

Diabetes Is on the Rise...

And many Americans don't know they have it

November is **American Diabetes Month**, a perfect time to get more informed about this disease, in which the body either doesn't produce insulin or doesn't recognize it. Insulin is a hormone that helps convert sugar, starches, and other foods into energy. Most people who have diabetes have other problems, such as being overweight, having high blood pressure, or having high cholesterol. Hence, people with diabetes are generally at risk of developing heart disease or stroke.

The American Diabetes Association (www.diabetes.org) says that 54 million Americans have pre-diabetes--and many don't know it. The good news is that once they find out, they can make lifestyle changes to delay or prevent diabetes.

What You Can Do

Find out if you are at risk for developing diabetes by taking the diabetes risk assessment below. Ask your health professional about having a fasting plasma glucose test or an oral glucose tolerance test. If you are pre-diabetic:

- Get moderate exercise 30 minutes 5 days a week.
- Lose 5 percent to 7 percent of your weight if you are overweight.
- Eat low-calorie, low-fat foods.
- Visit the National Diabetes Education Program's Small Steps, Big Rewards, Prevent Type 2 Diabetes website:
<http://www.ndep.nih.gov/publicatons.PublicationDetail.aspx?PubId=71>.

What's Your Diabetes Risk?

- | | | |
|--|---|---|
| -Are you African American, Latino, Native America, or Asian American? | Y | N |
| -Are you overweight? | Y | N |
| -Are you inactive most days of the week? | Y | N |
| -Do you eat a high-fat, high-calorie diet? | Y | N |
| -Do you have a sibling or parent with diabetes? | Y | N |
| -Are you a woman who has had a baby who weighed more than 9 pounds at birth? | Y | N |

November 2009 SAFETY Works

Every "yes" answer increases your risk, The ADA also offers an interactive online assessment call "Diabetes Personal Health Decisions (PHD)" at www.diabetes.org/phd/profile/default.jsp.