Diabetes Toolkit

Educational/Promotional Materials

*Customizable Posters*

1. 6 Things to Know About Diabetes
2. Diabetes: Are You at Risk?

*Take the Test*

1. Test Your Diabetes Knowledge

*True or False?*

1. Managing Type 2 Diabetes

*Do you know your A-B-Cs?*

6 Things to Know About Diabetes

1. family history plays a role

 If you have a parent or sibling with type 2 diabetes, your risk increases.

2. weight is a risk factor…but not always

Not all overweight people have diabetes and many people with the condition are a normal weight or moderately overweight. So, it’s important to understand all of the risk factors.

3. type 2 diabetes is the most common type

The Centers for Disease Control (CDC) estimates that one in three adults in the U.S. has diabetes. Type 2 accounts for 90 – 95% of cases and most of these are undiagnosed.

4. inactivity increases your risk

Lifestyle changes involving weight, diet and physical activity are key in preventing, delaying onset and/or controlling type 2 diabetes.

5. prediabetes is a growing problem

This is when your blood sugar is higher than normal but not high enough for a diagnosis of type 2 diabetes. Millions of Americans have prediabetes and don’t know it. Without treatment, many will develop type 2 diabetes.

6. race can be a risk factor

Some racial and ethnic groups have a higher risk than others of developing type 2 diabetes. These include African Americans, Hispanic/Latinos, American Indians, Asian Americans and Pacific Islanders.

To find out more, visit [www.diabetes.org](http://www.diabetes.org).

Diabetes: Are You at Risk?

*Take the Test*

How many of these risk factors for type 2 diabetes do you have?

[ ]  older age

 *Risk of developing type 2 diabetes increases as you age, typically starting at age 40.*

[ ]  having a close relative with diabetes

*If you have a parent or sibling with diabetes, your risk is increased. Lifestyle habits learned from parents during childhood can play a major role as well.*

[ ]  being overweight or obese

*Being overweight is a major risk factor for type 2 diabetes, heart disease and stroke.*

[ ]  lack of physical activity

*Risk is higher in people who do not exercise on a regular basis.*

[ ]  race

*People of different racial and ethnic groups – African American, Hispanic/Latino, American Indian, Asian American and Pacific Islander – are at higher risk.*

[ ]  prediabetes

*This is when blood sugar is higher than normal but not high enough for a diagnosis of diabetes*. *Without treatment, many people with prediabetes will go on to develop type 2 diabetes. Ask your doctor if you have prediabetes and implement a lifestyle change to prevent developing type 2 diabetes.*

The more boxes you check, the higher your risk of developing type 2 diabetes.

Take the online risk-test: <https://diabetes.org/diabetes/risk-test>

Test Your Diabetes Knowledge

*True or False?*

diabetes is not a serious disease.

*False:* The American Diabetes Association says that diabetes causes more deaths in the U.S. than breast cancer and AIDS combined, and doubles risk of having a heart attack.

people with diabetes have a greater risk of developing depression.

*True*: The relationship between the two is not fully understood. What is known? Depression can have a major impact on motivation and ability to manage diabetes.

if you are overweight, you will develop diabetes.

*False:* Many people think being overweight is the only risk factor for diabetes. Don’t ignore others like genetics, age, race and lifestyle habits.

it’s possible to prevent or delay the onset of type 2 diabetes.

*True:* Losing even a modest amount of weight and getting 30 minutes of moderate exercise at least five days, each week can make a big difference.

Learn more about diabetes at <https://diabetes.org/diabetes>.

Managing Type 2 Diabetes

*Do you know your A-B-Cs?*

If you have type 2 diabetes, you can still live a long and healthy life. You just need to learn your A-B-Cs:

**A**sk your doctor about blood sugar monitoring.

Checking your blood sugar is a good way to know how the food you eat, the activity you do and the medicine you take (if any) impact your blood glucose levels. If your doctor includes blood sugar monitoring in your treatment plan, make sure you understand when, how and how often to do this.

**B**alance the food you eat and get regular physical activity.

Healthy eating and regular exercise can help you control your blood sugar, lose weight or maintain a healthy weight, prevent problems related to diabetes and have more energy.

**C**reate a supportive environment around you.

Educate family and friends about diabetes, tap into the many local/community resources available and ask for help if you feel overwhelmed, stressed or have symptoms of depression.

Learn more about diabetes at <https://diabetes.org/diabetes/type-2>.