

June 18-19, 2018
Paris, FranceJ Clin Nutr Diet 2018 Volume: 4
DOI: 10.4172/2472-1921-C1-003

THE LITTLE HOSPITAL THAT COULD- CREATE A SUGAR FREE AND LOW CARB FRIENDLY HOSPITAL TO REVERSE METABOLIC DISEASE

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Despite a growing body of evidence for low-carbohydrate diets' superior results in the management of obesity, cardiovascular disease risk, metabolic syndrome, and Type 2 Diabetes (T2D), objections by the medical and public health communities persist. In concert, the American Diabetes Association (ADA) does not recommend a low-carbohydrate diet for diabetes management and ADA diets in the hospital contain 60g carb per meal. While recognizing that carbohydrate intake has a direct effect on postprandial glucose levels and total amount of carbohydrate eaten is the primary predictor of glycemic response, the ADA advises that a variety of eating patterns (combinations of different foods or food groups) are acceptable for the management of diabetes and recommends adjusting carbohydrate intake to mealtime insulin dosing. Sugar sweetened beverages (SSB) are the leading culprit for excess sugar in the diet. Learn how we worked together as a hospital staff to eliminate these from patient trays, the cafeteria, and all vending machines. We share our experience at Jefferson Medical Center where we created a collaborative pathway to use a 10g carb per meal option combined with education and follow up. The cultural change brought acceptance of removing SSBs in April 2018, the first hospital in our state to implement this. The hospital setting presents the ideal opportunity to educate patients and health care providers on the immediate effects of carbohydrate restriction on T2D/MetS patients and allow a fresh strategy on discharge. Collaboration of medical staff, nursing, food services, pharmacy, and hospital dietician created 'From Diabetes to *HEAL*th - Diabetes/Met S Remission Pathway'. We believe the societal and school policy changes must start with us in healthcare. The goal is to leverage our experiences and success to not just educate, but more importantly change behavior.

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