



SUNDAY MORNING HEALTH CORNER: DIABETES AWARENESS



- Diabetes: What is it? – Prediabetes, Type 1 vs Type 2, & Gestational Diabetes
- Are you at risk?
- Signs & Symptoms
- Getting Screened – Diagnosis Testing
- Taking Action



Diabetes: What is it?



- ❖ Diabetes is a condition in which the glucose or sugar levels in the blood become too high
- ❖ When we eat food our body turns that food into sugar which is used for energy
- ❖ Diabetes occurs when our body is unable to use its own insulin to control the level of sugar in our blood



- Prediabetes is a condition in which you have a higher than normal blood sugar level, but not high enough to be diagnosed with Type 2 diabetes
- 15% to 30% of people with prediabetes, without changing their lifestyle will develop Type 2 diabetes within 5 years
- Having prediabetes significantly increases your risk for developing other chronic health problems like heart disease and increases your risk of stroke



Diabetes: Type 1



- Type 1 diabetes was previously known as Insulin-dependent Diabetes or Juvenile Diabetes
- It accounts for only 5% of all diabetes diagnoses and typically occurs in children/adolescents and some young adults
- Type 1 Diabetes is the result of the body's inability to produce its own insulin. The cause is unknown.



Diabetes: Type 2



- Type 2 Diabetes, also known as non-insulin dependent diabetes is the most common type of diabetes, occurring in approximately 90-95% of all diagnosed cases
- This type of diabetes is a result of the body not responding to the insulin it produces or an inability of the insulin to effectively lower glucose levels in the blood
- There is no cure for diabetes at this time so we are encouraged to work to prevent diabetes and the work to manage and live healthier with it

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- This type of diabetes occurs only in pregnant women.
- If uncontrolled, both mother and child are at increased risk for complications during and after the pregnancy
- Babies exposed to diabetes in the womb are more likely to be obese as children and adolescents and also develop Type 2 diabetes as an adult
- Typically gestational diabetes resolves after giving birth, however these women have an increased chance of having Type 2 diabetes later in life



Are You at Risk?



- Your risk for diabetes increases as you age; especially for those over the age of 45
- Obesity is a major risk factor for diabetes in children and adults
- Having a family history of diabetes increases your risk
- African-Americans and other minority populations are at an increased risk for developing diabetes
- Having high blood pressure or cholesterol
- Exercising or being active less than 3 times a week

Those with diabetes may have some of the following symptoms:

- ✓ Being very thirsty or very hungry
- ✓ Feeling tired for no reason
- ✓ Urinating (going to the bathroom) more than usual
- ✓ Losing weight for no reason
- ✓ Having cuts or bruises that are slow to heal
- ✓ Having trouble seeing (blurry vision)
- ✓ Losing feeling or having tingling in your hands or feet



- An **A1C** is a blood test that measures your average blood sugar level over the past 2 to 3 months. This is one of the most commonly used testing for diabetes diagnosis
 - An advantages of being diagnosed this way are that you don't have to fast or drink anything.
 - You are considered to have Diabetes if your A1C is greater than or equal to 6.5%
- The **Fasting Plasma Glucose** is another blood test that is done after you have not eaten or had anything to drink for at least 8 hours prior to the test.
- Another blood test that can be used to diagnose diabetes is called the **Oral Glucose Tolerance Test**, this test involves you drinking a sweet drink and having your glucose check before you drink it and then 2 hours



Taking Action

Eat healthy

Eating healthy foods can help you control your weight – and prevent or delay type 2 diabetes.

Choose foods low in fat, cholesterol, and salt.

Get active

Getting active can lower your risk of type 2 diabetes. Aim for 2 hours and 30 minutes a week of moderate aerobic activity, like walking fast or biking.



Visit

<http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html#Aerobic> to learn more about getting active at any age



Check out this sample walking program you could start at your church:

<http://www.win.niddk.nih.gov/publications/walking.htm#firststep>



<https://www.supertracker.usda.gov/>



General Information and Resources



- www.diabetes.org – The American Diabetes Association has a mission prevent and cure diabetes and to improve the lives of all people affected by diabetes
- <http://www.cdc.gov/diabetes/home/index.html>
- <http://www.cdc.gov/diabetes/prevention/index.htm>
- www.healthychurches2020.org
- <https://www.diabeteseducator.org/patient-resources>



Questions/Comments



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