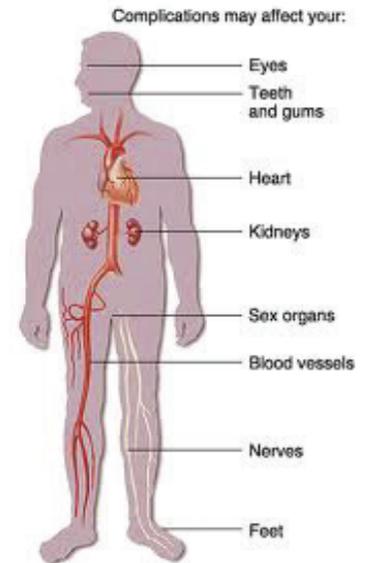


*Although diabetes is the seventh leading cause of death in the United States, it is a large contributing factor to the first and fourth leading causes, cardiovascular disease and stroke, respectively. Diabetes is the primary cause of blindness in adults in the US, as well as causing 60% of lower-extremity amputations.*

## Facts About Diabetes

- Estimated total cost of diabetes is \$174 billion — direct cost equals \$116 billion and indirect \$58 billion.
- In the US, 25.8 million people or 8.3% of the population have diabetes.
- Type II Diabetes is more common in adult populations and occurs due to a decrease of the body's insulin production.
- Persons considered at risk for Type II have a family history of the disease, are usually older and those who are overweight.
- Waist size can also be used as a predictive factor of those at risk.
- Pre-diabetes is the last stage that people can reduce or eliminate their chances of getting the chronic disease.

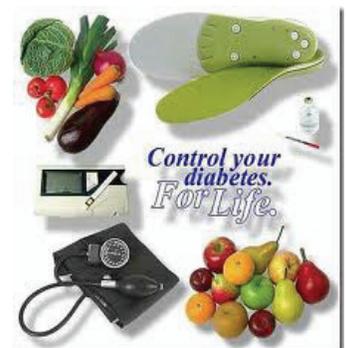


Prevention	
<u>What to Do</u>	<u>How to Do It</u>
Be More Active	Exercise 30 minutes 3-5 days a week
	Exercise with a friend
	Park further away
	Use stairs instead of an elevator
Eat Better	Eat more fruit
	Exchange fats for fruits, veggies, nuts or water
	Limit portion size
Other Methods	STOP Smoking
	Get 8 hours of sleep per night
	Reduce stress
	Get screened

Management	
<u>What to Do</u>	<u>How to Do It</u>
Use Your Diabetes Meal Plan	Keep meat to 3 ounce portions
	Eat more baked, broiled or grilled food
	Eat less fat and salt
	Eat more whole grain
Conduct Self-Checks	Check feet everyday for cuts
	Brush and floss everyday
	Adhere to medications
	Check your blood sugar
	Discuss signs of depression with your doctor
Weight Control	Report any eyesight problems
	Exercise regularly and eat right

## Medicare...

- Provides coverage for screenings of at risk persons and medical supplies, insulin and anti-diabetic drugs for those diagnosed.
- Allows diabetic patients who are at risk for complications to enroll in management and nutrition therapy programs.
- Provides glaucoma tests, therapeutic shoes, annual flu shots and the pneumococcal vaccine for diabetic patients.
- Additional drug coverage is available through State Pharmaceutical Assistance Programs (SPAPs).



## Diabetes Prevention and Management Interventions

- ◇ **Diabetes Self-management Program:** A management program created by Stanford University that empowers diabetic patients to take control of their disease and improve their quality of life. Group session participants learn coping mechanisms for dealing with the effects of the condition, such as depression or stress, designing a feasible exercise regimen and healthy diet, proper use and understanding of medications, and cooperation with health providers.
- ◇ **Soul Food Light:** This group education intervention targets underserved rural minority communities to motivate people living with diabetes to begin to substitute unhealthy foods for better food options in order to better manage their disease. The program relies on supportive relationships to sustain positive physiological and dietary gains seen throughout the program.
- ◇ **Fit Body and Soul:** This 12-session faith-based intervention is organized with local churches to prevent diabetes in minority populations. This strategy uses a modified form of the diabetes prevention program by adding Biblical scripture to encourage African Americans to improve their health by increasing physical activity and eating right to avoid diabetes.

## Conclusion

- ◇ Diabetes prevention programs are cost-effective, because treatment for the condition easily trumps the amount of money spent on prevention programs.
- ◇ Self-management is paramount in decreasing diabetes-related premature deaths in adult populations.
- ◇ At risk persons and patients should focus on making lifestyle changes that include a healthy weight, regular physical exercise, a healthy diet and supportive relationships.

## Additional Resources

- ◇ American Diabetes Association: <http://www.diabetes.org> or 1-800-DIABETES (342-2383)
- ◇ Diabetes Local: <http://www.diabeteslocal.org>
- ◇ Community Health Improvement Resources: <http://health.mo.gov/data/interventionmica/Diabetes/index.html>
- ◇ National Diabetes Education Program: <http://ndep.nih.gov/resources/>
- ◇ National Diabetes Prevention Program: [www.cdc.gov/diabetes/prevention/](http://www.cdc.gov/diabetes/prevention/)
- ◇ Tobacco Cessation: <http://www.smokefree.gov/>
- ◇ The Y: <http://www.ymca.net/>

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