# National Federation of the Blind of New Jersey

Topic: Diabetic Group Meeting Notes

Date: Thursday, February 8, 2024

Time: 7 PM

Location: Affiliate Zoom

Facilitator: Ed Godfreey

Email: edgodfrey1957@gmail.com

# 1. Roll Call

Ed Godfrey, Group facilitator called the meeting to order at 7:05 PM; There were 13 participants on the call.

# 2. NFB Pledge

The NFB pledge was recited

# 3. Spot Light Speaker:

Jocelyn Santiago introduced Laura Moran who is a registered nurse and certified diabetes care and education specialist at Capital Health – Endocrinology Specialists, located in Mercer County New jersey.

Ms. Moran spoke about Diabetes causes, prevention and management

First she started out by talking about diabetes and what it is and how the body either does not produce enough insolent or the body is insolent resistant. She talked about ways to control glucose by weight loss, diet and exercise. She gave several examples of foods that are carbo hydrates, proteins, dairy and fats and what foods to avoid. She spoke about various fruits, vegetables, meats, pasta and junk foods and how they impact sugar levels. She also spoke about using a plate to determine how much of the plate each food group should contain.

For example, one quarter of the plate should contain protein such as meat. One quarter should contain carbohydrates. The second half of the plate should contain vegetables.

Finally, Ms. Moran spoke of the importance of exercise. The ideal amount of exercise is about 150 minutes per week or 30 minutes five days a week.

# 4. Q&A Session

Questions were asked and answered.

# 5.Closing:

Members said the information was very helpful and informative.

# 6. Adjournment:

The meeting was adjourned at 8:15 PM

# 7. Next Meeting

The next Diabetic Group meeting will take place on Thursday, June 6 at 7 PM using the NFB of NJ Zoom account.

Diabetic Group meeting notes prepared by Ed Godfrey, Facilitator

Reviewed and edited by Linda Melendez, President