

Diabetes Basics for Communities

Why Talk About Diabetes?



*Developed by Sue Perry, PhD, CDE, LPCC,
in collaboration with
the Diabetes Prevention & Control Program*

Why Talk About Diabetes?

- Everyone knows someone who has diabetes.
- 1 in 10 people in New Mexico has diabetes.



- Diabetes hurts your health and well-being.

What is Diabetes?

- Diabetes is a disease that causes a high level of sugar to build up in the bloodstream.
- The body needs insulin to keep sugar in the bloodstream within a healthy range.
- People who have diabetes either do not make insulin or they make insulin but the body doesn't respond to it normally.

What is Diabetes?

- There are three types of diabetes:
 - Type 1 – Only 5-10% have it.
 - Type 2 – About 90-95% have this type.



- Gestational (diabetes during pregnancy) – Affects about 8% of pregnant women in New Mexico.

What is Diabetes?

Type 1

- Adults and kids can have this type of diabetes.
- The body no longer makes insulin.
- People with Type 1 must take insulin shots every day.



What is Diabetes?

Gestational Diabetes

- Gestational Diabetes affects about 8%* of pregnant women in New Mexico.
- Gestational Diabetes is managed by diet and sometimes medication. It usually goes away when the baby is born.
- Having gestational diabetes may put both the mother and child at higher risk for developing diabetes later in life.



Data Source: NM Department of Health Pregnancy Risk Assessment Monitoring System (PRAMS) for years 2004 & 2005.

What is Diabetes?

Type 2

- This is the most common type of diabetes. Adults and kids can have this type of diabetes.
- It can be managed with diet and exercise. Pills or insulin shots may be needed to help control blood sugar levels.
- With Type 2 diabetes, a person's body doesn't make enough insulin and/or is unable to use the insulin normally.



What is Diabetes?

What Puts Me At Risk?

- Being overweight.

At-Risk Weight Chart Body Mass Index

<i>Height</i>	<i>Weight</i>	<i>Height</i>	<i>Weight</i>
4'10"	129	5'8"	177
4'11"	133	5'9"	182
5'0"	138	5'10"	188
5'1"	143	5'11"	193
5'2"	147	6'0"	199
5'3"	152	6'1"	204
5'4"	157	6'2"	210
5'5"	162	6'3"	216
5'6"	167	6'4"	221
5'7"	172		

If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes.

This chart was taken from the American Diabetes Association Web site.

What is Diabetes?

What Puts Me At Risk?

- Eating a diet that is not healthy.

**High Sugar + High Fat =
Too Many Calories
*leads to***

Too Much Body Weight

What is Diabetes?

What Puts Me At Risk?

- Being...
 - Hispanic
 - Native American
 - African American
 - Asian American
 - Hawaiian
- Being inactive
- History of cardiovascular disease
- Pre-diabetes

What is Diabetes?

What Puts Me At Risk?

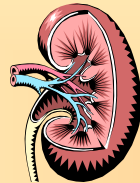
- Aging – especially 45 years and older
- Family history of diabetes
- History of gestational diabetes
- High blood pressure
- Blood lipids outside of a healthy range – this is related to your cholesterol

How Diabetes Can Hurt You

- Diabetes saps your mental energy.
- Diabetes makes you tired.
- Diabetes makes it harder to fight off colds and flu.
- Diabetes makes it harder to heal.

How Diabetes Can Hurt You

- Diabetes causes damage to your eyes, kidneys and heart, and the nerves in your feet, legs and hands.



- The stress of dealing with diabetes can make you feel sad.



- The financial costs of diabetes can cause stress.



What Can I Do About It?

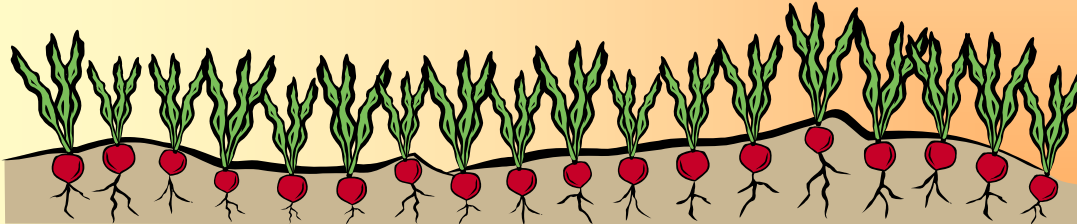
Act now and you will be healthier
whether you have diabetes or not!



What Can I Do About It?

Healthy Eating

- Limit high-fat meals or snacks.
- Eat smaller portions.
- Stop drinking sugar-sweetened sodas.
- Start a garden ... and eat from it!



What Can I Do About It?

Getting Active

- First, check with your doctor about getting active. Then get started.
- Take the stairs. Park far from stores so you have to walk.
- Find a friend to walk with and take the dogs and kids.



What Can I Do About It?

Getting Active

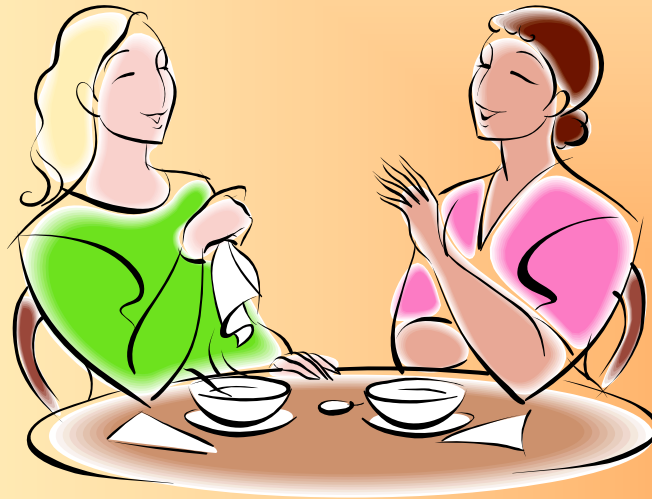
- Join a class or group at your local wellness center.
- Do something active every day (gardening by hand, cleaning house with broom and mop).
- Buy a DVD and work out at home.



What Can I Do About It?

Stress Management

- Visit with a friend.
- Do something for someone else.
- Hang out with your pets or adopt one.
- Ask for help.



What Can I Do About It?

Stress Management

- Watch a funny movie.
- Take time for hobbies and interests.
- Make a meal for friends or family. Try out a new, healthy recipe.



What Can I Do About It?

- Healthy action is the key!
- Getting active, eating healthy and managing stress also lead to weight loss.
- Find a medical family you can trust. Finding a doctor and clinic where you can ask questions and get help is very important.



Diabetes Treatment

What To Do When You Have It

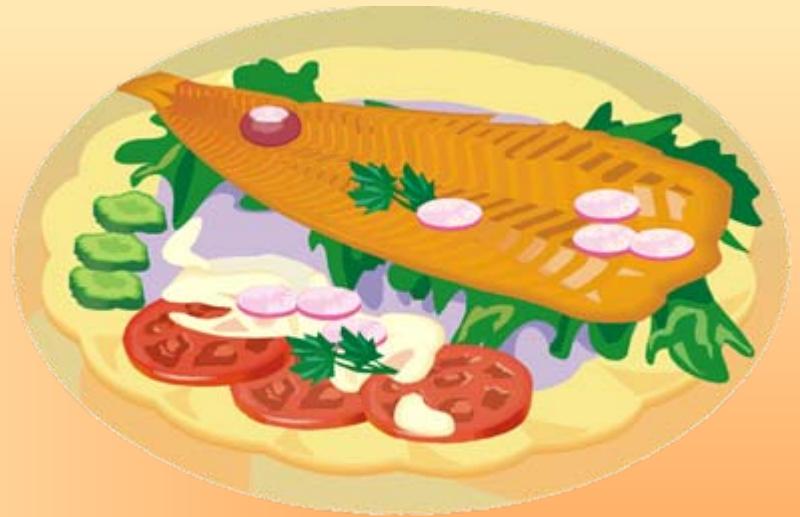
- Use your meter to check blood sugars so you know how you are doing.
- Take medication as directed. Don't stop without checking with your doctor!



Diabetes Treatment

What To Do When You Have It

- Ask your family and friends to help you eat healthier.
- Ask for a referral to a dietitian and a diabetes educator.
- Be patient with yourself. It takes time to learn about carbohydrates and portion control.



Diabetes Treatment

What To Do When You Have It

- Always call your doctor with questions or concerns.
- Learn as much as you can about your diabetes. Knowledge is power and will give you freedom.
- Ask for a referral to a diabetes educator so you can learn how to stay healthy.



Good Sources of Help

- Use your common sense.
- Just because something is on TV or the Internet, doesn't make it true.
- Magazines for people with diabetes
 - Forecast Magazine (American Diabetes Association or www.diabetes.org)
 - Diabetes Self-Management (www.DiabetesSelfManagement.com)

Good Sources of Help

- American Diabetes Association is a good source for books and other information – www.diabetes.org.
- American Heart Association Heart of Diabetes website – www.iknowdiabetes.org.
- Look for books about diabetes in your community library.
- New Mexico Diabetes Prevention and Control Program Web site – www.diabetesnm.org.

Control Your Diabetes for Life!

