



National Diabetes Awareness Month

November is National Diabetes Awareness Month and since 2006, November 14 has been recognized as National Diabetes Day.



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The most recent estimates in diabetes diagnosis and care indicate:

- 30.3 million Americans have diabetes - this is 9.4% of the country's population.
- 54 million Americans have prediabetes – a conditions where blood sugars are higher than normal, but lower than the standard blood sugars for diagnosing diabetes; 70% of those with diabetes will be diagnosed with Type 2 diabetes within their lifetime
- 25% within 3 - 5 years of being diagnosed with prediabetes.
- 25% of those 65 years or older in the United States have diabetes and almost 50% have prediabetes.
- if the increase in diabetes diagnosis continues, by the year 2050 about 25% of this country's population will have diabetes.
- in 2017, \$237 billion dollars was spent in direct medical costs to manage diabetes with another \$90 billion spent in reduced productivity related to diabetes.

	% of Population	Age of Diagnosis	Cause/Risk Factors	Major Differences	Managing
Type 1 Diabetes	5%	any age; 60% diagnosed under 30 years old	some genetic factors, but largely unknown	body is not able to make insulin any-more	*insulin *be active *healthy diet
Type 2 Diabetes	90-95%	any age; majority diagnosed over 40 years old	see list below	body still makes insulin, but not enough and it is resistant to using it	*be active *healthy diet *lose weight (if needed) *take medication (if needed)

Risk Factors for Type 2 Diabetes:

- overweight (BMI 25 or above) or obese (BMI of 30 or above)
- age 45 or older
- a family history of diabetes
- African American, Alaska Native, American Indian, Asian American, Hispanic/Latino, Native Hawaiian, or Pacific Islander
- a history of gestational diabetes (high blood sugars during pregnancy)

To determine your risk for developing Type 2 diabetes take the risk test at <https://www.diabetes.org/risk-test>.

Symptoms of Diabetes:

- increased thirst & hunger
- frequent urination
- fatigue
- blurred vision
- unexplained weight loss
- frequent infections
- slow healing sores

Here is what you can do to delay, prevent and manage diabetes:

Be active. Activity is as effective in lowering blood sugar as a medication. Everyone, regardless of having diabetes, is recommended to be active at least 150 minutes a week that can even be broken up into 10-15 minute exercise sessions throughout your day.

Eat a healthy diet. While there isn't anything you can't eat, remember variety, balance, and moderation of portions. Higher fiber foods tend to control appetite better and won't cause the blood sugar to rise as high after eating. Choose whole wheat breads and pastas, brown or wild rice, and whole fruits and vegetables. Limit sweetened drinks like soda or coffee drinks, some flavored waters and juices. Fill half your nine-inch dinner plate with fruits and vegetables. Add snacks if you are hungry but watch your portion and don't graze.

Lose weight if needed. Even 15-20 pounds off can make a big difference in blood sugars as it helps lower insulin resistance.

***Diabetes can be controlled. Work with your health care team to find a plan that fits your lifestyle.**