



FLORIDA DEPARTMENT OF JUVENILE JUSTICE
OFFICE OF HEALTH SERVICES

EMPLOYEE HEALTH INITIATIVE:
NOVEMBER IS AMERICAN DIABETES MONTH

November is American Diabetes Month, a time to communicate the seriousness of diabetes and the importance of diabetes prevention and control. For years, the American Diabetes Association has used this month as an opportunity to raise awareness of the disease and its serious complications. Diabetes is a leading cause of kidney failure, blindness, and amputations, and a major cause of heart disease and stroke.



- ❖ Nearly 24 million children and adults in the United States have diabetes. With obesity on the rise, millions more are at risk of developing diabetes.
- ❖ Another 57 million Americans have prediabetes and are at risk for developing type 2 diabetes.
- ❖ One out of every 3 children (and 1 in 2 minority children) born in the United States today will face a future with diabetes if current trends continue.

Diabetes Statistics

The death rate from diabetes continues to climb. Since 1987, the death rate due to diabetes has increased by 45%, while the death rates due to cancer, heart disease, and stroke have declined.

- About 60-70% of people with diabetes have mild to severe forms of nerve damage that could result in pain in the feet or hands, slowed digestion, sexual dysfunction, and other nerve problems.
- The rate of amputation for people with diabetes is 10 times higher than for people without diabetes.
- Two out of three people with diabetes die from heart disease or stroke.
- Diabetes is the leading cause of new cases of blindness among adults.
- Diabetes is the leading cause of kidney failure.

Cost of Diabetes

- ❖ The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$174 billion.
- ❖ Direct medical costs reach \$116 billion, and the average medical expenditure among people with diabetes is 2.3 times higher than those without the disease.
- ❖ Indirect costs amount to \$58 billion (disability, work loss, premature mortality).
- ❖ Further published studies suggest that when additional costs for gestational diabetes, prediabetes, and undiagnosed diabetes are included, the total diabetes-related costs in the U.S. could exceed \$218 billion.
- ❖ The cost of caring for someone with diabetes is \$1 out of every \$5 in total healthcare costs.

Obesity Is A Major Risk Factor

During the past 20 years there has been a dramatic increase in obesity in the United States, and this is a major factor – but not the only factor -- in the increasing rate of newly diagnosed cases of diabetes. Population increases in diabetes have coincided with increases in obesity, and the type 2 diabetes epidemic is believed to be largely a result of the increase in obesity levels. Diagnosed diabetes has increased, particularly in overweight and obese individuals, and improvements in diabetes awareness and enhanced detection are occurring among the most obese (BMI ≥ 35 kg/m²).

Risk Factors

There are many risk factors for type 2 diabetes. They include: Obesity and overweight; Lack of exercise; Previously identified glucose intolerance; Unhealthy diet; Increased age; High blood pressure and high cholesterol; A family history of diabetes; A history of gestational diabetes; Ethnicity - higher rates of diabetes have been reported in Asians, Hispanics, Indigenous peoples (USA, Canada, Australia) and African Americans. **If you think you are at risk of type 2 diabetes, get tested!**

Know the Warning Signs

The warning signs* of diabetes include: Frequent urination; Excessive thirst; Increased hunger; Weight loss; Tiredness; Lack of interest and concentration; Vomiting and stomach pain (often mistaken as the flu); A tingling sensation or numbness in the hands or feet; Blurred vision; Frequent infections; Slow-healing wounds.

***These can be mild or absent in people with type 2 diabetes. If you show these signs, seek medical attention!**



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Prediabetes

Prediabetes is a condition in which individuals have blood glucose levels higher than normal but not high enough to be classified as diabetes. In 2007, at least 57 million American adults were estimated to have prediabetes. People with prediabetes have an increased risk of developing type 2 diabetes, heart disease, and stroke. However, progression to diabetes among those with prediabetes is not inevitable. Recent studies have shown that people at high risk for type 2 diabetes can prevent or delay the onset of the disease by losing 5 to 7 percent of their body weight. You can do that by eating healthier and getting moderate physical activity for 150 minutes each week or vigorous physical activity for 75 minutes each week. The development and delivery of lifestyle interventions to people at risk for diabetes are needed to stop the rise in new cases of diabetes. See below for the American Diabetes Association Food Tracker!

Control Your Diabetes - For Life in 4 Steps!
These four steps help people with diabetes understand, monitor, and manage their diabetes to help them stay healthy.

[4 Steps to Control Your Diabetes. For Life.](#)

[Tips to Help You Stay Healthy](#) - This tip sheet provides a three-part action plan to help people reach their target diabetes numbers.

[Take Care of Your Heart. Manage Your Diabetes \(in English\)](#) - This patient education sheet explains the link between diabetes and heart disease. It encourages patients to work with their health care team to set targets and manage their blood glucose, blood pressure, and cholesterol. It includes a record form to track target numbers.

Step 1: Learn About Diabetes

Diabetes means that your blood glucose (blood sugar) is too high. There are [two main types of diabetes](#).

- ❖ **Type 1 diabetes** - the body does not make insulin. Insulin helps the body use glucose from food for energy. People with type 1 need to take insulin every day.
- ❖ **Type 2 diabetes** - the body does not make or use insulin well. People with type 2 often need to take pills or insulin. Type 2 is the most common form of diabetes.
- ❖ **Gestational diabetes** - may occur when a woman is pregnant. Gestational diabetes raises her risk of getting another type of diabetes, mostly type 2, for the rest of her life. It also raises her child's risk of being overweight and getting diabetes.

Diabetes is serious. You may have heard people say they have “a touch of diabetes” or “your sugar is a little high.” These words suggest that diabetes is not a serious disease. That is not correct. Diabetes is serious, but you can learn to manage it!

All people with diabetes need to make healthy food choices, stay at a healthy weight, and be physically active every day. Taking good care of yourself and your diabetes can help you feel better. It may help you avoid health problems caused by diabetes such as: [heart disease and stroke](#); [eye problems](#) that can lead to trouble seeing or going blind; [nerve damage](#) that can cause your hands and feet to feel numb. Some people may even lose a foot or a leg; [kidney problems](#) that can cause your kidneys to stop working; and [gum disease and loss of teeth](#).

When your blood glucose (blood sugar) is close to normal you are likely to:

- have more energy.
- be less tired and thirsty and urinate less often.
- heal better and have fewer skin, or bladder infections.
- have fewer problems with your eyesight, feet, and gums.



Step 2: Know Your Diabetes ABC's (A1C, Blood Pressure, and Cholesterol)

Talk to your health care team about how to manage your **A1C** (blood glucose or blood sugar), **B**lood pressure, and **C**holesterol when you have diabetes. This will help lower your chances of having a heart attack, a stroke, or other diabetes problems.

Here's what the **ABCs** of diabetes stand for:

- ❖ **A for the A1C test (A-one-C)**
[The A1C test shows](#) what your blood glucose (**blood sugar**) has been over the last three months. The A1C goal for most people with diabetes is below 7. High blood glucose (**blood sugar**) levels can harm your heart and blood vessels, kidneys, feet, and eyes.



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❖ **B for Blood pressure.**

The goal for most people with diabetes is below 130/80.

[High blood pressure](#) makes your heart work too hard. It can cause [heart attack](#), [stroke](#), and [kidney disease](#).

❖ **C for Cholesterol. (ko-LES-ter-ol)**

The LDL goal for most people with diabetes is less than 100.

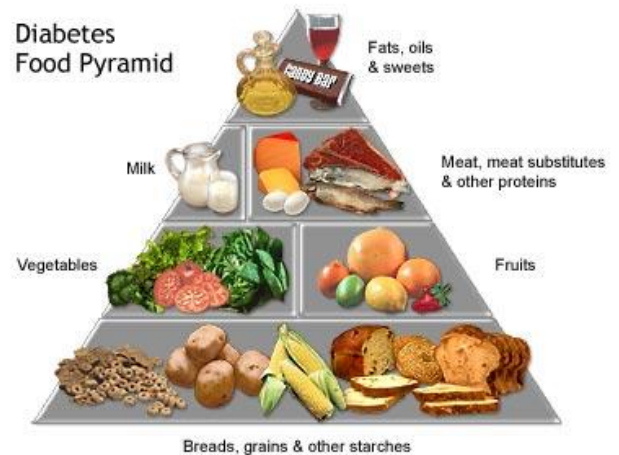
The HDL goal for most people with diabetes is above 40.

LDL or “bad” cholesterol can build up and clog your blood vessels. It can cause a [heart attack](#) or a stroke. HDL or “good” cholesterol helps remove cholesterol from your blood vessels.

Step 3: Manage Your Diabetes

Many people avoid the long-term problems of diabetes by taking good care of themselves. Work with your health care team to reach your ABC goals (A1C, Blood Pressure, Cholesterol): Use this **self-care plan**.

1. **Use your diabetes meal plan.** If you do not have one, ask your health care team about one.
2. **Make healthy food choices** such as fruits and vegetables, fish, lean meats, chicken or turkey without the skin, dry peas or beans, whole grains, and low-fat or skim milk and cheese.
3. **Keep fish and lean meat and poultry portion to about 3 ounces** (or the size of a deck of cards). Bake, broil, or grill it.
4. **Eat foods that have less fat and salt.**
5. **Eat foods with more fiber** such as whole grains cereals, breads, crackers, rice, or pasta.
6. **Get 30 to 60 minutes of physical activity** on most days of the week. Brisk walking is a great way to move more.
7. **Stay at a healthy weight** by using your meal plan and moving more.
8. **Ask for help if you feel down.** A mental health counselor, support group, member of the clergy, friend, or family member who will listen to your concerns may help you feel better.
9. **Learn to cope with stress.** Stress can raise your blood glucose (blood sugar). While it is hard to remove stress from your life, you can learn to handle it.
10. **Stop smoking.** Ask for help to quit.
11. **Take medicines even when you feel good.** Ask your doctor if you need **aspirin** to prevent a heart attack or stroke. Tell your doctor if you cannot afford your medicines or if you have any side effects.
12. **Check your feet every day** for cuts, blisters, red spots, and swelling. Call your health care team right away about any sores that do not go away.
13. **Brush your teeth and floss every day** to [avoid problems with your mouth, teeth, or gums](#)
14. **Check your [blood glucose \(blood sugar\)](#).** You may want to test it one or more times a day. Use the card at the back of this booklet to keep a record of your blood glucose numbers. Be sure to take this record to your doctor visits.
15. **Check your [blood pressure](#)** if your doctor advises.
16. **Report any changes in your eyesight** to your doctor.



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Step 4: Get Routine Care to Avoid Problems

See your health care team at least twice a year to find and treat any problems early. Ask what steps you can take to reach your goals.

- ❖ **If you have diabetes, at each visit be sure you have a: blood pressure check ; [foot check](#) ; weight check; and review of your self-care plan shown in Step 3.**
- ❖ **If you have diabetes, two times each year get an [A1C test](#) - it may be checked more often if it is over 7.**
- ❖ **If you have diabetes, once each year be sure you have a:**
 1. cholesterol test
 2. triglyceride test - a type of blood fat
 3. complete [foot exam](#)
 4. dental exam to check teeth and gums - tell your dentist you have diabetes
 5. dilated eye exam to check for eye problems



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6. flu shot
7. urine and a blood test to check for kidney problems

❖ **If you have diabetes, at least once get a Pneumonia shot.**

Eating Right! American Dietetic Association's MyFoodAdvisor and Other Resources

Updated and Improved completely updated version of our award-winning calorie and carbohydrate counting tool **MyFoodAdvisor™**. [MyFoodAdvisor](#) has new and expanded features that allow people to track their daily meals, substitute healthier alternatives in recipes or on the plate, and browse recipes.



Tracking what you eat can help manage your diabetes and in turn prevent the onset of complications.

Features:

- Explore 5,000 different foods
- Search database by setting your own criteria for carbohydrates and 4 other nutrients
- Search for healthier alternatives
- Easily add up the carb, fat and 20 other nutrients you eat in a day
- Browse recipes or search by criteria that you select
- Save meals & recipes to your personal recipe box

What Can I Eat	Create Your Plate	Making Healthy Food Choices	Carbohydrates	Sugar and Desserts	Diabetes Superfoods	Gluten-Free Meals
Worried about feeling deprived? Explore thousands of foods you can enjoy in good health.	Follow our six easy steps to creating a plate with the right portion sizes.	Make sure you are making healthy food choices each time you eat.	Learn how to recognize and control your intake of foods that raise blood glucose.	With a little planning, you can go ahead and enjoy your favorite desserts.	Boost your daily diet with foods full of vitamins, fiber and essential nutrients	Gluten free meals can still be delicious, find out how

Education and Resources (Information for this Article)

- ❖ www.ndep.nih.gov – [National Diabetes Education Program](#) 1-800-438-5383
- ❖ **American Association of Diabetes Educators-** 1-800-TEAM-UP4 (800-832-6874)
- ❖ www.diabeteseducator.org - **American Diabetes Association-** 1-800-DIABETES (800-342-2383)
- ❖ www.diabetes.org - **American Dietetic Association** - 1-800-366-1655
- ❖ www.eatright.org - **American Heart Association** - 800-AHA-USA1 (800-242-8721) - www.americanheart.org
- ❖ **Centers for Disease Control and Prevention** - 1-877-232-3422 - www.cdc.gov/diabetes
- ❖ **Centers for Medicare & Medicaid Services** - 1-800-MEDICARE- www.medicare.gov/health/diabetes.asp
- ❖ **National Institute of Diabetes and Digestive and Kidney Diseases** - 1-800-860-8747 -www.niddk.nih.gov
- ❖ [American Diabetes Month](#)
- ❖ [World Diabetes Day](#)
- ❖ [Web MD Foods](#)