



Diabetes Newsbeat

Nebraska Department of Health and Human Services

Spring 2013

Department of Health & Human Services



More than 4,700 learn their risk for type 2 diabetes

By Joshua R. Russo
Diabetes Prevention and Control

Diabetes Alert Day was a banner day for diabetes awareness in Nebraska. More than 2,000 people went online and learned their risk for type 2 diabetes.

The response was quite a surprise to the Nebraska Diabetes Prevention and Control Program. In the more than a year-and-a-half since the survey started, it garnered about 2,200 responses — which was considered a major success of the Program.

The site was marketed throughout the state through billboards, newspapers, radio, a television commercial, an email to the state's more than 15,000 employees and



other methods.

Then, since Diabetes Alert Day, the survey saw more than double the previous responses, with more than 2,500 more people taking the risk assessment.

If you have not already, you can join the already 4,700-plus people who have learned their risk for diabetes through our website. Go to defendagainstdiabetes.ne.gov and click on the 'Take the Diabetes Risk Assessment' link.

The Diabetes Prevention

and Control Program encourages everyone to learn about diabetes and take the Diabetes Risk Assessment. The assessment test is free, takes less than a minute and serves as a "wake-up call" to people unaware that they may have diabetes or pre-diabetes.

A total of 115,000 Nebraskans have diabetes and even more are at risk. Because diabetes is a serious disease, it's essential to know your risk as soon as possible.

The Defend Against Diabetes campaign began in 2010 with a one-year partnership with Husker Sports Marketing. The website was introduced in the fall of 2011,

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Attendees lose weight, gain skills in Panhandle classes

By Joshua R. Russo
Diabetes Prevention and Control

The National Diabetes Prevention Program is going strong in the Panhandle.

Nine classes, hosted by the Panhandle Public Health Department, have complet-

ed the 16 core sessions in Alliance, Banner County, Bridgeport, Chadron, Chappell, Lewellen, Gordon, Hemingford and Scottsbluff.

The nine classes had a total of 93 initial participants.

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NEBRASKA
Diabetes Prevention
and Control Program

Focus on your sight during Healthy Vision Month

The Centers for Disease Control, along with the National Eye Institute, encourages Americans to make vision a priority this month.

Vision impairment becomes more common as people age. Women, minority groups, and people with chronic disease like diabetes may be at a higher risk for having vision impairment. The good news is that many eye problems and diseases can be treated if caught early.

The number of Americans 40 year and older with diabetic retinopathy and vision threatening retinopathy will triple in 2050.

Taking care of your eyes benefits your overall health. People with vision problems are more likely than those with good vision to have diabetes, poor hearing, heart problems, high blood pressure, lower back pain and stroke,



as well as have increased risk for falls, injury and depression. Among people aged 65 years and older, 54.2% of those who are blind and 41.7% of those with impaired vision say their overall health is fair or poor. Just 21.5% of older Americans without vision problems reported fair to poor health.

The CDC recommends nine ways to protect your vision:

- Get a dilated eye exam.
- Eat right to protect your sight. In

particular, eat plenty of dark leafy greens such as spinach, kale, or collard greens, and fish that is high in omega-3 fatty acids.

- Know your family's eye health history.
- Maintain a healthy weight.
- Wear protective eyewear when playing sports or doing activities around the home.
- Quit smoking, or never start.
- Wear sunglasses that block 99% to all of ultraviolet A and ultraviolet B radiation.
- Clean your hands and your contact lenses properly to avoid the risk of infection.
- Practice workplace eye safety.

— *Centers for Disease Control*

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with the risk assessment as a component. The site also includes information to prevent type 2 diabetes, recipes, videos and other information.

In recent years, there has been a substantial increase in the number of people diagnosed — up from 60,000 in the year 2000. Many Nebraskans also have pre-diabetes, which is when blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. About 76,000 Nebraskans have pre-diabetes, although the total adult population with pre-diabetes — including diagnosed and undiagnosed cases — may be as many as 450,000.

Type 2 diabetes is a chronic disease marked by elevated blood sugar levels caused by the body not producing or properly using insulin. Insulin helps glucose (sugar) leave the blood and go into the body's cells to turn into energy. If not treated, the sugar that builds up in your blood can damage your heart, kidneys, eyes and blood vessels.

Comments on the Defend Against Diabetes Risk Assessment

I did not know that I was a possible diabetic. I knew I was overweight. I guess I need to start doing something

I like that it was informative about diabetes when I knew next to nothing about it.

I like that it is easy to navigate around and full of information.

This was a really neat site, I liked how simple the site was and I like the links that we could look at once we completed the survey. Even though I am low risk, I still want to do everything I can to maintain my health and to not become a risk!!!!

I liked it because it gave me a heads up of what I could be expecting in the future.

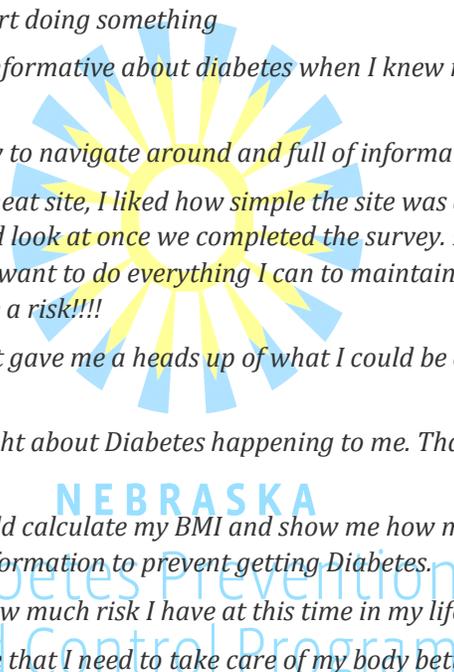
I never even thought about Diabetes happening to me. Thank You for opening my eyes.

I like that you could calculate my BMI and show me how much a risk I am. And all the information to prevent getting Diabetes.

I liked knowing how much risk I have at this time in my life.

It made me realize that I need to take care of my body better.

Liked it, both my husband and I need to lose weight but did not know where to start.



Plant seeds to better health by sticking to a self-care plan

Many people avoid the long-term problems of diabetes by taking good care of themselves. Work with your health care team to reach your ABC goals (A1C, Blood Pressure, Cholesterol). Use this self-care plan:

— **Make healthy food choices** such as fruits and vegetables, fish, lean meats, chicken or turkey without the skin, dry peas or beans, whole grains, and low-fat or skim milk and cheese.

— **Keep fish and lean meat and poultry portion to about 3 ounces** (or the size of a deck of cards). Bake, broil, or grill it.

— **Eat foods that have less fat and salt.**

— **Eat foods with more fiber** such as whole grains cereals, breads, crackers, rice, or pasta.

— **30 to 60 minutes of physical activity** on most days of the week. Brisk walking is a great way to move more.

— **Stay at a healthy weight** by using your meal plan and moving more.

— **Ask for help if you feel down.** A mental health counselor, support



group, member of the clergy, friend, or family member who will listen to your concerns may help you feel better.

— **Learn to cope with stress.** Stress can raise your blood glucose (blood sugar). While it is hard to remove stress from your life, you can learn to handle it.

— **Stop smoking.** Ask for help to quit.

— **Take medicines even when you feel good.** Ask your doctor if you need **aspirin** to prevent a heart attack or stroke. Tell your doctor if you cannot afford your medicines or if you have

any side effects.

— **Check your feet every day** for cuts, blisters, red spots, and swelling. Call your health care team right away about any sores that do not go away.

— **Brush your teeth and floss every day** to avoid problems with your mouth, teeth, or gums

— **Check your blood glucose (blood sugar).** You may want to test it one or more times a day. Use the card at the back of this booklet to keep a record of your blood glucose numbers. Be sure to take this record to your doctor visits.

— **Check your blood pressure** if your doctor advises.

— **Report any changes in your eyesight** to your doctor.

— **Talk with your health care team about your blood glucose targets.** Ask how and when to test your blood glucose and how to use the results to manage your diabetes.

— **Discuss how your self-care plan is working for you each time you visit your health care team.**

— *National Diabetes Education Program*

DPP: Continued from **Page 1**

Seventy-three of those were maintained throughout the entire 16-week course for a 79% completion rate for the core classes.

According to Panhandle Public Health Department, in the seven classes in which data is currently compiled, class attendees saw success, losing a total of 516.4 pounds — which averages a 10.75 pound weight loss per individual.

There are currently classes in the core session running in Alliance, Hemingford, Crawford and Lewellen. Eight more classes are scheduled to start during the next couple of months.

The program aims to change attendees'

lives in one year by focusing on two aims: Losing only 7% of your body weight reduces the risk of developing type 2 diabetes by 58%, and participants in the program get help and support to make and sustain lifestyle changes.

To be eligible for the program, participants must be at least 18 years of age or older, have a body mass index greater than or equal to 24, have prediabetes — diagnosed or noted on a risk test— or have been clinically diagnosed with gestational diabetes mellitus during a previous pregnancy.

You can determine your risk for prediabetes by taking a blood test to meas-

In seven classes, DPP attendees lost an average of 10.75 pounds per person over 16 weeks.

ure your blood sugar, or by taking a risk assessment quiz at www.pphd.org/DPP.html or www.defendagainstdiabetes.ne.gov.

For more information or to register, contact Tabi Prochazka at (866) 701-7173 (Ext. 107) or email tprochazka@pphd.org.

DIABETES and your HEART



2 out of 3 people with diabetes die of heart disease or stroke.¹

If you have diabetes, you are **2–4 times** more likely to have heart disease or a stroke than if you do not have diabetes.¹

Smoking doubles the risk of heart disease in people with diabetes.²

According to the CDC, up to **20%** of deaths from heart attack



and **13%** of deaths from stroke are related to diabetes or prediabetes.



ABCs of Diabetes

A for the A1C test.

The **A1C test** shows you what your blood sugar (glucose) has been over the last three months. High blood sugar levels can harm your heart and blood vessels, kidneys, feet, and eyes.



B for blood pressure.

High blood pressure makes your heart work too hard. It can cause heart attack, stroke, and kidney disease.

C for cholesterol.

One kind of **cholesterol**, called LDL, can build up and clog your blood vessels. It can cause heart attack or stroke. Ask what your cholesterol numbers should be.

Ask your health care team:

What your A1C, blood pressure, and cholesterol numbers are;

What your ABC numbers should be; and

What you can do to reach your ABC goals.

Tips to reduce your risk for heart disease.



Maintain a Healthy Weight



Make Healthy Food Choices

Stay Active



Quit Smoking



Know Your ABCs of Diabetes

Talk to your health care team about how to manage your A1C, blood pressure, and cholesterol. This will help lower your chances of having a heart attack, a stroke, or other diabetes problems.

To learn more, visit www.YourDiabetesInfo.org or call 1-888-693-NDEP (1-888-693-6337).

¹Centers for Disease Control and Prevention. *National Diabetes Fact Sheet: National Estimates and General Information on Diabetes and Prediabetes in the United States, 2011*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011.

²National Diabetes Information Clearinghouse, National Institute of Diabetes and Digestive and Kidney Diseases. *Diabetes, Heart Disease, and Stroke*. Bethesda, MD: U.S. Department of Health and Human Services, National Institutes of Health, 2012.

Upcoming Conferences and Events

JRDF Dream Gala

6 p.m., Saturday, May 11, 2013
Cornhusker Marriott Hotel, 333 South
13th St., Lincoln

The Premier Gala in Lincoln – sponsored by the Heartland Chapter of the Juvenile Diabetes Research Foundation – is a black tie optional event with 400 guests attending an evening of auctions, dining, and fun while raising money to find a cure. The 2013 theme is "A Mother's Wish."

Individual tickets are \$150 per person, and cocktails and silent auction start at 6 pm. There will be an annual raffle drawing and this year with a chance to win a pair of 1 carat diamond stud earrings. Raffle tickets are \$25.

Free Diabetes Class

4 p.m. to 6 p.m., Monday, May 13, 2013
Faith Regional Diabetes Center, 301 N.
27th St., Norfolk

This class discusses pre-diabetes, what lifestyle changes individuals can make to prevent diabetes and other health problems. Topics covered include healthy weight, nutrition, cholesterol, high blood pressure and glucose levels. Instructed by Renae Kauth, Registered Dietitian, Certified Diabetes Educator. Call the Health Resource Center at (402) 644-7348 to register.

Creating a Culture of Wellness in Healthcare Settings

Saturday and Sunday, May 17 and 18
Lied Lodge & Conference Center, Ne-
braska City

This conference is designed for physicians and clinical staff to enhance their own wellness and their clinics' workplace wellness, with an emphasis on physical activity, nutrition, and stress management. Clinicians will also learn new strategies, resources, and patient counseling techniques to improve wellness outcomes for their patients. To register, go to <http://dhhs.ne.gov/>



publichealth/Pages/Wellness_Conference_2013.aspx.

Tour de Cure Nebraska

Saturday, June 1, 2013
Sarpy County Fairgrounds to Springfield,
Neb.

The Tour de Cure is more than just a cycling event. It's a life-changing event. A day full of fun and excitement where riders of all levels join forces in the fight to stop diabetes and raise critical funds for diabetes research, education and advocacy in support of the American Diabetes Association.

The Tour is a ride, not a race. Whether you are an occasional rider or an experienced cyclist, there is a route just for you. All route information is available once you register. Contact Amy Bellows at abellows@diabetes.org for more information.

Omaha Kidney Walk

12:30 p.m., Sunday, June 2, 2013
(Registration at noon)
Towl Park, 93rd & Center, Omaha

The Walk is for awareness and fund raising for programs and services of the Nebraska Kidney Association, including education and early disease detection. Register online. Food and drinks are provided after the walk. There is no cost to register. Donations or pledges of \$30 will be accepted for a t-shirt. Other prizes are

available for additional donations or pledges.

Kearney Kidney Walk

1 p.m., Sunday, June 2, 2013
(Registration at noon)
Yanney Park, Kearney

The Walk is for awareness and fund raising for programs and services of the Nebraska Kidney Association, including education and early disease detection. Register by calling (308) 830-2121. Food and drinks are provided after the walk. There is no cost to register. Donations or pledges of \$30 will be accepted for a t-shirt. Other prizes are available for additional donations or pledges.

Father of the Year Awards Ceremony Gala

5 p.m. to 7 p.m., Thursday, June 13, 2013
Hilton Omaha, 1001 Cass Street, Omaha,
NE

Made possible by a partnership of local volunteers, the Father's Day Council, and the American Diabetes Association, the Father of the Year Awards Gala recognizes men who stand tall as pillars of Nebraska and Western Iowa. Proceeds from this event fund advocacy, education and research for type 1, type 2 and gestational diabetes. Contact Aaron Dael at adauel@diabetes.org or (402) 571-1101, Ext. 6887, for more information.

What Can I Eat? - Norfolk

11:30 a.m. registration, Noon start, Sat-
urday, June 15, 2013, Divots, Norfolk

"What Can I Eat?" is an interactive, group-education program that helps individuals see how foods have an effect on their blood sugar. Participants will learn about the importance of meal planning with a focus on carbohydrates. Participants will be empowered to reach their blood sugar (glucose) target ranges, read food labels and keep a log book. Lunch will be served. For more information, call 877-348-4329 or go to www.BlueHealthAdvantageNe.com.

Protect yourself from scams that target people with diabetes

Criminals who plot to defraud the Government and steal money from the American people have a new target: People with diabetes.

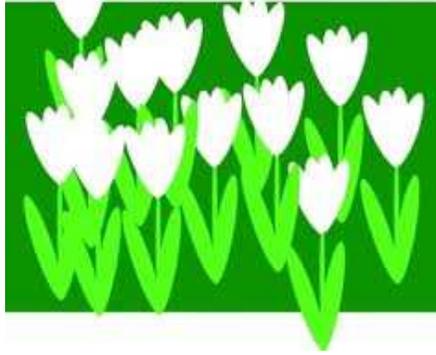
Although the precise method may vary, the scheme generally involves someone pretending to be from the Government, a diabetes association, or even Medicare, calling you. The caller offers “free” diabetic supplies, such as glucose meters, diabetic test strips, or lancets. The caller may also offer other supplies such as heating pads, lift seats, foot orthotics, or joint braces, in exchange for the beneficiaries’ Medicare or financial information, or confirmation of this type of personal information. Additionally, you may receive items in the mail that you did not order.

The call is a scam.

If you receive such a call, the National Office of the Inspector General recommends the following actions:

Protect Your Medicare and Other Personal Information

Do not provide your Medicare number or other personal information. Be suspicious of anyone who offers free items or services and then asks for your Medicare or financial information. These calls are



not coming from Medicare, diabetes associations, or other similar organizations. While the caller says the items are “free,” the items are still billed to Medicare. Once your Medicare information is in the hands of a dishonest person or supplier, you are susceptible to further scams.

Alert others about this scheme, and remind them not to provide strangers Medicare numbers or other personal information.

Report the Call to Law Enforcement

Report the call to the OIG Hotline at 1-800-HHS-TIPS or online at <http://oig.hhs.gov/fraud/report-fraud/>. As part of your report, provide the name of the company that called you, the company’s telephone number and address, and a summary of your conversation with the caller.

Check Your Medicare Summary Notice and Medicare Bills

Check your Medicare Summary Notice and other medical information to see if you were charged for items you did not order or did not receive. Also, check for items that were billed multiple times, such as glucose meters, diabetes test strips and lancets, and other supplies. Report any irregular activity to your health care provider and the OIG Hotline at 1-800-HHS-TIPS or online at <http://oig.hhs.gov/fraud/report-fraud/>.

Do Not Accept Items That You Did Not Order

You are under no obligation to accept items that you did not order. Instead, you should refuse the delivery and/or return to the sender. Keep a record of the sender’s name and the date you returned the items to help OIG catch any future illegal billing.

The Department of Health and Human Services, Office of Inspector General (OIG) fights fraud in Government programs. As part of this effort, the OIG relies upon alert citizens to help them catch those who steal from American taxpayers.

— *Office of the Inspector General*

Activity counts – Be active with children and teenagers

Being active is not only good for you, it’s important for the children and teens in your life as well. Our bodies benefit when we’re active, especially if we have diabetes. Physical activity can help us feel better, reduce stress, keep our weight and blood glucose levels in a healthy range, and increase our energy level. We sleep better, too.

As more and more youth become overweight and less active, type 2 diabetes – once only seen in adults over 40 – is now being found in teens. You can play a key role by helping the children and teens in your life lower their risk

for type 2 diabetes, especially if the disease runs in your family. Children and teens can lower their risk for type 2 diabetes if they stay at a healthy weight by being more physically active and choosing to eat the right amounts of healthy foods.

There are many ways you can be physically active with the children and teens in your life. Play music and teach your teen some of your own dance steps. Take a walk together, or ride bikes. How about walking the dog, doing yard work, or planting a garden together? Why not go swimming at the local

pool or arrange a date to go bowling? These are fun activities that everyone can enjoy.

The National Diabetes Education Program has a free tip sheet, *Tips for Teens: Lower Your Risk for Type 2 Diabetes*, to help the young people in your life learn more about how they can lower their risk for type 2 diabetes. Download or order the tip sheet and more free resources by visiting www.YourDiabetesInfo.org or calling 1-888-693-NDEP (1-888-693-6337), TTY: 1-866-569-1162.

— *National Diabetes Education Program*

Recipes

Vegetable Linguine

1-1/4 cup chopped onion
1/2 cup chopped celery
1/2 cup chopped green pepper
2 minced garlic cloves
1 tablespoon olive oil
1 tablespoon dried basil
1 15-ounce can low-sodium tomato sauce
2 teaspoons sugar
1/4 teaspoon crushed red pepper flakes
1/2 teaspoon oregano
1/8 teaspoon black pepper
8 ounces linguine

In a large sauce pan, sauté onion, celery, green pepper and garlic in olive oil until the vegetables are tender. Add remaining ingredients, except the linguine. Heat and simmer sauce for 30-40 minutes. Cook the linguine according to the package directions. Drain. Spoon the sauce over the cooked linguine. Serve immediately. Makes six servings.

One serving:

Calories: 233 Carbohydrates: 45 grams
Protein: 8 grams Fat: 4 grams
Saturated Fat: 1 gram Calcium: 68 mg
Cholesterol: 0 mg Fiber: 4 grams
Sodium: 161mg Potassium: 608 mg
Exchanges: 2-1/2 carbohydrates, 1 vegetable, 1/2 fat

Broccoli and Bean Salad

2 cups small chopped broccoli flowerets
3 tablespoons red wine vinegar
2 teaspoons olive oil
1/4 teaspoon black pepper
1/8 teaspoon salt
1 minced garlic clove
2 tablespoons chopped pimento
1/4 cup chopped onion
1 15-ounce can white beans, rinsed and drained.

Steam broccoli for 3 minutes. Combine all ingredients and chill. Makes six servings.

One serving:

Calories: 115 Carbohydrates: 19 grams
Protein: 6 grams Fat: 2 grams
Saturated Fat: Trace Calcium: 69 mg
Cholesterol: 0 mg Fiber: 5 grams
Sodium: 57 mg Potassium: 445 mg
Exchanges: 1 carbohydrate, 1/2 fat, 1 vegetable.

Swedish Cabbage Rolls

1 egg
1/4 teaspoon salt
Pepper (as desired)
1 teaspoon Worcestershire sauce
1/4 cup chopped onion
1/3 cup skim milk
1 pound extra-lean ground beef
3/4 cup cooked rice
6 large cabbage leaves
1 cup low sodium tomato juice
1 tablespoon lemon juice
1 tablespoon brown sugar

Combine egg, salt, pepper, Worcestershire sauce, onion and milk. Mix well. Add ground beef and cooked rice; beat together with a fork. Immerse cabbage leaves in boiling water for 3 minutes or just until limp. Drain. Place 1/2 cup meat mixture on each cabbage leaf; fold in sides and roll ends over meat. Place rolls in a baking dish. Blend tomato juice, brown sugar and lemon juice. Pour over cabbage rolls. Bake at 350 degrees for 1 hour. Makes six servings.

One serving:

Calories: 214 Carbohydrates: 12 grams
Protein: 19 grams Fat: 10 grams
Saturated Fat: 4 grams Calcium: 36 mg
Cholesterol: 88 mg Fiber: 2 grams
Sodium: 171mg Potassium: 415 mg
Exchanges: 2 medium-fat meat, 1 carbohydrate.

Puerto Rico Chicken Soup

3 cups uncooked rice
2 pounds chicken (skinless)
1 can (8 ounces) tomato sauce (no salt)
2 tablespoons sofrito (Goya) or homemade
8 green olives
1 can (4 ounces) cooked red peppers
7 cups boiling water
1 teaspoon salt (optional)

Soak the uncooked rice in a bowl with water to cover for 1/2 hour. Cut the chicken in small pieces and place in a separate big pot. Add the tomato sauce, sofrito, olives and red peppers. Add the boiling water with salt (if using). Cook for 10 minutes at high heat, then reduce to moderate heat and cook 20 minutes more. Skim off and discard all fat from top of broth. Drain the water from the rice and add rice to the pot of ingredients. Cook, stirring every five minutes, until rice is tender.

One serving:

Calories: 308 Carbohydrates: 50 grams
Protein: 17 grams Fat: 4 grams
Cholesterol: 33 mg Sodium: 246 mg
Exchanges: 3 starch, 1 lean meat, 1 vegetable

Cinnamon-Raisin Biscuits

2 cups flour
3 teaspoons baking powder
1/3 cup raisins
2 tablespoons sugar
1 teaspoon cinnamon
3/4 cup skim milk
2 tablespoons cooking oil
1/2 cup sifted powdered sugar
1-1/2 tablespoons skim milk
1/4 teaspoon vanilla

Combine flour, baking powder, raisins, sugar and cinnamon. Combine milk and oil. Add to dry ingredients, stirring until dry ingredients are just moistened. Turn dough out onto work surface and knead lightly 10 times. Roll dough to 1/2 inch thickness and cut into rounds with a biscuit cutter. Place on a baking sheet coated with non-stick cooking spray. Bake at 400 degrees for 10-12 minutes or until golden. Combine powdered sugar, milk and vanilla; stir well. Drizzle over warm biscuits. Makes 18 biscuits.

One biscuit:

Calories: 93 Carbohydrates: 18 grams
Protein: 2 grams Fat: 2 grams
Saturated Fat: Trace Calcium: 63 mg
Cholesterol: 1 mg Fiber: 1 gram
Sodium: 88 mg Potassium: 54 mg
Exchanges: 1 carbohydrate, 1/2 fat

Potato Soup

2 medium potatoes, cubed
3/4 cup low-sodium beef broth
1-1/2 stalk celery, chopped
1/4 cup onion, chopped
1/2 carrot, chopped
1-1/2 cup skim milk
2 tablespoons flour

Put all ingredients except milk and flour in a saucepan and simmer, covered until potatoes are tender, about 15 to 20 minutes. Place milk and flour in a shaker blender, and shake well. Add milk and flour mixture to the other ingredients, stirring constantly. Simmer uncovered five to 10 minutes. Makes three servings.

One serving:

Calories: 164 Carbohydrates: 32 grams
Protein: 8 grams Fat: 1 gram
Saturated Fat: Trace Calcium: 178 mg
Cholesterol: 2 mg Fiber: 2 grams
Sodium: 114 mg Potassium: 675 mg
Exchanges: 2 carbohydrates

For more recipes, contact Joshua Russo at (402) 471-2648, or Joshua.russo@nebraska.gov for a free copy of the 'Healthy Diabetes Recipes and More' cookbook.

Nebraska Department of Health and Human Services

301 Centennial Mall South
 Lincoln, NE 68509

Phone: 402-471-2101
 Fax: 402-471-6446
 E-mail:

DHHS.DiabetesPreventionandControl@nebraska.gov

Kathy Goddard, RD, LMNT, CDE
 Nebraska Diabetes Program Manager

Bryan Rettig, MS
 Epidemiologist

Andrea Riley, RN, BSN
 Community Health Nurse

Joshua Russo, BA
 Community Health Educator, Newsbeat Editor

We're on the Web!

www.dhhs.ne.gov/diabetes

Diabetes is:

- The leading cause of kidney failure, non-traumatic lower-limb amputations, and new cases of blindness among adults in the United States.
- A major cause of heart disease and stroke.
- The seventh-leading cause of death in the United States.

The Nebraska Diabetes Prevention and Control Program is committed to improving the health of the citizens of Nebraska at risk or with diabetes by:

- Facilitating statewide partnerships with health care systems, communities and other partners and stakeholders.
- Coordinating statewide efforts to improve quality of care.
- Collecting and disseminating diabetes surveillance and evaluation data for program development and policy guidelines.
- Facilitating efforts to address health disparities in high-risk populations.
- Developing and promoting population-based community interventions.
- Developing and promoting culturally appropriate health communications.

NDEP facts: 26 million Americans have diabetes, more have prediabetes

Nearly 26 million adults in the United States, which is more than 8% of the U.S. population, have diabetes. Another 79 million Americans are estimated to have prediabetes, a condition that places them at increased risk for developing type 2 diabetes and heart disease.

Here are some other diabetes facts from the National Diabetes Education Program:

— **One** out of every four people with diabetes does not know that he or she has the disease.

— **Diabetes** is a serious disease, particularly when it is left undiagnosed or untreated.

— **If** undiagnosed or untreated, diabetes can lead to serious health problems such as heart disease, blindness, kidney disease, stroke, amputation and even death. With early diagnosis and treatment, people with diabetes may prevent the development of these health problems.

— **Knowing** about your risk for type 2 diabetes is the first step toward preventing or delaying the onset of the disease or promoting an early diagnosis.

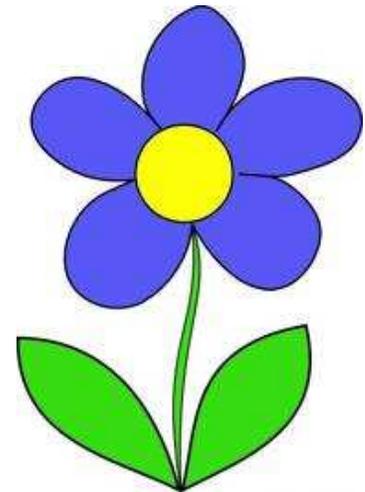
— **If** you have a family history of type 2 diabetes, are overweight or obese, physically inactive, over the age of 45, or have a history of gestational diabetes (diabetes that is found for the first time when a woman is pregnant), you have an increased chance of developing type 2 diabetes. Type 2 diabetes is also more common in African Americans, Hispanics/Latinos, American Indians, and Asian Americans and Pacific Islanders.

— **Gestational** diabetes is diabetes that is found for the first time when a woman is pregnant.

— **Women** who have had gestational diabetes have a lifelong risk for getting diabetes, and the child from that pregnancy may also be at increased risk for obesity and type 2 diabetes.

— **If** your mother had gestational diabetes when she was pregnant with you, you could be at risk for type 2 diabetes. Take steps now to prevent or delay type 2 diabetes.

— **Making** lifestyle changes – whether you're trying to manage diabetes or prevent



diabetes — is not easy. Even if you know *what* to do to improve your health, figuring out *how* to do it and fitting it into your daily routine can be a big challenge. For example, people know that being physically active can help them lose weight. What they struggle with is how to become more active and keep it up over time.

— *By the National Diabetes Education Program*