This product was developed by the Galveston: Take Action project at the Galveston County Health District in Texas City, TX. Support for this product was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.

Diabetes Is...

- Common
- Chronic
- Controllable

Affects 1 in every 10 people
A lifelong condition
Good management depends on YOU!

Prevalence of Diabetes Mellitus

- No data
- Less than 4%
- 4%-6%
- Above 6%

The Type 2 Diabetes Epidemic

Type 2 diabetes occur mainly in adults—and more new children are being diagnosed.

Risk Factors

- A family history of diabetes (mother, father, brother, or sister)
- Obesity
- Sedentary lifestyle
- High Blood Pressure
- High Blood Cholesterol
- Diabetes during pregnancy or a baby weighing more than 9 pounds
- If you are African American, Hispanic/Latino, Asian American Native American
Signs and Symptoms of Diabetes type 2
- Increased thirst
- Increased urination
- Hunger
- Sudden weight loss
- Feeling tired or weak
- Very dry skin
- Frequent infections
- Cuts and sores that are slow to heal

Who should be screened for diabetes?
- ADA recommends screening for people who are overweight and age 45 or older and for those who have risk factors
- American College of Endocrinology and American Association of Clinical Endocrinologists recommend screening for diabetes be reduced to age 30 for people with risk factors
- People with overt symptoms should see their healthcare provider for a diagnostic evaluation

Diagnosing Diabetes

Pre-diabetes or Diabetes?

<table>
<thead>
<tr>
<th>Test</th>
<th>Normal</th>
<th>10 - 139 mg/dL</th>
<th>140 mg/dL or higher</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fasting Plasma Glucose Test</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oral Glucose Tolerance Test</td>
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</tr>
</tbody>
</table>

If you are overweight and over age 45, get tested!

Pre-Diabetes
- Insulin resistant, glucose intolerant, touch of diabetes and borderline diabetes are terms that are now grouped in Pre-diabetes
- Recommendations are to modify the meal plan, exercise and weight loss
- Treating pre-diabetes may prevent or delay type 2 diabetes

What is the difference between type 1 and type 2 Diabetes

Type 1
- Also known as Insulin dependent or Juvenile onset diabetes
- Usually in children
- Insulin deficient little or no insulin production
- 1 in 10 people with diabetes have type 1

Type 2
- Also known as Non-insulin dependent or Adult onset diabetes
- Usually in people over 40 but due to lifestyle it is now diagnosed in children at an increasing rate
- Inability to produce enough insulin or insulin resistance
- 6 in 10 people with diabetes have type 2
How does your body work?

1. You eat carbohydrates.
2. Carbohydrates become sugar and the sugar goes into the bloodstream and your blood sugar goes up.
3. The high blood sugar sends a message to the pancreas.
4. The pancreas sends insulin into the bloodstream.
5. The insulin is the KEY that opens the LEAK on the cell.
7. What happens if you do not eat?
8. Your low blood sugar sends a message to the liver.
9. Your blood sugar gets low.
What happens when you have diabetes?

Type 1 Diabetes

Type 2 Diabetes

Three problems that cause high blood sugar:

1. The lock on the cell are broken. This happens over time and loss and less sugar can get in the cells.

Blood sugar remains high.

The blood sugar stays high.
How do you know if the blood sugar is under control?