Priority Areas – Diabetes

Diabetes is an illness caused when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food enter your cells to be used for energy. Sometimes your body doesn't make enough—or any—insulin or doesn't use insulin well. Glucose then stays in your blood and doesn't reach your cells.

Over time, having too much glucose in your blood can cause health problems. Even though diabetes has no cure, you can take steps to manage your diabetes and stay healthy.

Checking and recording blood glucose levels is an important part of managing diabetes (NIDDK)

Four types:

- Prediabetes - Blood glucose levels are up, but not high enough for a diagnosis of diabetes. Of 86 million U.S. adults with prediabetes, only 1 in 10 know they have it.
- Type 2 Diabetes - The most common, occurs when your body makes insulin, but it can't do its job, so glucose does not enter the cells; 8.1 million do not know they have it.
- Type 1 Diabetes - Usually diagnosed in children and young adults, it's a lifelong condition. Your body does not make insulin, so you must take insulin every day.
- Gestational Diabetes - Occurs in pregnancy due to a change in response to the hormone insulin; results in high glucose and increases risk for type 2 diabetes later on.

Prevention and Management

- CDC's National Diabetes Prevention Program Registry - Lifestyle changes like healthy eating, increased physical activity, and losing 5-7% of body weight, can help prevent diabetes.
    - The registry includes Florida County Health Department programs
    - Or call 211 for a program near you
- NIH's National Institute of Diabetes and Digestive Kidney Disease -
  Ways to manage your diabetes

    - Manage your diabetes ABCs.
    - Follow your diabetes meal plan.
    - Make physical activity part of your routine.
    - Take your medicine.
    - Check your blood glucose levels.
    - Work with your health care team.
    - Cope with your diabetes in healthy ways