



# Let's Talk About Preventing Diabetes

Ways to not get diabetes and help treat prediabetes.



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# What is diabetes?

There are different types of diabetes. In this book we will talk about Type 2 diabetes. The full name is Type 2 diabetes mellitus.

It is a chronic disease causing **too much sugar in the blood** and the body does not make as much insulin as it needs.

## Chronic disease

A disease that does not go away.



## Insulin

Something the body makes and needs to bring the sugar in blood down.



## How does the body get too much sugar?

Sugar from food goes into the body's blood.

# What is the difference from Type 1 and Type 2?

Type 1 Diabetes	Type 2 Diabetes
<ul style="list-style-type: none"><li>• Mostly happens in kids</li><li>• Body makes no insulin at all</li><li>• Less common</li><li>• Needs medicines to treat</li></ul>	<ul style="list-style-type: none"><li>• Mostly happens in adults</li><li>• Body makes some insulin but not enough</li><li>• Very common</li><li>• Can be treated with diet, exercise, and medicines</li></ul>

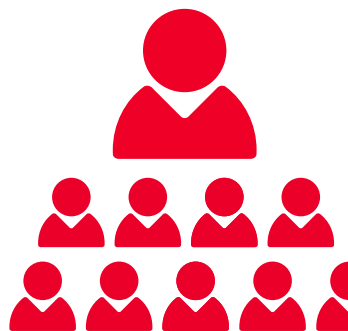
## Question

Insulin is used to bring our sugars:

- A. up
- B. down

B. down

# Who is at risk for diabetes?



Diabetes is a very common disease in the United States.

34 million Americans have type 2 diabetes.

That's 1 out of 9.5 people.

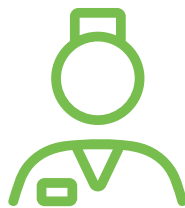
## Diabetes Risk Factors

- Being overweight
- People who do not exercise
- Having family members with diabetes
- Having high blood pressure
- Are over the age of 45
- Are African American, Hispanic/Latinx American, Native American, Pacific Islander

# What are the symptoms of diabetes?

## Common symptoms of diabetes include:

- Feeling very thirsty all the time
- Peeing more than usual and waking up many times in the night to use the bathroom
- Problems seeing
- Skin cuts and sores that heal very slowly
- Tingling, pain, or no feeling in the hands or feet



*See a doctor if symptoms start or there are other concerns.*

# Why care about diabetes?

If not treated, diabetes can cause damage to different parts of the body. The body is at risk for:

- Loss of sight
- Kidney injury
- Problems with feet
- Heart attack
- Stroke

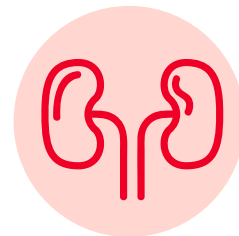


Before finding out a person has diabetes, they have **prediabetes**.

Prediabetes can be treated and go away.

Diabetes cannot go away but can be treated.

A person can live a healthy life if prediabetes and diabetes are managed. That is why it is important to see a doctor.



*Activity: Complete Prediabetes Risk Test*

# Prediabetes Risk Test

NATIONAL  
DIABETES  
PREVENTION  
PROGRAM

## 1. How old are you?

- Younger than 40 years (0 points)
- 40–49 years (1 point)
- 50–59 years (2 points)
- 60 years or older (3 points)

Write your score in the boxes below

## 2. Are you a man or a woman?

- Man (1 point)
- Woman (0 points)

## 3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

## 4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point)
- No (0 points)

## 5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

## 6. Are you physically active?

- Yes (0 points)
- No (1 point)

## 7. What is your weight category?

(See chart at right)

Total score:

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	<b>1 Point</b>	<b>2 Points</b>	<b>3 Points</b>
	You weigh less than the 1 Point column (0 points)		

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

## If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

*If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.*

## You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

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Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.



# What to do to prevent diabetes?

There are 3 important ways to prevent diabetes

1

## Eat Healthy

Eat less

- fatty foods
- fried foods
- foods with a lot of sugar

Eat more fruits and vegetables.

See “The Diabetes Plate Method” pictured on the next page.



2

## Exercise

Exercise can help the body use insulin. This can help lower blood sugar.

Everyone is different. Do what works best and make goals. Everyone should try to exercise every day.

Common exercises:

- 10 to 30-minute walks
- Running
- Dancing
- Yoga

3

## See a Doctor

To prevent diabetes, see a doctor every year.

A doctor can check you for diabetes with tests like:

- Fasting blood sugar test
- Hemoglobin A1c
- Oral glucose tolerance test
- Random glucose check





# The Diabetes Plate Method



The American Diabetes Association (ADA) uses The Diabetes Plate Method pictured above.

Fill 9-inch plate with:

- half (1/2) with non-starchy vegetables = broccoli, carrots, cauliflower, and more
- one-quarter (1/4) with protein foods = fish, seafood, poultry, beans, lentils, soybeans, and more
- one-quarter (1/4) with carbohydrate foods = brown rice, oats, polenta, popcorn, whole grains, and more

Drink a glass of water.

# Health Insurance Help

Diabetes can cost a lot of money to:

- Treat
- Manage
- Get medicine
- Other health care needs

Health insurance can help cover most preventative care for free. Call your health insurance customer service to learn more about services that are covered or fees about diabetes care.

## Remember!

Diabetes is a common and chronic disease causing too much sugar in the blood and can cause damage to the heart, brain, kidneys, and eyes.

But diabetes can be stopped and treated!

You can stop (prevent) diabetes by:

- Eating a healthy diet
- Exercising regularly
- Seeing a doctor every year

