

## DIABETES

### Working to reverse the US Epidemic



The rate of new cases of diagnosed diabetes in the United States has begun to fall, but the numbers are still very high. More than 29 million Americans are living with diabetes, and 86 million are living with prediabetes, a serious health condition that increases a person's risk of type 2 diabetes and other chronic diseases.

The Centers for Disease Control and Prevention (CDC) is working to reverse the US diabetes epidemic by tracking disease trends, focusing on

prevention, identifying effective treatments, and improving medical care. Go to [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes) for more information .

### PUBLIC HEALTH PROBLEM

People with type 1 diabetes don't make enough insulin. For those with type 2 diabetes the body doesn't use insulin properly . Insulin is necessary for blood sugar (glucose) to enter cells, where it is used for energy.

Type 2 diabetes accounts for about 90% to 95% of all diagnosed cases of diabetes, and type 1 diabetes accounts for about 5%. The health and economic costs for both are enormous:

Diabetes was the seventh leading cause of death in the United States in 2013 (and may be underreported).

Diabetes is the leading cause of kidney failure, lower-limb amputations, and adult-onset blindness.

More than 20% of health care spending is for people with diagnosed diabetes.

Provided by Community of Christ Health Ministries Association

[www.HMACofChrist.org](http://www.HMACofChrist.org) [health@hmacofchrist.org](mailto:health@hmacofchrist.org)

## Ways to Reverse the Trend

### EAT RIGHT

Eat more fiber by eating more whole-grain foods.

Whole grains can be found in:

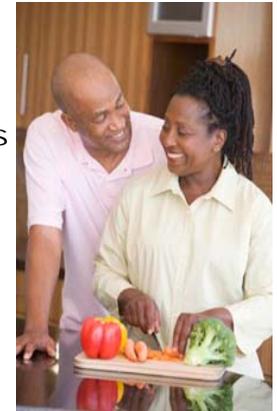
- ◆ Breakfast cereals made with 100% whole grains.
- ◆ Whole grain rice.
- ◆ Whole-wheat bread, bagels, pita bread, and tortillas.

Eat a variety of fruits and vegetables every day.

Choose fresh, frozen, canned, or dried fruit and 100% fruit juices most of the time.

Eat plenty of veggies like these:

- ◆ Dark green veggies (e.g., broccoli, spinach, brussels sprouts).
- ◆ Orange veggies (e.g., carrots, sweet potatoes, pumpkin, winter squash).
- ◆ Beans and peas (e.g., black beans, garbanzo beans, kidney beans, pinto beans, split peas, lentils).



### BE ACTIVE

Start by doing what you can do, and then look for ways to do more until you reach 150 minutes a week of activity. Find the time that works best for you to add up to 150 minutes.

For example:

- ◆ 30 minutes at one time five times a week
- ◆ 15 minutes at a time 10 times a week.
- ◆ 10 minutes at a time 2-3 times a day.

### Do It Your Way

Brisk walking is a great way to be active.

Try dancing, gardening, following a video, or taking a class.

Be active with a friend or family member.

Start with 10 minutes a day and build up over time.