freshly ground black pepper, to taste
2 eggs
1 tablespoon coarsely grated, reduced-fat cheddar cheese

Directions
1. Preheat the oven to 350°F.
2. Cut the crusts off the bread. Spray both sides of each slice lightly with oil. Press the bread slices firmly into two 1/3-cup-capacity, non-stick muffin pan holes. Set aside.
3. Heat the margarine/butter in a non-stick frying pan over medium-high heat until sizzling. Add the spinach and cook, stirring for 1–2 minutes or until wilted. Remove from the heat and season with pepper.
4. Divide spinach mixture between the bread cases. Crack an egg into a small dish and then slide it into one of the bread cases. Repeat with the remaining egg. Sprinkle with the cheese. Bake for 15 minutes (for a softly set yolk), 20 minutes (for a hard-cooked yolk), or until the egg is cooked to your liking. Serve warm or at room temperature.

Nutrition Facts
Serving size: 1 nest
Per serving: calories 214, protein 14 g, Fats 10 g (includes 4 g saturated fat and 197 mg cholesterol), carbs 15 g, fiber 2.5 g

Based on a recipe from the Low GI Family Cookbook.

Tip: Eggs in nests can be made the night before and reheated for breakfast. You can add dinner leftovers, such as bacon, shredded chicken, black beans, or a little rice. Try a shot of hot sauce on the egg before you sprinkle on the cheese. Experiment and see what you like!
You may have learned in school or at home that it is important to make half your plate vegetables. You may also know that carbohydrates are foods that turn into sugar quickly. But did you know that most vegetables are low in carbohydrates? Snacking on vegetables can be a good alternative to chips or crackers when you want something crunchy or crispy. And snacking on carrots, cucumbers, or celery can help you need less insulin.

### Fun Facts About Vegetables

**Cucumbers:** Inside a cucumber it can be up to 20 degrees cooler than the temperature outside. That is why you may have heard someone say “cool as a cucumber!”

**Carrots:** The world record for the longest carrot is 16 feet 10 ½ inches. Wow!

**Onions:** During the Middle Ages, onions were so valuable that people paid their rent with onions. That rent money had a strong smell, but was delicious when cooked!

**Broccoli:** People have eaten broccoli for more than 2,000 years. Roman soldiers ate broccoli!

**Celery:** You can use more energy to eat and digest celery than the celery provides. It is a very low-carbohydrate food!

**Tomatoes:** Tomatoes are thought to originate in Peru. The name comes from the Aztec “xitomatl,” which means “plump thing with a navel.”

**String Beans:** String beans were first grown in Mexico more than 7,000 years ago. This is one of our oldest vegetables on earth!

**Zucchini:** Zucchini can grow several inches a week. Talk about a growth spurt!

**Peppers:** Peppers come in many colors. They can be green, red, yellow, orange, or even purple! Color your peppers!

**Spinach:** The old cartoon character Popeye ate a lot of spinach, because it made him strong. Spinach contains iron, which helps give you strength.

**Potatoes:** Potatoes are the #1 vegetable in the U.S. That’s not because they have won a beauty contest, but because they are so tasty, can be cooked so many different ways, and are full of vitamins and minerals.