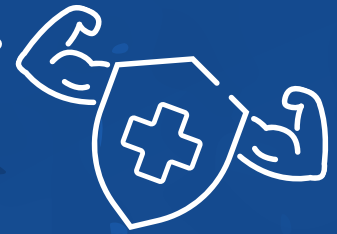


Diabetes Awareness

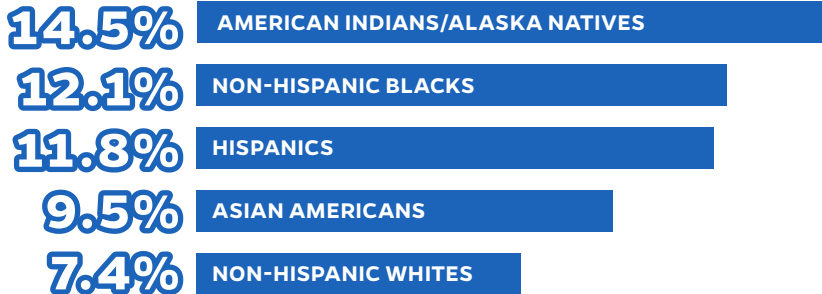


Diabetes mellitus refers to a group of diseases that affects how your body turns food into energy. No matter the type, diabetes can lead to excess sugar (glucose) in the blood.

STAY AWARE!

- **1 IN 10** people have diabetes, with an additional **1 IN 5** people going undiagnosed in the US population.
- Men are almost twice as likely to develop type 2 diabetes when compared to woman.

Diabetes disproportionately affects adults by race/ethnic background:



Having Diabetes can make it harder for your immune system to fight infections. Immunization can provide you with the best protection from vaccine-preventable illnesses and complications.

- Some illnesses, like **INFLUENZA**, can raise your blood glucose to dangerously high levels. Getting your Flu shot every year can help lower your risk.
- Individuals with diabetes are at an increased risk for death from **PNEUMONIA**, **BACTEREMIA** and **MENINGITIS**. Getting vaccinated is one of the safest ways to protect your health.
- People with diabetes are at risk of contracting **HEPATITIS B** due to their frequent blood exposure during diabetes management. The CDC recommends HBV immunization for adults with diabetes younger than sixty years.

FACT

Black, Hispanic, American Indian, and Asian American adults are at HIGHER RISK of prediabetes and Type 2 Diabetes, compared to other racial/ethnic groups.



How can I lower my general risk for diabetes?

EXERCISE: Regular exercise for about 150 minutes per week is essential to preventing diabetes. Get started by reducing your sedentary time and incorporate more light activity into your day.

REDUCE SODIUM AND SUGAR: Decrease sodium in your diet by reading food labels, eating fewer processed and packaged foods, and skipping table salt. Opt for healthier, and less sugary, versions of snacks to reduce the amount of free sugar in your diet.

EAT A HEALTHY DIET: Eating a diet that is rich in whole grains, low-carb fruits and vegetables, low-fat dairy products, and lean proteins is an important lifestyle change to help prevent diabetes.

GET ENOUGH SLEEP: Getting enough sleep is important to your overall health. Aim for 7-9 hours of sleep to reduce the risk of elevated blood sugar and developing insulin resistance.

QUIT SMOKING AND REDUCE ALCOHOL CONSUMPTION: Quitting smoking can reduce your risk of type 2 diabetes and serious complications associated with diabetes. Reducing your alcohol consumption to 1 drink a day for women and 2 drinks a day for men can help manage blood sugar.

GET SUPPORT: Supportive family and friends can improve your health. They may encourage you to take care of yourself, drive you to the doctors office, OR join exercise programs with you to reduce your risk for diabetes.