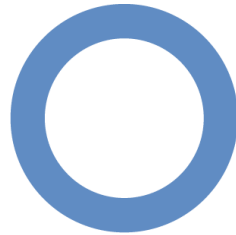


# American Diabetes Awareness Month

## November 2014

(Time to take action)



### What is this blue circle?

The global symbol for diabetes.

**American Diabetes Awareness Month** is each November. **American Diabetes Awareness Month** is a “wake-up call” asking the American public to take part in preventing prediabetes, Type 2 diabetes, and diabetes complications. To determine if you are at risk for prediabetes and Type 2 diabetes, there are the Diabetes Risk Tests for developing Type 2 diabetes. The tests are “**CDC Prediabetes Screening Test,**” “American Diabetes Association’s (ADA) “**Are You At Risk For TYPE 2 DIABETES? Diabetes Risk Test,**” and “**Take the Family Health History Quiz.**”

### Why is American Diabetes Month Important?

The Diabetes epidemic is so important that the United Nations passed Resolution 67/225 to establish November 14 as “World Diabetes Day” and designated the blue circle as the global symbol for diabetes to bring attention for prevention and control of this devastating disease. Diabetes is a serious disease that strikes nearly 29.1 million children and adults in the United States, and a quarter of them—seven million—do not even know they have it. An additional 86 million, or one in three American adults, have **prediabetes**, which puts them at high risk for developing **Type 2 diabetes**. Unfortunately, diagnosis often comes seven to 10 years after the onset of the disease, after disabling and even deadly complications have had time to develop. Therefore, early diagnosis is critical to successful treatment and delaying or preventing some of its complications such as **heart disease, blindness, kidney disease, stroke, amputation, and death**. In Alabama 510,000 citizens have diabetes and another 254,000 have prediabetes. Prediabetes is when your blood sugar is high but not high enough to be called diabetes.

### Who should participate in Diabetes Awareness Month?

Everyone should be aware of the **Risk Factors** for Prediabetes, Type 2 diabetes, and if they have diabetes they need to know how to self manage their diabetes to

prevent complications. People who are **overweight, under active** (living a sedentary lifestyle), and **over the age of 45** should consider themselves at risk for the disease. **African Americans, Hispanics/Latinos, Native Americans, Asian Americans, Pacific Islanders**, and people who have a **family history of diabetes** are at increased risk for Type 2 diabetes.

## How do I prevent diabetes?

Studies have shown that **Type 2 diabetes** can often be **prevented** or delayed by **losing** just 7 percent of **body weight** (such as 15 pounds if you weigh 200), **through regular physical activity** (30 minutes a day, 5 days a week), and **healthy eating**. By understanding your risk, you can take the necessary steps to help prevent the onset of Type 2 diabetes. If you want to create your own nutrition and physical activity plan visit [www.adph.org/diabetes](http://www.adph.org/diabetes). You can have it your way by clicking Meals and Recipes then click meal planner or exercise planner. In about five minutes a meal plan with your favorite foods or an exercise plan with your favorite activities may be printed and used. The healthy meals you may plan include the following: 1) Standard Fare, 2) Vegetarian Cuisine, 3) Latin Classics, 4) Southern Cooking, 5) Express Menu, 6) Blood Pressure Menu, 7) Cholesterol Menu, and 8) Diabetes Menu. Now you may eat the foods you like and have it prepared your way. You may call 334-206-5300 or 1-800-252-1818 for additional information.

## What if I have diabetes?

If you have diabetes, you need to take steps to prevent the complications of diabetes. The best way to do this is to attend a Diabetes Self-Management Education Program. Ask your health care provider to refer you to a Diabetes Self-Management Education Program to learn how to manage your diabetes. You will learn how to control your blood sugar, use medication, make a diabetes meal plan, have exercise as part of your daily routine, and many other important ways to prevent diabetes complications. If you attended a Diabetes Self-Management Education class years ago, a refresher is a good way to insure you have the latest updated information to improve your quality of life.

## When should I start to prevent diabetes?

The Centers for Disease Control and Prevention (CDC) says "It's Never Too Early" and "It's Not Too Late" to prevent diabetes. Also, CDC advises to "Choose More than 50 Ways to Prevent Diabetes" and that diabetes does not have to be your destiny! For additional information from ADA, go online to [Facebook](https://www.facebook.com/stopdiabetes), [stopdiabetes.com](http://stopdiabetes.com) or call 1-800-DIABETES (1-800-342-2383) or go to the National Diabetes Education Program (NDEP) online at [www.ndep.nih.gov/am-i-at-risk/family-history/#main](http://www.ndep.nih.gov/am-i-at-risk/family-history/#main) or call 1-888-693-NDEP (6337), or go online to [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention) then click "**Could You Have Prediabetes? Take the Quiz.**" Also, visit [www.adph.org/diabetes](http://www.adph.org/diabetes) for additional information.