

Diabetes Awareness

“Life sometimes grants us an opportunity to make small changes that can have profound effects on the trajectory of our health and our lives”



February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Black History Month</p> <p>Click here for resources on Black Mental Health History from Mental Health America</p>	1	2	3	4
	7	8	9	10
	World Safe Internet Day	BHH Tableau Support Group	Population Health Management Training	11
14	15	16	17	18
Valentines Day			BHH Workgroup: Chart Reviews & Focus Groups Results	
HEART FAILURE AWARENESS WEEK				
21	22	23		25
President's Day	Recreational Sports & Fitness Day			
28				
Rare Disease Day				

Pre-Diabetes vs. Diabetes

Diabetes

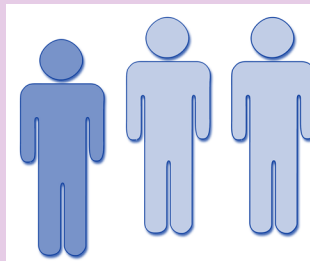
- ◆ Diabetes is a **disease in which your blood glucose, or blood sugar, levels are too high**. Glucose comes from the foods you eat. Insulin is a hormone that helps the glucose get into your cells to give them energy. With type 1 diabetes, your body does not make insulin.
- ◆ Diabetes effect every part of the body and can lead to a cascade of negative health outcomes, significantly impacting a person's quality of life.
- ◆ The good news is, with the right diet, workout routine, and medicine you can improve your quality of life and live well even with a diabetes diagnosis.

<https://www.diabetes.org/diabetes/prediabetes>

Pre-Diabetes

"A prediabetes diagnosis sounds the alarm, letting people know that they need to change course and take the opportunity to prevent this devastating disease before it's too late."

Prediabetes is when someone's blood glucose (sugar) level is too high but not high enough for a diagnosis of type 2 diabetes. Prediabetes can become type 2 diabetes if it is not treated. 1 in 3 American adults have prediabetes, and more than 84% of people with prediabetes don't know they have it.

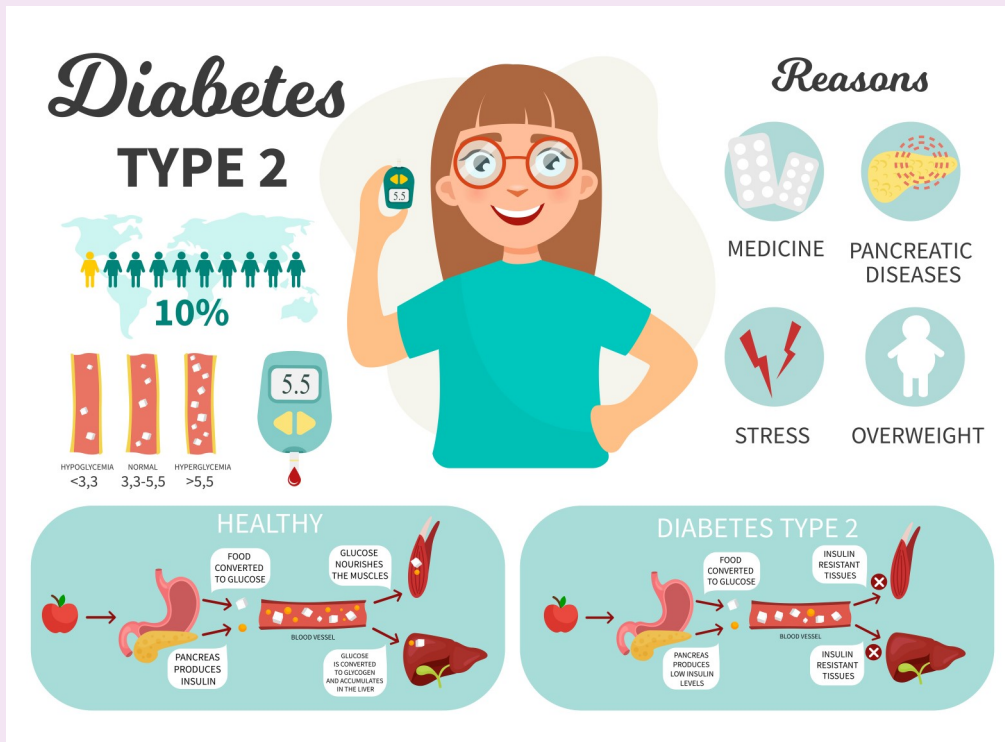


1 in 3 adults have
prediabetes

Prediabetes can often be reversed if it's caught early by making healthy lifestyle changes. One great way to learn how to make healthy changes is by joining the National Diabetes Prevention Program (National DPP) [lifestyle change program](#). You'll learn how to make small changes to your diet, increase your physical activity, and lower your stress to help prevent type 2 diabetes.

<https://www.cdc.gov/media/releases/2021/p1104-diabetes-type-2.html>

Resources for Clients



Nutrition Matters!

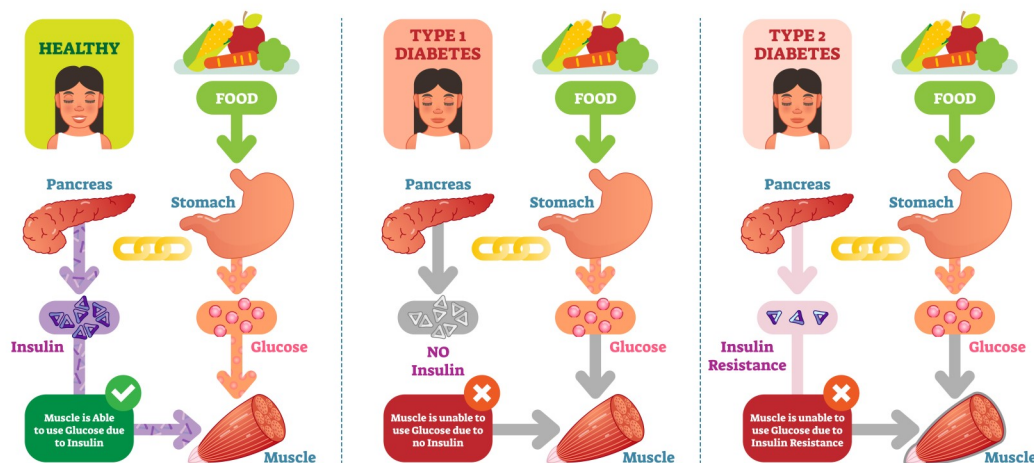
There is no “diabetes diet.” Really. Talk to your doctor and get a referral to a registered dietitian nutritionist (RDN) who can help you figure out what eating plan makes the most sense for you and your treatment goals.

<https://www.diabetesfoodhub.org/articles/create-your-plate-simplify-meal-planning-with-the-plate-method.html>

1. Resources for People Living with Diabetes—<https://www.diabeteseducator.org/living-with-diabetes/Tools-and-Resources>
2. Diabetes Risk Test—<https://doihaveprediabetes.org/take-the-risk-test/#/>
3. Prediabetes Risk Test—<https://doihaveprediabetes.org/reverse-prediabetes>
4. Type 2 Diabetes Risk Test—<https://www.diabetes.org/risk-test>
5. Type 1 Diabetes Self-Care Manual—<http://main.diabetes.org/dorg/PDFs/living-with-diabetes/T1DSelfCareManual.pdf>
6. Prediabetes Overview—<https://www.diabetes.org/diabetes/prediabetes>
7. Find a Diabetes Education Program—<https://www.diabetes.org/tools-support/diabetes-education-program>
8. Diabetes & Nutrition—https://www.diabetes.org/sites/default/files/2019-10/ADV_2019_Consumer_Nutrition_One%20Pager.pdf

Resources for Staff

Types of diabetes



Diabetes and Mental Health

Mental health affects so many aspects of daily life—how you think and feel, handle stress, relate to others, and make choices. You can see how untreated mental health issues can make diabetes worse, and diabetes-related health issues can make mental health issues worse.

The good news is if one gets better, the other tends to get better, too!

1. Latinos Diabetes Resources—<https://latinodiabetes.sansum.org/?lang=es>
2. Resources for African-Americans with Diabetes—<https://ardd.sph.umich.edu/89.html>
3. American Diabetes Association—<https://www.diabetes.org/>
4. Diabetes & Mental Health—<https://www.cdc.gov/diabetes/managing/mental-health.html>
5. Diabetes Education Toolkit—<http://www.cmhsrp.uic.edu/health/diabetes-library-home.asp>
6. Free Diabetes Trainings—<https://www.diabeteseducator.org/about-adces/membership/free-continuing-education>
7. Recent Diabetes-Related Research—<https://www.diabetes.org/research/research-impact/recent-advances>
8. Diabetes Podcast—<https://www.diabeteseducator.org/news/adces-podcasts>
9. Diabetes Social Media Resources—<https://www.cdc.gov/diabetes/library/socialmedia/index.html>