

Indian Health Diabetes Best Practices Glossary

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Indian Health Diabetes Best Practices – Glossary

[An index to all glossary terms is located on page 42 of this document.]

A1c

Also known as glycosylated (or glycated) hemoglobin, or as HbA1c. A blood test that provides the best measure of average blood glucose control for the past two to three months. The results provide people with diabetes and their health care team with a good idea of how well their individualized diabetes treatment plans are working.

Acanthosis nigricans

A skin condition characterized by dark, thick, velvety skin in body folds and creases. *Acanthosis nigricans* usually affects the armpits, groin, and neck. No specific treatment for *Acanthosis nigricans* exists, but treating any underlying conditions, such as diabetes and obesity, may cause the fading of skin changes.

Accountability

Being responsible to key stakeholders of a program or initiative by planning, implementing, monitoring, evaluating, and reporting results to achieve program goals.

ACE

Acronym for “angiotensin-converting enzyme.”

ACE inhibitors (ACE-I)

Medications that decelerate the activity of ACE, an enzyme which decreases the production of angiotensin II. This causes the blood vessels to enlarge or dilate, and blood pressure is reduced. The lowered blood pressure makes it easier for the heart to pump blood and can improve the function of a failing heart. The progression of kidney disease as a cause of high blood pressure or diabetes is also slowed.

Acetylsalicylic acid (ASA)

Commonly known as aspirin, acetylsalicylic acid is used to relieve pain, fever, and inflammation in various conditions such as lower back and neck pain, the flu, common cold, burns, menstrual pain, headache, migraines, osteoarthritis, rheumatoid arthritis, sprains and strains, nerve pain, toothache, muscle pain, bursitis, and after surgical and dental procedures.

Active listening

A structured way of listening and responding to others that places attention on the speaker. It is important for the listener to suspend his or her own frame of reference and judgment in order to fully attend to the speaker.

Aerobic activity

Using arm and leg muscles and giving the heart and lungs a continuous workout.

Alanine transaminase (ALT)

A transaminase enzyme that is commonly measured as a part of a diagnostic liver function test to determine liver health, almost always measured in units/liter (U/L). Significantly elevated ALT levels often indicate the existence of other medical problems such as viral hepatitis, congestive heart failure, liver damage, biliary duct problems, infectious mononucleosis, or myopathy. ALT is commonly used to screen for liver problems.

Albumin

A protein made by the liver. It is the predominant protein in human blood and is essential to the regulation of the osmotic pressure of blood. A serum albumin test measures the amount of this protein in the clear liquid portion of the blood. Urine albumin (UA) is an indicator of kidney disease.

Albuminuria

Also known as proteinuria. A condition in which urine contains an abnormal amount of protein. It is a sign of chronic kidney disease (CKD).

ALSO Course

Provides methods for improving the management of obstetrical emergencies and urgencies. The two-day course is aimed at all maternity care providers, including physicians, residents, nurse midwives, registered nurses, and other clinicians.

American College of Obstetricians and Gynecologists (ACOG)

A nonprofit organization of women's health care physicians that advocates for the highest standards of practice, continuing member education, and public awareness of women's health care issues.

Amputation

Removal of a portion or all of a body part enclosed by skin.

Anemia

A condition in which the body does not have enough healthy red blood cells (cells that provide oxygen to body tissues.)

Ankle-brachial index (ABI)

A test that is done by measuring blood pressure at the ankle and the arm while an individual is at rest. Measurements are usually repeated at both locations after five minutes of walking on a treadmill. This test is done to screen for peripheral arterial disease (PAD) of the legs and to determine how well a treatment is working (such as medical treatment, an exercise program, angioplasty, or

surgery). The ABI result can aid in diagnosing peripheral arterial disease. A normal resting ankle-brachial index is 1 or 1.1.

Antenatal

Before birth.

Anticonvulsants

A group of pharmaceuticals used in the treatment of epileptic seizures that work to suppress the rapid and excessive firing of neurons that cause seizures.

Antidepressant medications

Psychiatric medications used to alleviate mood disorders such as depression and dysthymia.

Antiplatelet therapy

The use of antiplatelet agents (medications that block the formation of blood platelets) to improve cardiovascular disease (CVD) outcomes.

Anthropometrics

The measurement of the size and proportions of the human body, in addition to parameters such as reach and visual range capabilities.

Angiotensin II receptor blockers (ARBs)

Medications that block the action of angiotensin II (a chemical that causes the muscles surrounding the blood vessels to contract, which narrows the blood vessels, increasing the pressure within them and possibly leading to high blood pressure). As a result ARB use, the blood vessels dilate and the blood pressure is reduced. The reduced blood pressure makes it easier for the heart to pump blood. In addition, the progression of kidney disease due to high blood pressure or diabetes is slowed.

Art therapy

A form of therapy that utilizes art materials, such as paints, chalk, and markers. Art therapy combines traditional psychotherapeutic theories and techniques with an understanding of the psychological aspects of the creative process, especially the emotional/affective properties of different art materials.

Aspartate transaminase (AST)

Also known as serum glutamic oxaloacetic transaminase, SGOT, or aspartate aminotransferase. An enzyme that facilitates the conversion of aspartate and alpha-ketoglutarate to oxaloacetate and glutamate, and vice-versa. AST is normally found in red blood cells, liver, heart, muscle tissue, pancreas, and kidneys. An AST test measures the amount of AST in the blood and is completed to check for liver damage and help identify liver disease, especially hepatitis and cirrhosis.

Assessment

The process of observing, describing, collecting, and measuring the quality and effectiveness of an initiative, program, or policy. The term “evaluation” may also be used in this context.

At risk for diabetes

A condition characterized by risk factors that affect the body’s ability to use blood glucose, putting people at risk for developing health problems that can lead to diabetes. These risk factors include a hereditary predisposition for diabetes or family history, possibly compounded by being a member of a certain ethnic group (e.g., American Indian), a sedentary lifestyle, and obesity. People at risk for diabetes generally have blood glucose values within the normal range (i.e., a fasting plasma glucose less than 100 mg/dl, and/or a two-hour plasma glucose on an oral glucose tolerance test less than 140 mg/dl). People with pre-diabetes are considered at *very high risk* for developing diabetes.

Atherosclerosis

A condition in which fatty material collects along the walls of arteries. The fatty material thickens, hardens to form calcium deposits, and ultimately may block the arteries.

Atherosclerotic vascular disease

The progressive narrowing and hardening of the arteries over time. This occurs to some degree as a result of aging, but other risk factors that accelerate the process have been identified. These factors include: high cholesterol, high blood pressure, smoking, diabetes, and having a family history for the disease.

Autonomic neuropathy

A group of symptoms that transpire when the nerves that regulate blood pressure, heart rate, bowel and bladder emptying, digestion, and other bodily functions are damaged.

Baby Friendly Hospital Initiative (BFHI) Ten Steps

An effort by UNICEF and the World Health Organization (WHO) to ensure that all maternity facilities become centers of breastfeeding support. The *Ten Steps* include: 1) having a written breastfeeding policy that is routinely communicated to all health care staff, 2) training all health care staff in skills necessary to implement this policy, 3) informing all pregnant women about the benefits and management of breastfeeding, 4) helping mothers initiate breastfeeding within one half-hour of birth, 5) showing mothers how to breastfeed and maintain lactation, even if they should be separated from their infants, 6) giving newborn infants no food or drink other than breast milk, unless medically indicated, 7) practicing rooming-in (allowing mothers and infants to remain together 24 hours a

day), 8) encouraging breastfeeding on demand, 9) giving no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infants, and 10) fostering the establishment of breastfeeding support groups and referring mothers to them on discharge from the hospital or clinic.

Bariatric surgery

Also known as weight loss surgery, bariatric surgery is performed on the stomach and/or intestines of individuals who are dangerously obese, for weight loss purposes. The two main types of bariatric surgery are adjustable gastric banding, in which food intake is controlled by inflating or deflating a band inserted into the esophageal opening to the stomach, and gastric bypass, in which a pouch is created to connect the stomach to the intestine while bypassing about two feet of normal intestine. The size of the pouch and pouch opening in gastric bypass dictates the amount of food intake.

Behavioral Risk Factor Surveillance System (BRFSS)

A state-based system of health surveys that collects information on health risk behaviors, preventive health practices, and health care access, primarily related to chronic disease and injury. For many states, the BRFSS is the only available source of timely, accurate data on health-related behaviors. BRFSS was established in 1984 by the Centers for Disease Control and Prevention (CDC); currently data are collected monthly in all 50 states, the District of Columbia, Puerto Rico, the United States Virgin Islands, and Guam. More than 350,000 adults are interviewed each year, making the BRFSS the largest telephone health survey. States use BRFSS data to identify emerging health problems, establish and track health objectives, and develop and evaluate public health policies and programs. Many states also use BRFSS data to support health-related legislative efforts.

Best practice

Usually meets the following conditions: can be used by people and programs at all levels of a diverse organization, is based on data and evidence, can be locally adapted, and is recognized by a group of experts as a standard of excellence. A best practice must also be documented, updated, clearly communicated throughout the health care organization, and completed as part of an arranged approach to improving services.

Blood glucose level

Also known as blood sugar level. The amount of sugar or glucose in the blood that is the source of energy for all the cells in the body.

Body composition analysis

An analysis of the different components that, when put together, make up a person's body weight. Types of analysis include hydrostatic weighing, skin fold thickness measurements, and bioelectric impedance.

Body mass index (BMI)

An indirect measure of body fat calculated as the ratio of a person's body weight in kilograms to the square of a person's height in meters.

In children and youth, BMI is based on growth charts for age and gender, is referred to as BMI-for-age, and is used to assess underweight, overweight, and obese. According to the Centers for Disease Control and Prevention (CDC), a child with a BMI-for-age that is equal to or greater than the 95th percentile is considered to be *overweight*. A child with a BMI-for-age that is equal to or between the 85th and 95th percentile is considered to be *at risk for becoming overweight*.

In adults, BMI is a direct calculation based on height and weight, regardless of gender. It provides a more accurate measure of total body fat than body weight alone. *Overweight* is defined as a BMI of 25 to 29 kg/m², and *obesity* is defined as BMI of greater than 30 kg/m².

Breastfeeding dyad

Breastfeeding mother and baby.

'Brown bag' medication reviews

Medication reviews performed by community pharmacists working with general practitioners. These reviews have become an effective method of helping individuals derive maximum benefit from their medicines, identifying medication-related problems, and lessening wastage of medicines.

Candidiasis

A fungal infection of any of the *Candida* species, of which *Candida albicans* is the most common. *Candidiasis* includes infections that range from superficial to systemic and potentially life-threatening diseases.

Capillary blood glucose

Used for the care of people with diabetes as a monitoring tool that serves as a guide to blood glucose levels at a specific moment in time. Capillary blood glucose monitoring was first established in 1970s. The development of capillary blood glucose meters allowed people with diabetes and practitioners to monitor glucose levels using a finger stick, which represented a significant improvement over traditional urine glucose measurements.

Cardiovascular disease (CVD)

One in three American adults has a form of CVD. Heart disease and stroke are the most common cardiovascular diseases. They are the first and third leading causes of death for both men and women in the United States. CVD includes

high blood pressure, coronary heart disease, heart failure, and stroke. It is the leading cause of death both in the United States and the world.

Case management

The coordination of services (such as health, legal, or financial) on behalf of a party. This typically includes creating a case file and following a process to ensure delivery of services. The case is handled by a case manager or case team.

Cataract

A clouding that develops in the crystalline lens of the eye or in its envelope, varying in degree from slight to complete opacity that obstructs the passage of light. Early in the development of age-related cataract the power of the lens may be increased, causing near-sightedness (myopia), and the gradual yellowing and opacification of the lens may reduce the perception of blue colors. Cataracts typically progress slowly to cause vision loss and are potentially blinding if untreated. The condition usually affects both the eyes, but generally one eye is affected earlier than the other.

Cerebrovascular disease

A group of brain dysfunctions related to disease of the blood vessels that supply the brain. Hypertension is the most important cause; it damages the blood vessel lining, exposing the underlying collagen where platelets accumulate to initiate a repairing process which is not always complete. The results of cerebrovascular disease can include a stroke, or occasionally a hemorrhagic stroke.

Charcot foot

A sudden softening of the bones in the foot that can take place in people who have significant nerve damage (neuropathy). The bones are weakened enough to fracture, and with continued walking the foot eventually changes shape. As the disorder advances, the arch collapses and the foot takes on a convex shape, giving it a rocker-bottom appearance, and making it very difficult to walk.

Chronic care model (CCM)

An organizational approach to caring for people with chronic disease in a primary care setting. The population-based system creates practical, supportive, evidenced-based interactions between an informed, activated patient and a prepared, proactive practice team (Wagner, et al).

Chronic condition

Also known as chronic disease. Conditions that are long-lasting and often have no cure. Chronic conditions such as diabetes, heart disease, and cancer are the leading causes of death and disability in the United States. Although chronic conditions are among the most common and costly health problems, they also are among the most preventable. Adopting healthy behaviors such as eating

nutritious foods, being physically active, and avoiding tobacco use can prevent or control the devastating effects of these conditions.

Chronic kidney disease (CKD)

Also known as kidney disease. Conditions that damage the kidneys and decrease their ability to function properly. If kidney disease worsens, wastes can build to high levels in the blood. Individuals with CKD may develop complications like high blood pressure, anemia (low blood count), weak bones, poor nutritional health, and nerve damage. Kidney disease also increases the risk of developing heart and blood vessel disease. These problems may occur slowly over a long time period. CKD may be caused by diabetes, high blood pressure, and other disorders. As kidney disease progresses, it can lead to kidney failure, which requires dialysis or a kidney transplant to maintain life.

Class A-1 diabetes (see also p. 41, *White's Classification*)

For the purposes of these Best Practices, "Class A-1" refers to gestational diabetes mellitus (GDM) that can usually be managed by diet and exercise.

Class A-2 diabetes (see also p. 41, *White's Classification*)

For the purposes of these Best Practices, "Class A-2" refers to gestational diabetes mellitus (GDM) that can usually be managed by diet, exercise, and medication.

Claudication

Pain and/or cramping in the lower leg due to inadequate blood flow to the muscles, which usually causes limping.

Clinical Reporting System (CRS)

The reporting tool used by the Indian Health Service (IHS) Office of Planning and Evaluation to collect and report clinical performance results annually to the Department of Health and Human Services (DHHS) and to Congress.

Cognitive behavior therapy (CBT)

A type of treatment that focuses on maladaptive patterns of thinking and the beliefs underlying such thinking. Studies on the effectiveness of CBT have shown its usefulness for a wide variety of problems, including mood disorders, anxiety disorders, personality disorders, eating disorders, substance abuse disorders, and psychotic disorders.

Cognitive restructuring

The process of learning to refute cognitive distortions, or fundamental "faulty thinking," with the aim of replacing one's irrational, counter-factual beliefs with more accurate and beneficial ones.

Collaboration

A cooperative effort between and among groups of people (e.g., government and private entities), through which partners work together toward mutual advantage and to achieve common goals.

Commodity foods

Foods that the federal government has the legal authority to purchase and distribute to support farm prices. The United States Department of Agriculture (USDA) purchases food and makes it available to state agencies and Tribal organizations. The USDA also provides funds for administrative costs. Commodity foods do not provide a complete diet for consumers, but are designed to supplement their nutritional needs.

Community

A social entity that can be: (1) spatial, based on where people live in local neighborhoods; (2) on American Indian reservations; or (3) relational, based on common ethnic, cultural or other characteristics or similar interests.

Community Health Representative (CHR)

The CHR program is an IHS-funded, Tribally-contracted/granted and Tribally-directed program of well-trained, community-based providers offering health promotion and disease prevention services in their communities.

Community Periodontal Index of Treatment Needs (CPITN)

An epidemiologic tool developed by the World Health Organization (WHO) for the evaluation of periodontal disease in population surveys. It can be used to recommend the type of treatment needed to prevent periodontal disease.

Community screening

A systematic way to identify people who have diabetes but are not aware of it, and those people at risk for developing diabetes—these individuals can then be linked to effective prevention and treatment programs. Community screening may take place at health fairs, pow-wows, or other community events. Community diabetes screening is different from diagnostic testing for diabetes because diagnostic tests are performed when a person exhibits signs and symptoms of diabetes.

Co-morbidity

The presence of one or more disorders or diseases in addition to a primary disease or disorder; or the effect of the additional disorders or diseases.

Complementary and alternative medicine (CAM)

A group of diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine.

Complete blood count (CBC)

A test that provides information about the kinds and numbers of cells in the blood, especially red blood cells, white blood cells, and platelets. A CBC helps health professionals check any symptoms, such as weakness, fatigue, or bruising. A CBC also helps diagnose conditions, such as anemia, infection, and many other disorders.

Continuous quality improvement (CQI)

An approach to quality management that builds on traditional quality assurance methods by putting emphasis on the organization and systems. CQI is the process of creating an environment in which managers and employees seek to constantly improve quality. CQI applies the scientific method to day-to-day work.

Culture

The values, norms, beliefs, attitudes, traditions, and customs shared by a group of people who are unified by race, ethnicity, language, faith, nationality, or life experience.

DASH eating plan

An eating plan that is low in saturated fat, cholesterol, and total fat that emphasizes fruits, vegetables, and fat-free or low-fat milk and dairy products. It also includes whole grain products, fish, poultry, and nuts. It reduces lean red meat, sweets, added sugars, and sugar-containing beverage consumption, compared to the typical American diet. It is rich in potassium, magnesium, and calcium, as well as protein and fiber. The DASH plan was shown to reduce blood pressure in a study completed by scientists that was supported by the National Heart, Lung, and Blood Institute (NHLBI).

Demonstration Projects

A grant program of the Special Diabetes Program for Indians (SDPI). In 2004, Congress directed IHS to develop and implement a competitive grant program to prevent diabetes in high-risk individuals and to prevent cardiovascular disease—the most compelling complication of diabetes—in people who already have diabetes. Sixty-six American Indian and Alaska Native communities began implementing these demonstration projects, called the Diabetes Prevention Demonstration Project and the Healthy Heart Demonstration Project, by the end of 2004.

Dental caries

Tooth decay or cavity.

Depression

Also known as major depression. Occurs when an individual has five or more symptoms of depression for at least two weeks. These symptoms include feeling

sad, hopeless, worthless, or pessimistic. In addition, people with depression often have behavior changes, such as new eating and sleeping patterns.

Diabetes

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches, and other food into energy needed for daily life. For diagnosis, the fasting plasma glucose is greater than 125 mg/dl, or a two-hour plasma glucose on an oral glucose tolerance test is greater than 199 mg/dl.

Diabetes Care and Outcomes Audit (“the Audit”)

A voluntary, annual, systematic review of a random sample of medical records in each participating Indian health system facility clinical program. The IHS Division of Diabetes Treatment and Prevention (DDTP) uses the *Diabetes Care and Outcomes Audit* to monitor the quality of diabetes care in Indian health programs (including IHS, Tribal, and Urban (I/T/U) Indian health programs) on 59 diabetes care measures to track performance and monitor changes over time. Quality diabetes care is defined as having met the *IHS Standards of Care for Diabetes*.

Diabetes complications

Complications include damage to organs and systems such as the eyes, kidneys, nerves, or heart, as a result of high blood glucose levels and other metabolic effects of diabetes.

Diabetes Education in Tribal Schools (DETS)

Part of a national effort to decrease the incidence and improve the care of type 2 diabetes among American Indian and Alaska Natives (AI/AN). The DETS Project is a kindergarten-through-twelfth grade curriculum developed using a multi-disciplinary approach. The curriculum is comprised of units that incorporate National Science Education Standards, Inquiry-Learning (5E model), and AI/AN cultural and community knowledge.

Diabetes Management System (DMS)

An integrated system that allows for the implementation, documentation, and evaluation of a diabetes program. DMS was designed as a support tool for all members of a health care team (physicians, nurses, dietitians, and pharmacists) for the enhancement and analysis of diabetes outcomes.

Diabetes Prevention Program (DPP) of the National Institutes of Health (NIH)

A clinical trial sponsored by the National Institutes of Health (NIH) that examined whether diet and exercise (in other words, lifestyle intervention) or the diabetes drug Metformin could prevent or delay the onset of type 2 diabetes in people with pre-diabetes. The study clearly indicated that modest weight loss, achieved with moderate exercise and a low-fat, low-calorie diet, can prevent type 2 diabetes in

individuals at risk for developing the disease. The study ended a year early when researchers found that people in the lifestyle intervention group had a 58% lower incidence of type 2 diabetes compared to the placebo group. The Metformin group had a 31% lower incidence of type 2 diabetes compared to the placebo group.

Diabetes registry

A list of people with diabetes in a community. Diabetes registries are part of a systematic approach to diabetes care and help determine whether individuals with diabetes received recommended diabetes services.

Diabetes self-management education (DSME)

Teaching people to manage their diabetes. Diabetes self-management education (DSME) has been considered an important part of the clinical management of diabetes since the 1930s. The American Diabetes Association (ADA) recommends assessing self-management skills and diabetes knowledge at least once a year and providing or encouraging continuing education for individuals with diabetes. DSME is considered “the cornerstone of treatment for all people with diabetes” by the Task Force to Revise the National Standards for Diabetes Self-Management Education Programs.

Diabetes systems of care

An integrated, multi-disciplinary approach for providing quality diabetes care, prevention, and treatment.

Diabetes team

A team of health care providers that provides a comprehensive approach to treating and preventing diabetes. Diabetes medical care and self-management education are most effective when delivered by a health care team that includes professionals from a variety of disciplines, such as primary care providers, nurses, registered dietitians, diabetes educators, and pharmacists.

Diabetic macular edema

Swelling of the retina in diabetes mellitus due to the leaking of fluid from blood vessels within the macula (the central portion of the retina). As macular edema develops, blurring occurs in the middle or just to the side of the central visual field. Vision loss can progress over a period of months and make it impossible to focus clearly.

Diabetic retinopathy

Retinopathy (damage to the retina) caused by complications of diabetes mellitus, which can eventually lead to blindness. It is an ocular manifestation of a systemic disease which affects up to 80% of all individuals who have had diabetes for ten years or more.

Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV)

A manual published by the American Psychiatric Association (APA) that contains information on all mental health disorders for both children and adults. It lists the known causes of these disorders, statistics in terms of gender, age at onset, and prognosis, in addition to some research concerning the most favorable treatment approaches. Mental health professionals use DSM-IV when working with individuals to better comprehend their illnesses and possible treatments. DSM-IV is also helpful for third-party payers (e.g., insurance companies.)

Dialysis

The process of filtering and cleansing the blood through the use of a machine to replicate the normal function of the kidneys. Dialysis is a type of renal replacement therapy.

Diastolic blood pressure

Measures the pressure in the blood vessels between heartbeats (when the heart is resting). It is the bottom number in a blood pressure reading. Diastolic blood pressure is deemed low when the reading is below 60 and high when it is above 90.

Dietary Guidelines for Americans

Guidelines that provide advice regarding good dietary habits to those individuals two years of age and older. They are the foundation for federal food and nutrition education programs. The *Dietary Guidelines for Americans* are published every five years by DHHS and USDA.

Dyslipidemia

A disturbance in the quantity of lipids in the blood.

Early Treatment Diabetic Retinopathy Study (ETDRS)

A clinical trial planned to assess argon laser photocoagulation and aspirin treatment in the management of individuals with non-proliferative or early proliferative diabetic retinopathy. 3,711 individuals were recruited to be tracked for at least four years to create long-term information on the risks and benefits of the previously mentioned treatments.

Electronic health records (EHR)

A digital record that contains health information about an individual patient or about a population. EHR can be shared between different health care settings. These records can include data regarding demographics, medical history, immunizations, lab test results, medications and allergies, radiology images, and billing information.

End-stage renal disease (ESRD)

The last stage of chronic kidney disease (CKD) that transpires when the kidneys permanently cease to work. Also referred to as end-stage kidney disease.

Epidemiology

The study of factors affecting the health and illness of populations. It serves as the basis for interventions made in the interest of public health and preventative medicine. Epidemiology is the foundation of public health research and is very important in evidence-based medicine, for identifying disease risk factors and establishing treatment approaches.

Equine-assisted psychotherapy

A type of therapy that utilizes horses with the goal of fostering emotional growth and learning. A licensed therapist and a horse professional collaborate with a client and horse to address the objectives of treatment. This type of therapy is deemed a short-term approach due to its effectiveness and power.

Erythropoietin-stimulating agent (ESA)

Man-made forms of the human protein erythropoietin. ESAs are given to individuals with either: 1) low red blood counts due to kidney failure, 2) low red blood counts due to side effects from other drugs, or 3) a scheduled elective surgery. These agents function by stimulating the bone marrow to generate more red blood cells.

Estimated average glucose (eAG)

The result of an A1c test for an individual with diabetes, which is then converted into an average blood glucose level in the units of measure on glucose meters. The eAG can help an individual and his or her health care provider modify diet and physical activity to improve the overall diabetes management.

Evaluation

A systematic assessment of the quality, effectiveness, and effects of an initiative, program, or policy, designed to produce information useful to people who have an interest in the initiative. See also "Assessment."

Evidence-based medicine

Applying supportive scientific evidence to the practice of medicine and the use of health care interventions and avoiding those interventions shown to be harmful or less effective.

Eye movement desensitization and reprocessing (EMDR)

Information-processing psychotherapy approach that draws from many effective psychotherapies to maximize treatment results. The elements include psychodynamic, cognitive, behavioral, interpersonal, experiential, and

body-centered therapies. It utilizes an eight-phase approach and past experiences to attend to a variety of pathologies. EDMR teaches how to utilize positive experiences to enhance mental health.

Fast food

Food and meals intended to be readily available and for immediate consumption, sold at eating establishments designed for quick availability or take-out.

Fetal echo

An ultrasound of the fetus' heart.

Fitness Gram

A computerized activity and fitness assessment tool. The *Fitness Gram* provides schools with a way to perform physical activity and fitness assessments on kindergarten through twelfth grade students. It also enables schools to effectively report results at the student, class, and school levels. The software allows administrators to compare tests dates and track a student's results over their tenure at an institution.

FITT (frequency, intensity, time, and type)

An acronym that describes a method for starting a fitness routine. **Frequency** refers to how often the individual will exercise. **Intensity** is the amount of effort that will be expended in a specific physical activity by the individual. **Time** is the duration each session will last, which should be determined based on intensity and type. **Type** refers to what exercise the individual will complete; examples include cardiovascular, resistance training, and a combination of the two.

Focus group

A research method whereby a moderator convenes a group of participants who often have common characteristics (e.g., age, gender, and ethnicity) to discuss the attributes of a specific concept or product. Focus group often are used in the marketing development phase of a product to generate ideas and provide insights into consumer reactions and perceptions.

Foot exam

An easy tool for people with diabetes. A foot exam can reduce the incidence of infection, ulcer, deformity, and amputation. A foot exam generally includes an assessment of sensation and diabetic neuropathy, circulation and peripheral arterial disease, injury and deformity, range of motion and strength, medical history and current symptoms, footwear needs, and the necessity for patient education. Individuals with diabetes should have a foot exam at least on an annual basis. If the examination uncovers risk factors, then it should be performed with a greater frequency.

Foot ulcer

An open sore on the foot that can be either a shallow red sore that only involves the surface skin or a very deep lesion that extends through the thickness of the skin and may involve tendons, bones, and other structures. People with diabetes are more apt to develop foot ulcers, which are often very difficult to heal.

Fungal infection

The invasion of tissues by one or more species of fungi. They range from superficial, localized skin conditions to deeper tissue infections, to even more severe lung, blood, or systemic diseases.

Galactosemia

A condition in which the body is unable to metabolize galactose.

Gestalt therapy

An existential and experiential psychotherapy focusing on the individual's experience in the present moment, the relationship between the therapist and the client, the environmental and social contexts in which these experiences transpire, and the adjustments people make as a result of the general situation. This type of therapy was co-founded by Fritz Perls, Laura Perls and Paul Goodman in the 1940s–1950s and underlines the importance of personal responsibility.

Gestational diabetes

Also known as gestational diabetes mellitus (GDM). Diabetes that occurs during pregnancy. (Diabetes that is present before a woman becomes pregnant or is diagnosed in the first trimester is called “pre-gestational diabetes.”)

A woman who has had gestational diabetes is more likely to develop type 2 diabetes later in life. Children of women with gestational diabetes have an increased risk of developing type 2 diabetes.

Glaucoma

A category of disorders that cause damage to the optic nerve, which transmits visual information from the eye to the brain.

Glomerular filtration rate (GFR)

A test to measure the level of kidney function and determine the stage of kidney disease. GFR is computed by using the results of the patient's blood creatinine test, age, race, and gender as well as other factors. [A related term is “estimated glomerular filtration rate (eGFR)”.]

Glucometer

A device used to estimate the concentration of glucose in the blood. It is an essential tool for individuals with diabetes who monitor their blood glucose at

home. To use a glucometer, the individual pricks the skin with a lancet, places a small drop of blood on a disposable test strip, which the meter reads and then uses to calculate the blood glucose level. The display shows the level in either mg/dl or mmol/l.

Glucose challenge test (GCT)

Calculates the body's response to glucose. GCT is done during pregnancy to screen for gestational diabetes (GDM).

Glycemia

The concentration of glucose in the bloodstream.

Glycemic control

The typical levels of blood glucose in a person with diabetes mellitus.

Government Performance and Results Act (GPRA)

Legislation that requires federal agencies to become results-oriented. Under GPRA, agencies are mandated to develop strategic plans that define general project goals and objectives and to publish annual performance reports comparing actual results to the forecasted goals.

High-density lipoprotein (HDL)

One of the five major groups of lipoproteins which allow lipids like cholesterol and triglycerides to be transported within the blood stream. In healthy individuals, about 30% of blood cholesterol is carried by HDL. It is hypothesized that HDL can remove cholesterol from atheroma within arteries and transport it back to the liver for excretion or re-utilization, which is why HDL-bound cholesterol is sometimes deemed “good cholesterol,” or HDL-C. It seems that a high level of HDL-C protects against CVD, while low HDL cholesterol levels (less than 40mg/dL) increase the risk for heart disease. Cholesterol contained in HDL particles is considered positive for cardiovascular health, in contrast to bad “LDL” cholesterol.

Health

A state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity. Health is a resource for everyday life, not the objective of living, and is a positive concept emphasizing social and personal resources, as well as physical capacities.

Health at Every Size (HAES)

An approach to health and well-being that focuses on intuitive eating, pleasurable physical activity, and diversity in body sizes, rather than dieting and weight loss.

Health disparities

The population-specific differences in the presence of disease, health outcomes, or access to health care across racial, ethnic, and socioeconomic groups.

Health outcomes

Changes made by individuals or populations that either reduce or increase the risk of developing specific health conditions.

Health promotion

The process of enabling people to increase control over and improve their health through networks and initiatives that create healthy environments. To reach a state of complete physical, mental, and social well-being, an individual or group must be able to identify and realize aspirations, satisfy needs, and change or cope with the environment.

Healthy diet

For children and youth, a diet that provides recommended amounts of nutrients and other food components within estimated energy requirements to promote normal growth and development, a healthy weight trajectory, and energy balance. For adults, a healthy diet involves eating a wide variety of foods that provide all the nutrients the body needs to repair and replace proteins, tissues, and cells throughout the body. A healthy diet is consistent with the Dietary Guidelines for Americans, and reduces the long-term risk for obesity and related chronic conditions including diabetes, metabolic syndrome, and cardiovascular disease.

Healthy lifestyle

A lifestyle that can help an individual reduce the risk of chronic conditions, such as diabetes, obesity, and coronary heart disease. Healthy lifestyles include eating a healthy diet, maintaining a healthy weight, exercising regularly, and avoiding risky behaviors.

Healthy weight

In children and youth, a level of body fat that supports normal growth and development, with no observed obesity complications, such as hypertension or high cholesterol levels. The current Centers for Disease Control and Prevention guidelines for healthy weight in children and youth are in the range of the 5th to 85th percentiles of the age- and gender-specific BMI charts. In adults, a healthy weight is one that equates with a BMI less than 25.

Heart disease

A disease characterized by narrowing of small blood vessels that provide oxygenated blood to the heart.

Hemoglobin (Hgb)

The oxygen-carrying pigment and predominant protein in red blood cells.

Hyperglycemia

A condition in which an excessive amount of glucose is present in the blood plasma.

Hyperlipidemia

An elevated level of lipids in the bloodstream. These lipids including cholesterol, cholesterol esters, phospholipids, and triglycerides, are transported in the blood as part of larger molecules named lipoproteins.

Hypertension (high blood pressure)

A chronic medical condition characterized by elevated blood pressure. Hypertension is either essential (primary) or secondary. In essential hypertension, no medical cause can be discovered to explain the elevated blood pressure. Secondary hypertension indicates the high blood pressure is a result of another condition.

Hypoglycemia

Also known as low blood glucose. Hypoglycemia is characterized by blood glucose dropping to below normal levels, under 45 mg/dl.

IHS Integrated Diabetes Education Recognition Program (IDERP)

A program that accredits diabetes self-management education (DSME) programs at IHS, Tribal, and Urban (I/T/U) Indian health care facilities. Accredited programs demonstrate that they have met the *National Standards for DSME*. IDERP accreditation can qualify a program for Medicare reimbursement.

IHS Lactation Worksite Policy

A policy allowing women who breastfeed their infants to express breast milk during their tour of duty, provided they have received prior approval.

IHS National Core Drug Formulary

(Or “National Core Formulary.”) A listing of core medication that all IHS sites are expected to have available for use.

IHS Standards of Care for Adults with Type 2 Diabetes

A set of clinical guidelines that help health care professionals provide consistent, quality care to American Indians and Alaska Natives (AI and AN) with diabetes or at risk of developing diabetes. These guidelines address the unique aspects of care for AI/AN; enable health care professionals and other members of diabetes care teams to offer consistent quality care to American Indians and Alaska Natives; were developed using a consensus process that involved health care

professionals with scientific experts within and outside IHS; and reflect and support the concept of a team approach to diabetes care in Indian health care facilities and the communities that support them.

Impaired glucose tolerance (IGT)

Blood glucose levels that are higher than normal, but below the level of an individual with diabetes. IGT is a combination of impaired secretion of insulin and insulin resistance.

Incidence

The frequency of new cases of a condition or disease within a defined time period. Incidence is commonly measured in new cases per 1,000 (or 100,000) of population at risk per year.

Indian Health Performance Evaluation System (IHPES)

A system unique to Indian health. IHPES includes Resource Patient Management Software (RPMS) Patient Care Component (PCC) software to support ORYX data collection in three hundred sites throughout the United States. Data exports are initiated monthly at the Health Care Organization (HCO) level. Data exports are transmitted from the HCO level to twelve regional offices for consolidation/bundling and then to Albuquerque, New Mexico, for processing and reporting.

Indian health system

The health system composed of IHS, Tribal, and Urban Indian (I/T/U) health care organizations that collectively provide care to American Indians and Alaska Natives. The IHS is the operating division within the United States Department of Health and Human Services that carries out the federal government's trust responsibility to provide health care services to eligible American Indians and Alaska Natives. Until the mid-1990s, the IHS directly operated most of its 49 hospitals, 231 ambulatory clinics, 309 health stations, fifteen school-based clinics, and numerous Alaska Native village clinics. Currently, over 50% of these facilities are operated directly by Tribal governments through contracts or compacts. The IHS also contracts with 34 Urban Indian health organizations to provide services to eligible American Indians and Alaska Natives who reside in large metropolitan areas.

Insulin

A hormone produced by the pancreas that is needed to convert sugar, starches, and other food into energy needed for daily life.

Insulin resistance

A condition in which the body fails to use insulin properly.

Insulin secretagogues

Agents that trigger the beta cell to secrete insulin.

Interpersonal therapy

A short-term supportive psychotherapy focusing on the connection between the interactions between people and the advancement of a person's psychiatric symptoms.

Intervention

A policy, program, or action intended to bring about identifiable outcomes.

Intrapartum

Occurring during labor and delivery.

Ischemia

A restriction in blood supply that is generally caused by factors in the blood vessels with resulting damage to or dysfunction of tissue.

Ketoacidosis

A complication of diabetes that occurs when glucose is not available as a fuel source and fat is used instead. Byproducts of fat breakdown, called ketones, build up in the body. Ketoacidosis is severe ketosis which causes the pH of the blood to drop below 7.2.

Ketonemia

An excess of ketones in the blood.

Ketosis

A state of the organism characterized by elevated levels of ketone bodies in the blood, occurring when the liver converts fat into fatty acids and ketone bodies instead of using glucose.

Kidney transplant

A type of renal replacement therapy that involves the organ transplantation of a kidney in an individual with end-stage renal disease (ESRD). It is generally classified as deceased-donor or living-donor transplantation, depending on the source of the recipient organ.

Laser photocoagulation

Surgery used as a treatment for a wide variety of eye diseases. During the procedure, which is generally performed on an outpatient basis, a laser is utilized to finely cauterize ocular blood vessels to attempt to bring about various therapeutic benefits. The surgery is used in the treatment of diabetic retinopathy and age-related macular degeneration, as it is proven to reduce the risk of

severe vision loss from these diseases, which are the leading causes of blindness in the United States.

Low-density lipoprotein (LDL)

A type of lipoprotein that transports cholesterol and triglycerides from the liver to peripheral tissues. LDL is one of the five major groups of lipoproteins.

Lichen planus

A disease in which there is an itchy, swollen rash on the skin or in the mouth.

Lifestyle approaches

Lifestyle approaches have their roots in behavior modification and include techniques and approaches that focus on changing behaviors that are thought to contribute to or maintain obesity. Most of the various lifestyle approaches have several factors in common, including: use of self-monitoring and goal-setting; stimulus control; modification of eating style and habits; use of reinforcement for healthy behaviors; nutrition education; moderate physical activity; and cognitive restructuring techniques such as stress management, relaxation skills, meditation, and relapse-prevention training. These approaches produce moderate weight loss and have minimal side effects.

Likert Scale

A psychometric scale that is often implemented in questionnaires, and is the most widely used scale in survey research. When responding to a Likert questionnaire item, participants indicate their level of agreement to a statement.

Lipids

A group of organic compounds which includes fats, oils, waxes, sterols, nucleic acids, and triglycerides that are insoluble in water and account for most of the fat present in the human body.

Macrosomia

Macrosomia refers to a newborn with an excessive birth weight. A diagnosis of fetal macrosomia can be made only by measuring birth weight after delivery, and thus the condition is determined retroactively. Fetal macrosomia occurs in up to 10% of deliveries.

Macrovascular complications

A type of vascular complication that is accelerated by diabetes, dyslipidemia, raised blood pressure, and smoking, and is associated with obesity. Macrovascular complications are the most common cause of premature death in adults with diabetes. The progression of macrovascular disease may be reduced by improved metabolic control of diabetes, blood pressure control, treatment of dyslipidemia, smoking cessation, and increased physical activity.

Malnutrition

The condition in which the body does not get sufficient nutrients.

Medical nutrition therapy (MNT)

A comprehensive nutrition practice that includes nutrition education and patient therapies such as medications, physical activity, and behavioral health.

Medication therapy management services

Services that encourage people to take an active role in managing their medications, which are reliant upon pharmacists working collaboratively with physicians and other health care professionals to enhance medication use in accordance with evidence-based guidelines.

Memorandum of agreement (MOA)

A written document between parties to cooperatively work together on an agreed-upon project or meet an agreed-upon objective. The purpose is to have a written understanding of the agreement between parties.

Metabolic bone disease

A term that describes abnormalities of bones caused by a broad spectrum of disorders. These disorders are most often caused by abnormalities of minerals such as calcium, phosphorus, magnesium, or vitamin D, which lead to dramatic clinical disorders that are commonly reversible once the underlying problem is treated.

Metabolic syndrome

The presence of a cluster of variables, such as obesity, hypertension, low HDL, high triglycerides, and impaired fasting glucose that increases a person's risk for developing diabetes and cardiovascular disease.

Microalbuminuria

When the kidney leaks small amounts of albumin into the urine.

Microvascular complications

A type of vascular complication that includes diabetic nephropathy, neuropathy, and retinopathy.

Microvascular disease

Also known as microangiopathy, microvascular disease affects the smaller blood vessels of the body. Microangiopathy transpires when the walls of these smaller blood vessels become too thick and weak, which causes bleeding, protein leakage, and reduction in the flow of blood throughout the body.

Monitoring

The collection and analysis of data as a program, intervention, or policy progresses, to ensure the integrity of its planned implementation.

Monounsaturated fats

Fats that have one double-bonded (unsaturated) carbon in the molecule. Monounsaturated fats are typically liquid at room temperature, but start to turn solid when chilled.

Motivational interviewing

A directive, client-centered counseling style for eliciting behavior change by assisting clients explore and resolve ambivalence. Compared with non-directive counseling, motivational interviewing is more focused and goal-oriented. The examination and resolution of ambivalence is the chief goal, and the counselor intentionally pursues this objective.

Movement therapy

Founded on the principle that a connection exists between personality and the way in which one moves, and that changes in movement behavior affect the emotional, intellectual, and physical health of the individual. Movement therapy can be practiced in individual or group sessions.

Muscle-strengthening activities

Physical activity, including exercise that increases skeletal muscle strength, power, endurance, and mass.

National Clinical Pharmacy Specialist (NCPS)

Certification that recognizes a pharmacist's local privileges for meeting the specified national standards for credentialing. The intentions of the NCPS program are to review and recognize credentials of clinical pharmacists, attempt to assure and promote uniformity of clinical competence through national certification, serve to promote universal recognition of pharmacists as billable primary care providers, capture the impact from those services, and continue program expansion.

National Heart, Lung and Blood Institute's Brief Behavior Assessment Tool

This behavior tool uses a set of measures for a health care practitioner to assess an obese individual's readiness for weight loss.

National Standards for Diabetes Self-Management Education (NSDSME)

Guidelines for quality DSME that can assist diabetes educators from a variety of settings in providing evidence-based education. These guidelines can be used by any IHS, Tribal, and Urban (I/T/U) facility that wants to enhance the quality and effectiveness of its DSME services. I/T/U facilities that have formal DSME programs and are seeking accreditation will need to meet all standards and criteria of the NSDSME. The NSDSME were revised in 2007 to address current scientific evidence and expert consensus.

National Weight Control Registry (NWCR)

Established in 1994 by Rena Wing, PhD and James O. Hill, PhD, the NWCR is a registry developed to identify and investigate the characteristics and behaviors of individuals who have succeeded at long-term weight loss. The NWCR currently uses detailed questionnaires and annual follow-up surveys to examine the strategies, behavioral characteristics and psychological traits of over 5,000 individuals successful in long-term weight loss.

Negative pressure wound therapy

A wound closure technique that is used to promote healing in large or chronic wounds, fight infection, and enhance healing of burns. A vacuum is employed to reduce pressure around the wound and it draws out excess fluids and cellular wastes.

Nephropathy

Damage to or disease of the kidney.

Nephrotoxicity

A poisonous effect of some substances, both toxic chemicals and medication, on the kidneys.

Neuropathy

An abnormal and usually degenerative state of nerves, for instance a disorder in the peripheral nervous system.

Non-diet approaches

Also known as intuitive eating, this approach is based on the nutrition philosophy that monitoring the body's natural hunger and fullness signals is a more effective method of maintaining a healthy weight. In non-diet approaches, being attuned to when the body feels hungry, satisfied and overfull allows the body to find their own natural weight.

Non-proliferative diabetic retinopathy

The earliest retinal changes of diabetic retinopathy, resulting from damage to the small blood vessels (capillaries) in the retina. In the earliest stages of this condition, these vessels may bleed and leak fluid into the surrounding retinal tissue, but individuals usually do not exhibit symptoms and often maintain 20/20 vision.

Non-steroidal anti-inflammatory drugs (NSAIDs)

Drugs with analgesic, antipyretic qualities (lowering an elevated body temperature and relieving pain without impairing consciousness) and, in higher doses, with anti-inflammatory effects.

OAV

Acronym for “one abnormal value.”

Obesity

An excess amount of total body fat. In adults, having a BMI of 30 kg/m² or greater is considered *obesity*.

Oral glucose tolerance test (OGTT)

A test measuring the body's ability to use glucose. An OGTT can be used to diagnose pre-diabetes and diabetes. It is most commonly ordered to screen for gestational diabetes (GDM).

Oral sulfonylureas

A class of anti-diabetic drugs used in the management of type 2 diabetes that increase insulin release from beta cells in the pancreas.

Osteoporosis

The thinning of bone tissue and loss of bone density over time.

Outcome

The changes that result from a program's activities and outputs. An outcome can be short-term, intermediate, or long-term. Aggregated data are used to measure long-term health outcomes such as obesity and diabetes rates, related complications, and life expectancy. These indices are used to assess whether progress has been made toward achieving specific outcomes as a result of an intervention.

Outcome evaluation

An approach to assessing whether or not anticipated changes or differences occur as a result of an intervention. This type of evaluation measures the extent of change in targeted laboratory values or conditions between baseline measurements and subsequent measurements.

Overweight

Defined as a body mass index (BMI) of 25-29.9 kg/m².

Patient and Family Education Protocols & Codes (PEPC)

Commonly used codes that help health care professionals document and track patient education. These codes allow for quick documentation of patient education during any given care visit. These codes are then transferred to a summary which informs any individual viewing a chart of the pattern of education provided for the patient.

Patient Care Component (PCC+) forms

An RPMS application released by the IHS Office of Information Technology (OIT) for IHS-wide deployment in June 2001. The forms are used to capture critical patient data.

Patient-centered Assessment and Counseling for Exercise (PACE)

An integration of social cognitive theory and the Stages of Change theory in a physical activity counseling program for health care providers. PACE requires minimal involvement of the medical staff and has been proven to be effective in increasing physical activity in patients. It has also been shown that PACE can be administered in health care settings. The PACE program is recommended as a tool for providers who are counseling patients on physical activity in the treatment of overweight and obesity.

Patient empowerment

Is a concept that has come out of the natural health movement. It states that people must change their personal behavior, the social situations, and the environment in which they live, to be truly healthy.

Patient Health Questionnaire (PHQ)

A brief, nine-item patient self-reporting assessment for depression. It has demonstrated its effectiveness as a tool for the diagnosis of depression in primary care with acceptable reliability, validity, sensitivity, and specificity. The nine items are extracted from the nine DSM-IV signs and symptoms of depression.

Patient Wellness Handout (PWH)

A tool that provides patients with access to some of the information in their medical record. Information, education, and delivery of preventive services have been shown to improve patient health and facilitate communication between health care providers and patients, which leads to improved patient outcomes.

PCC template

A set of standard templates for each patient visit. These templates are designed to improve quality of care, in addition to enhancing data and billing integrity. The templates can be used to build a customized form in real-time for each patient visit.

Pedometer

A portable electronic device that counts every step an individual takes by detecting the motion of the person's hips.

Periodontal disease

A chronic bacterial infection that affects the gums and bones that support the teeth. It can range from simple gum inflammation to serious disease causing major damage to the soft tissue and bone, which in the worst case can lead to teeth loss.

Periodontal Screening and Recording (PSR)

A diagnostic screening tool utilized for the early detection of periodontal disease.

Peripheral neuropathy

A problem with the nerves that carry information to and from the brain and spinal cord, which can produce pain, loss of sensation, and a lack of muscular control.

Peripheral vascular disease (PVD)

Diseases of blood vessels outside the heart and brain. Peripheral vascular disease (PVD) is often a narrowing of vessels that carry blood to the legs, arms, stomach or kidneys.

There are two types of these circulation disorders: functional and organic. Functional peripheral vascular diseases do not have an organic cause and they do not involve defects in blood vessel structure. They are usually short-term effects. Organic peripheral vascular diseases are caused by structural changes in the blood vessels, such as inflammation and tissue damage.

Pharmaceutical care

The direct, responsible provision of medication-related care for the purpose of achieving definite outcomes that improve a patient's quality of life. It is also the determination of drug needs for a given individual and provision of not only the required drug, but also the services necessary to ensure optimally safe and effective drug therapy.

Pharmacologic therapy

The treatment of any given condition through the study of drugs and the body's reaction to them.

Phosphorus

An element found in most foods that helps regulate calcium levels in the bones. Healthy kidneys remove excess phosphorus from the blood. When the kidneys stop working normally, phosphorus levels in the blood can become too high, leading to lower levels of calcium in the blood and resulting in higher parathyroid hormone (PTH) levels and the loss of calcium from the bones. Even before blood levels of phosphorus become elevated, the kidneys are forced to work harder to clear phosphorus from the body.

Physical activity

Body movement produced by the contraction of skeletal muscles that results in energy expenditure above the basal level. Physical activity consists of athletic, recreational, housework, transportation, or occupational activities that require physical skills and utilize strength, power, endurance, speed, flexibility, range of motion, or agility.

Physical Activity Kit (PAK)

A training program that helps practitioners and facilitators of health promotion learn how to implement, evaluate, and disseminate evidence-based physical activity interventions. The PAK explains and demonstrates various programs that cover strength-building, flexibility, and aerobics. The activities incorporate aspects of American Indian and Alaska Native culture and are aimed at all ages.

Physical Activity Readiness Questionnaire (PAR-Q)

A self-screening tool used by anyone planning to begin an exercise program that helps to determine any possible risks caused by exercising. By answering questions related to the individuals' medical history, he or she can determine the appropriate type of physical activity. It is often used by fitness trainers or coaches to determine the safety or possible risk of exercising for an individual.

Plate Method

A visual dietary control formed by the American Diabetes Association (ADA). Based on a nine-inch wide plate, an individual's plate should be composed of one-half fruits and vegetables, one-quarter lean meat or protein, and one-quarter grain and starches (like rice or pasta).

Policy

A written statement reflecting a plan or course of action taken by the government, businesses, communities, or institutions, that is intended to influence and guide present and future actions. For governments, including Tribal governments, a policy may represent a law, regulation, ordinance, executive order, or resolution.

Polycystic ovary syndrome (PCOS)

An endocrine disorder that affects approximately 5% of all women. It occurs amongst all races and nationalities, is the most common hormonal disorder among women of reproductive age, and is a leading cause of infertility. The principal features are obesity, anovulation (resulting in irregular menstruation), and excessive amounts or effects of androgenic hormones. While the causes are unknown, insulin resistance, diabetes, and obesity are all strongly associated with PCOS.

Polydipsia

A medical symptom in which the patient displays excessive thirst.

Polyphagia

A medical symptom characterized by excessive hunger and an abnormally large intake of solids by mouth.

Polypharmacy

A term used to describe the situation in which the medication profile of a patient consists of more drugs than actually necessary. A medication course of therapy that includes at least one unnecessary medication is considered to be polypharmacy.

Polyunsaturated fats

Fats that have more than one double-bonded (unsaturated) carbon in the molecule. Polyunsaturated fats are typically liquid state at room temperature and also when chilled.

Polyuria

A condition characterized by the passage of large volumes of urine.

Portion size

The amount of food an individual is served at home or away from home and chooses to consume for a meal or snack. Portions can be larger or smaller than serving sizes listed on the food label or the *Food Guide Pyramid* (USDA).

Postprandial

After eating a meal. This term is often used in the context of blood glucose levels, which are normally measured two hours before and after eating.

Pre-diabetes

A condition that occurs when a person's blood glucose levels are higher than normal, but not high enough for a diagnosis of diabetes.

Two states of abnormal blood glucose regulation between the normal state and the state of diabetes are used to classify pre-diabetes. With the fasting plasma glucose test, a fasting blood glucose level between 100 and 125 mg/dl signals pre-diabetes (impaired fasting glucose). In the oral glucose tolerance test, a person's blood glucose level is measured after a fast and two hours after drinking a glucose-rich beverage. If the two-hour blood glucose level is between 140 and 199 mg/dl, the person tested has pre-diabetes (impaired glucose tolerance).

Presidential Fitness Challenge

An American program introduced by the President's Council on Physical Fitness and Sports that aims to encourage all Americans to "make being active part of their everyday lives" and to be physically fit. It offers the *Active Lifestyle* program for starters and *Presidential Champions* for those who are more active.

Prevalence

The number of instances of a condition or disease in a population at a designated period of time. Usually expressed as a percentage of the population.

Prevention

With regard to diabetes, primary prevention seeks to delay or halt the development of diabetes; secondary prevention focuses on preventing diabetes-related complications in people with diabetes; and tertiary prevention focuses on controlling diabetes-related complications in people with the disease.

Primary health team

A team of clinical professionals such as doctors, nurses, therapists as well as the essential members of the team who provide managerial and administrative support.

Program

An integrated set of planned strategies and activities that support clearly stated goals and objectives for implementing desirable changes and improvements in the well-being of people, institutions, or environments.

Program Assessment Rating Tool (PART)

Developed to assess and improve program performance so that the federal government can achieve better results. A PART review helps identify a program's strengths and weaknesses to inform funding and management decisions aimed at optimizing effectiveness. The PART examines all factors that affect and reflect program performance, including program purpose and design; performance measurement, evaluations, and strategic planning; program management; and

program results. Because the PART includes a constant series of analytical questions, it allows programs to show improvements over time and permits comparisons to be made between similar programs.

Proliferative diabetic retinopathy

A late stage of diabetic retinopathy during which new blood vessels grow on the surface of the retina. These blood vessels can lead to severe vision problems because they can break and bleed into the vitreous, the clear jelly-like substance that fills the center of the eye. Proliferative retinopathy is a more serious form of the disease, that can lead to blindness.

Psychoeducation

The education provided to people with psychological disturbances. It includes patient training courses in the context of the treatment of physical illnesses. A goal is for the patient to understand and be better able to cope with the illness. The patient's own strengths, resources and coping skills are reinforced, in order to avoid relapse and contribute to the individual's health and wellness on a long-term basis. A patient with knowledge of his or her illness is better able to live with the condition.

Public health

The fulfillment of society's interest in ensuring that people live in healthy conditions. All community members have a role in public health. For example, everyone involved in health care needs to work together on diabetes prevention and treatment efforts, for the public health purpose of making life better for people and communities affected by diabetes.

Quality of life

The degree to which intellectual, spiritual, economical, social, and health pursuits are achieved and maintained. Quality of life refers to a person's overall sense of well-being, and to a supportive environment when the term is applied to a community.

Rapid Assessment of Physical Activity (RAPA)

An easily-administered (seven items) and easily-interpreted way to assess levels of physical activity among adults older than 50 years.

Renal dysfunction

Problems with the kidney that detract from the body's ability to adequately retain essential nutrients and remove toxic substances from the blood.

Renal function

A measure of how efficiently the kidneys filter blood.

Renal replacement therapy

Life-supporting treatments for renal failure, which include hemodialysis, peritoneal dialysis, hemofiltration, and renal transplantation.

Renin angiotensin system antagonist

A cardiovascular class of drugs. The drugs are FDA-approved for hypertension, congestive heart failure, left ventricular dysfunction, myocardial infarction, diabetic nephropathy, cardiovascular events risk reduction, and reduction of stroke risk with left ventricular hypertrophy.

Resource and Patient Management System (RPMS)

An integrated solution for the management of clinical, business practice, and administrative information in health care facilities. Flexible hardware configurations, more than 50 software applications, and appropriate network communication components are combined as a comprehensive clinical, financial, and administrative solution. RPMS is utilized at most health care facilities within the Indian health care delivery system.

Retinopathy

A general term referring to some type of non-inflammatory damage to the retina of the eye.

Risk factor

A condition that increases the possibility that an individual, group, community, or population may experience an identifiable health problem.

Risk reduction

Identifying and utilizing measures to reduce the probability of any given undesirable event and defining actions to lessen or eliminate its impact.

RPMS Women's Health Package

A clinical application of the RPMS addressing women's health needs.

Saturated fats

Fats in which the carbon atoms are saturated with hydrogen atoms. Saturated fats are typically solid at room temperature.

School health

A comprehensive school health program includes family, community, and health care organization involvement to provide health services, increase health-related knowledge and skills, offer nutrition services, teach physical education, and provide mental health counseling. Promotion of a healthy environment at school is an important factor for any such program.

Screening

A strategy used in a population to detect a disease in individuals without readily-apparent signs or symptoms of that disease.

Sedentary

A way of living or a lifestyle that requires minimal physical activity and encourages inactivity through limited choices, disincentives, and structural or financial barriers.

Self-management

A process in which an individual manages his or her own illness effectively. Self-management partners the individual with a health care provider to determine the patient's treatment plan.

Self-management education

Teaching skills and providing information on available resources to people with diabetes (or any chronic illness, for that matter) so they can make the best decisions about daily diabetes management. Self-management education is a key element of diabetes treatment. Also referred to as diabetes self-management education, or DSME.

Self-monitoring of blood glucose (SMBG)

An important component of modern therapy for diabetes mellitus. Self-monitoring for blood glucose (SMBG) has been recommended for people with diabetes to achieve a specific level of glycemic control and prevent hypoglycemia. The goal of SMBG is to collect detailed information about blood glucose levels at many times, to allow maintenance of a more constant glucose level by more precise regimens. SMBG can be used to help with adjustment of a therapy regimen in response to blood glucose values and to aid individuals adjust dietary intake, physical activity, and insulin doses, to improve glycemic control.

Serum creatinine

A test that is the most commonly used indicator of renal function.

Serving

A standardized unit of measure used to describe the total amount of foods recommended daily from each of the food groups from the *Food Guide Pyramid* (USDA), or a specific amount of food that contains the quality of nutrients listed on the *Nutrition Facts* panel. A serving may differ from a "portion," which represents the amount of food an individual is served at home or away from home and chooses to consume for a meal or snack.

Sleep apnea

A common disorder in which a person has one or more pauses in breath cycles or shallow breaths during sleep. Breathing pauses can last from a few seconds to minutes and often occur five to thirty times or more per hour. Typically, normal breathing resumes following the pause, sometimes with a loud snort or choking sound. Sleep apnea usually is a chronic condition that disrupts sleep three or more nights each week. The individual often moves out of deep sleep and into light sleep when breathing pauses or becomes shallow. This results in poor sleep quality leading to tiredness during the day. Sleep apnea is one of the leading causes of excessive daytime sleepiness.

SMART objectives (specific, measurable, attainable, realistic, and time-bound)

A mnemonic used in project management to evaluate the objectives or goals for an individual project. This term is also in common usage in performance management, to describe the process stage in which goals and targets are set.

Social-ecological model

A framework used to examine the multiple effects and interrelatedness of social elements in a given environment.

Special Diabetes Program for Indians (SDPI)

A grant program that provides funding for diabetes treatment and prevention services at IHS, Tribal, and Urban (I/T/U) Indian health programs. Almost ten years since its inception, the Special Diabetes Program for Indians (SDPI) is now the most comprehensive, far-reaching diabetes program for American Indians and Alaska Natives, and serves as the foundation for diabetes treatment and prevention efforts for Tribal communities across the United States.

Stages of Change

A set of six changes that have been conceptualized for use towards a variety of problem behaviors. In *Precontemplation* stage there is no intent to change behavior; in *Contemplation* the individual becomes aware of the existence of a problem, seriously considers overcoming this problem, but has yet to commit to action; in *Preparation* the individual makes the decision to take action; during the *Action* stage the individual modifies their behavior, experience or environment to make the behavior change; in *Maintenance*, the individual works to prevent relapse to the problem behavior; in the final stage, *Termination*, the new behavior has become an integral part of daily life, so much so that the likelihood of relapse is essentially nonexistent.

Stakeholder

A person or organization that is invested in a policy or program or interested in the results of an evaluation.

State Children's Health Insurance Program (SCHIP)

A program administered by the Department of Health and Human Services (DHHS) to provide matching funds to states for health insurance to families with children. The program was designed with the intention to cover uninsured children in families with modest incomes that are too high to qualify for Medicaid.

Stimulus control

A term used to describe situations in which a behavior is prompted by the presence or absence of some stimulus.

Strategy

A set of actions taken to achieve a goal.

Strong Heart Study (SHS)

A study of cardiovascular disease and its risk factors among American Indian men and women supported by the National Heart, Lung, and Blood Institute (NHLBI), that commenced October 1, 1988. Strong Heart is the largest epidemiologic study of American Indians ever attempted. The SHS uses standardized methodology and is designed to approximate cardiovascular disease mortality and morbidity, estimate the prevalence of known and suspected cardiovascular disease risk factors in American Indians, and assess the meaning of these risk factors in a longitudinal analysis. The study included thirteen American Indian Tribes and communities in three geographic areas: near Phoenix, Arizona; the southwestern area of Oklahoma; and western and central North and South Dakota.

Study to Treat Or Prevent Pediatric Type 2 Diabetes Mellitus (STOPP T2DM)

A multi-center, population-based prevention study that is presently in progress and may provide practical information on the prevention of type 2 diabetes.

Sudden infant death syndrome (SIDS)

The unexpected, sudden death of a child under one year of age in which an autopsy does not provide an explainable cause of death.

Support group

A group in which members provide each other with various types of assistance, usually non-professional, for a specific shared characteristic. The help may take the form of providing and evaluating relevant information, relating personal experiences, listening to and accepting others' experiences, providing sympathetic understanding, and establishing social networks. A support group may also work to inform the public or participate in advocacy.

Surveillance

The systematic collection, analysis, interpretation, and dissemination of data to assist in the planning, implementation, and evaluation of public health policies, programs, and interventions.

Sustainability

The likelihood that a program will continue over a period of time after grant funding has ended.

Systolic blood pressure

A measure of blood pressure while the heart is beating.

Talking circle

A method used by a group to discuss a topic in an egalitarian and non-confrontational way. Individuals sit in a circle and make comments on the topic of the discussion, while following a set of rules: 1) only the person holding the talking stick may speak, 2) an effort is made to listen as you would want to be listened to when you are speaking, and 3) the talking stick is passed around the circle.

Target population

A group of people at risk, whom a policy, program, or intervention is designed to reach.

Taxonomy

The practice and science of classification.

Technical assistance

Services provided by program staff that are intended to provide guidance to individuals, institutions, or communities to conduct, strengthen, or enhance diabetes treatment and prevention activities, such as implementing, monitoring, or evaluation programs and interventions.

Telemedicine

An application of clinical medicine in which medical information is transferred through the telephone or via the Internet, for the purpose of consulting. Sometimes telemedicine is used for remote medical procedures or examinations. Rural areas and other underserved areas can benefit from thoughtful implementation of telemedicine programs.

Title X program

Was enacted in 1970 as a part of the *Public Health Service Act*. Title X is the only federal grant program dedicated exclusively to providing individuals with comprehensive family planning and related preventive health services. The

Title X program is designed to provide access to contraceptive services, supplies, and information to all who want and need them. By law, priority is given to individuals from low-income families.

Trans fats or “trans-fatty acids”

Fats created in an industrial process that adds hydrogen to liquid vegetable oils to make them more solid.

Treatment Options for Type 2 Diabetes in Adolescents and Youth (TODAY) study

This study seeks to identify the best treatment of type 2 diabetes in children and teens. TODAY has started in twelve medical centers and affiliated sites around the United States.

Tricyclic drugs

Pharmaceuticals that relieve depression by correcting chemical imbalances in the brain and are named for their three-ring chemical structure.

Triglyceride level

A laboratory test used to measure the amount of triglycerides in the blood. Some triglycerides are made by the body and others come from the food a person consumes. If an individual consumes more calories than needed, the triglyceride level may be elevated.

Triglycerides

The chemical form in which most fat exists in food, as well as in the body. Triglycerides are present in blood plasma, and, in association with cholesterol, form the plasma lipids.

Type 1 diabetes

A chronic disease that occurs when the pancreas does not produce enough insulin to properly control blood glucose level. Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as “juvenile diabetes.”

Type 2 diabetes

The most common form of diabetes, in which the body does not produce enough insulin, or the cells ignore the insulin. Type 2 diabetes is commonly known as “adult-onset diabetes” or “non-insulin-dependent diabetes.”

Ultra-Brief Person Action Tool

A set of evidence-based guidelines used to help health care professionals support patient self-management and behavior change. These guidelines are based on three core issues: the patient’s preferences or desires for behavior

change; the confidence level of the patient to carry out this change; and arranging follow-up to monitor execution of the plan.

Ultrasound examination

An imaging method that utilizes high frequency sound waves to produce precise images of structures within the body. The images often provide information that is valuable in the diagnosis and treatment of a variety of diseases and conditions.

United Kingdom Prospective Diabetes Study (UKPDS)

The largest clinical study of diabetes ever undertaken to determine whether the life-threatening complications of type 2 diabetes, often regarded as inevitable, can be reduced by more intensive management using existing treatments. The study recruited over 5,000 individuals with type 2 diabetes in twenty-three clinical centers based in England, Northern Ireland, and Scotland.

Urine albumin

See albumin

Urinary albumin-to-creatinine ratio (UACR)

A measurement of urinary protein excretion. Urinary albumin-to-creatinine ratio (UACR) is frequently ordered as a screening test for individuals with chronic conditions such as diabetes and hypertension, that put them at an increased risk of developing kidney disease.

Vasculopathy

Any disorder of blood vessels.

Visit General Retrieval (VGEN)

Also known as the Patient General Retrieval (PGEN). Produces a list or tally of visits within a specified date range based on various criteria. This extremely flexible report option enables the health care provider to select which visits to include in the report, which data items to print, and how the data is sorted.

Depending on the choices made, the report generated can be very specific or general.

Vision rehabilitation services

Can maximize the capacity of any existing sight that an individual has. If the individual has no sight, vision rehabilitation can equip the individual with techniques to maintain an independent lifestyle. Vision rehabilitation services can help an individual cope with vision loss, travel safely, take care of the home, meet career objectives, and enjoy leisure activities.

Voluntary Guidelines for Providers of Weight Loss Products and Services

A set of guiding principles created by the Partnership for Healthy Weight Management, a coalition composed of representatives from science, academia, the health care professions, government, commercial enterprises, and organizations promoting the public interest. The principles are for promotion of sound guidance to the general public on strategies for achieving and maintaining a healthy weight. These guidelines are voluntary and advisory, and do not represent any legal standards or requirements.

Weight management

Facilitating maintenance of optimal body weight and body fat percentage through regular exercise and a healthy diet.

Well-being

Well-being is a term describing a view of health that takes into account an individual's physical, social, and emotional health conditions.

White blood cells (WBCs)

Immune system cells that defend the body against infectious disease and foreign materials.

White's Classification

A classification for women with diabetes mellitus during pregnancy that can help identify those at increased risk for complications; classes include: A1, A2, B1, B2, C1, C2, D1, D2, D3, D4, F, G, H, R, and T.

Women, Infants, and Children (WIC)

A Food and Nutrition Service program serving to safeguard the health of low-income women, infants, and children up to age five who are at nutritional risk, by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care providers.

Index of Glossary Terms

A1c	2
Acanthosis nigricans.....	2
Accountability.....	2
ACE	2
ACE inhibitors (ACE-I).....	2
Acetylsalicylic acid (ASA)	2
Active listening.....	2
Aerobic activity.....	3
Alanine transaminase (ALT)	3
Albumin.....	3
Albuminuria.....	3
ALSO Course.....	3
American College of Obstetricians and Gynecologists (ACOG)	3
Amputation.....	3
Anemia	3
Ankle-brachial index (ABI)	3
Antenatal	4
Anticonvulsants.....	4
Antidepressant medications.....	4
Antiplatelet therapy	4
Anthropometrics.....	4
Angiotensin II receptor blockers (ARBs)	4
Art therapy	4
Aspartate transaminase (AST).....	4
Assessment	5
At risk for diabetes	5
Atherosclerosis	5
Atherosclerotic vascular disease	5
Autonomic neuropathy	5
Baby Friendly Hospital Initiative (BFHI) Ten Steps	5
Bariatric surgery.....	6
Behavioral Risk Factor Surveillance System (BRFSS)	6
Best practice	6
Blood glucose level.....	6
Body composition analysis.....	6
Body mass index (BMI).....	7
Breastfeeding dyad.....	7
'Brown bag' medication reviews.....	7
Candidiasis	7
Capillary blood glucose.....	7
Cardiovascular disease (CVD).....	7
Case management	8
Cataract	8

Cerebrovascular disease	8
Charcot foot	8
Chronic care model (CCM)	8
Chronic condition	8
Chronic kidney disease (CKD).....	9
Class A-1 diabetes (<i>see also p. 41, White’s Classification</i>)	9
Class A-2 diabetes (<i>see also p. 41, White’s Classification</i>)	9
Claudication	9
Clinical Reporting System (CRS).....	9
Cognitive behavior therapy (CBT).....	9
Cognitive restructuring.....	9
Collaboration.....	10
Commodity foods.....	10
Community.....	10
Community Health Representative (CHR)	10
Community Periodontal Index of Treatment Needs (CPITN)	10
Community screening	10
Co-morbidity	10
Complementary and alternative medicine (CAM)	10
Complete blood count (CBC)	11
Continuous quality improvement (CQI).....	11
Culture	11
DASH eating plan	11
Demonstration Projects	11
Dental caries.....	11
Depression.....	11
Diabetes	12
Diabetes Care and Outcomes Audit (“the Audit”).....	12
Diabetes complications.....	12
Diabetes Education in Tribal Schools (DETS)	12
Diabetes Management System (DMS)	12
Diabetes Prevention Program (DPP) of the National Institutes of Health (NIH).....	12
Diabetes registry.....	13
Diabetes self-management education (DSME).....	13
Diabetes systems of care	13
Diabetes team.....	13
Diabetic macular edema	13
Diabetic retinopathy	13
Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM- IV)	14
Dialysis	14
Diastolic blood pressure	14
Dietary Guidelines for Americans	14
Dyslipidemia	14
Early Treatment Diabetic Retinopathy Study (ETDRS).....	14

Electronic health records (EHR)	14
End-stage renal disease (ESRD).....	15
Epidemiology	15
Equine-assisted psychotherapy	15
Erythropoietin-stimulating agent (ESA).....	15
Estimated average glucose (eAG).....	15
Evaluation	15
Evidence-based medicine.....	15
Eye movement desensitization and reprocessing (EMDR).....	15
Fast food.....	16
Fetal echo.....	16
Fitness Gram	16
FITT (frequency, intensity, time, and type)	16
Focus group.....	16
Foot exam.....	16
Foot ulcer.....	17
Fungal infection	17
Galactosemia.....	17
Gestalt therapy	17
Gestational diabetes	17
Glaucoma	17
Glomerular filtration rate (GFR)	17
Glucometer	17
Glucose challenge test (GCT).....	18
Glycemia.....	18
Glycemic control	18
Government Performance and Results Act (GPRA)	18
High-density lipoprotein (HDL).....	18
Health	18
Health at Every Size (HAES)	18
Health disparities	19
Health outcomes.....	19
Health promotion	19
Healthy diet.....	19
Healthy lifestyle.....	19
Healthy weight	19
Heart disease.....	19
Hemoglobin (Hgb).....	20
Hyperglycemia	20
Hyperlipidemia	20
Hypertension (high blood pressure).....	20
Hypoglycemia	20
IHS Integrated Diabetes Education Recognition Program (IDERP).....	20
IHS Lactation Worksite Policy.....	20
IHS National Core Drug Formulary	20
IHS Standards of Care for Adults with Type 2 Diabetes	20

Impaired glucose tolerance (IGT)	21
Incidence	21
Indian Health Performance Evaluation System (IHPES)	21
Indian health system	21
Insulin	21
Insulin resistance	21
Insulin secretagogues	22
Interpersonal therapy	22
Intervention	22
Intrapartum	22
Ischemia	22
Ketoacidosis	22
Ketonemia.....	22
Ketosis	22
Kidney transplant	22
Laser photocoagulation	22
Low-density lipoprotein (LDL)	23
Lichen planus.....	23
Lifestyle approaches	23
Likert Scale	23
Lipids	23
Macrosomia	23
Macrovascular complications.....	23
Malnutrition	24
Medical nutrition therapy (MNT).....	24
Medication therapy management services	24
Memorandum of agreement (MOA)	24
Metabolic bone disease	24
Metabolic syndrome.....	24
Microalbuminuria	24
Microvascular complications	24
Microvascular disease	24
Monitoring	25
Monounsaturated fats	25
Motivational interviewing.....	25
Movement therapy	25
Muscle-strengthening activities.....	25
National Clinical Pharmacy Specialist (NCPS)	25
National Heart, Lung and Blood Institute's Brief Behavior Assessment Tool	25
National Standards for Diabetes Self-Management Education (NSDSME) .	26
National Weight Control Registry (NWCR)	26
Negative pressure wound therapy	26
Nephropathy	26
Nephrotoxicity	26
Neuropathy	26

Non-diet approaches	26
Non-proliferative diabetic retinopathy	27
Non-steroidal anti-inflammatory drugs (NSAIDs)	27
OAV	27
Obesity	27
Oral glucose tolerance test (OGTT)	27
Oral sulfonylureas	27
Osteoporosis.....	27
Outcome	27
Outcome evaluation.....	27
Overweight.....	28
Patient and Family Education Protocols & Codes (PEPC)	28
Patient Care Component (PCC+) forms	28
Patient-centered Assessment and Counseling for Exercise (PACE)	28
Patient empowerment.....	28
Patient Health Questionnaire (PHQ).....	28
Patient Wellness Handout (PWH).....	28
PCC template	29
Pedometer	29
Periodontal disease	29
Periodontal Screening and Recording (PSR)	29
Peripheral neuropathy	29
Peripheral vascular disease (PVD)	29
Pharmaceutical care	29
Pharmacologic therapy	29
Phosphorus.....	30
Physical activity	30
Physical Activity Kit (PAK)	30
Physical Activity Readiness Questionnaire (PAR-Q)	30
Plate Method.....	30
Policy	30
Polycystic ovary syndrome (PCOS).....	31
Polydipsia	31
Polyphagia.....	31
Polypharmacy.....	31
Polyunsaturated fats	31
Polyuria.....	31
Portion size.....	31
Postprandial.....	31
Pre-diabetes	32
Presidential Fitness Challenge	32
Prevalence.....	32
Prevention.....	32
Primary health team.....	32
Program.....	32
Program Assessment Rating Tool (PART)	32

Proliferative diabetic retinopathy.....	33
Psychoeducation	33
Public health	33
Quality of life	33
Rapid Assessment of Physical Activity (RAPA)	33
Renal dysfunction	33
Renal function.....	33
Renal replacement therapy.....	34
Renin angiotensin system antagonist	34
Resource and Patient Management System (RPMS).....	34
Retinopathy.....	34
Risk factor.....	34
Risk reduction	34
RPMS Women's Health Package	34
Saturated fats	34
School health	34
Screening	35
Sedentary	35
Self-management	35
Self-management education.....	35
Self-monitoring of blood glucose (SMBG).....	35
Serum creatinine.....	35
Serving	35
Sleep apnea.....	36
SMART objectives (specific, measurable, attainable, realistic, and time-bound)	36
Social-ecological model	36
Special Diabetes Program for Indians (SDPI).....	36
Stages of Change	36
Stakeholder.....	36
State Children's Health Insurance Program (SCHIP).....	37
Stimulus control	37
Strategy	37
Strong Heart Study (SHS)	37
Study to Treat Or Prevent Pediatric Type 2 Diabetes Mellitus (STOPP T2DM).....	37
Sudden infant death syndrome (SIDS)	37
Support group	37
Surveillance	38
Sustainability.....	38
Systolic blood pressure.....	38
Talking circle.....	38
Target population.....	38
Taxonomy	38
Technical assistance	38
Telemedicine	38

Title X program	38
Trans fats or “trans-fatty acids”	39
Treatment Options for Type 2 Diabetes in Adolescents and Youth (TODAY) study	39
Tricyclic drugs.....	39
Triglyceride level.....	39
Triglycerides	39
Type 1 diabetes	39
Type 2 diabetes	39
Ultra-Brief Person Action Tool	39
Ultrasound examination	40
United Kingdom Prospective Diabetes Study (UKPDS).....	40
Urine albumin.....	40
Urinary albumin-to-creatinine ratio (UACR)	40
Vasculopathy	40
Visit General Retrieval (VGEN).....	40
Vision rehabilitation services.....	40
Voluntary Guidelines for Providers of Weight Loss Products and Services ..	41
Weight management.....	41
Well-being.....	41
White blood cells (WBCs)	41
White’s Classification.....	41
Women, Infants, and Children (WIC)	41