Better Me Wellness:
Managing Type II Diabetes

Meet Shirley: Shirley is the operations coordinator in the Dean’s Office for the Saunders College of Business. She’s worked at RIT for the last 14 and a half years. Shirley is married and has two daughters and five grandsons. She also has a pet sitting service.

The Wake-up Call: She was diagnosed with type two diabetes in April of this year. With that diagnosis she needed to improve her eating habits which would also help her lose weight.

Programs and Services: Shirley met with a registered dietician (RD) and a personal trainer. Weekly appointments with the RD focused on whole nutrient dense foods, portion control and reducing simple carbohydrates like soda and sweets. The RD also added more vegetables, whole grains and lean protein. Shirley took pictures of the food models and fat test tubes that demonstrated the amount of fat in fast foods and shared this information with her husband and children. Also, she met with a personal trainer who measured her flexibility and taught her how to exercise at work.

The Change: Shirley reports “feeling better, sleeping better and having more energy.” She also is more aware of what she puts in her mouth. “Sugar content is a major concern, of course, and I am a better shopper.” She also plans meals with more variety.

The Outcome: Shirley’s hemoglobin A1C is almost normal. (Hemoglobin A1C is a test that indicates the average level of blood sugar over 2 – 3 months and it gauges how well an individual is managing their diabetes). “I am more active and I went from a size 14 to a size 10. I’ve lost 22 pounds and 4 percent body fat in the last year and I am no longer huffing it walking up inclines.” Her blood pressure is normal. “My doctor,” she says, “is ecstatic about my weight loss.”

The New Life: Shirley is retiring this month. She plans on continuing to eat healthy through smart grocery shopping and planning meals weekly. She also plans on staying active by walking and pet sitting.

Shirley’s advice to co-workers contemplating a change in their health: “Don’t put off doctor visits, dental visits and age related screenings. Put yourself first because if you don’t, you can’t be first for someone else.”

RIT offers many free or low cost wellness programs and services on campus that are convenient to access.

How is type 2 diabetes managed?
Managing diabetes includes:
• choosing what, how much, and when to eat
• maintaining a healthy weight
• including physical activity in your day
• taking medicines (if needed)

Better Me Wellness is ready to help you achieve your goals.