

What puts you at risk for diabetes?

How can you improve your odds of not getting diabetes?

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# There's plenty of GOOD NEWS!



- Strong research indicates that modest lifestyle changes can prevent or delay diabetes in MOST people.
- If you are already diabetic, good blood sugar control has a positive impact on your future health.

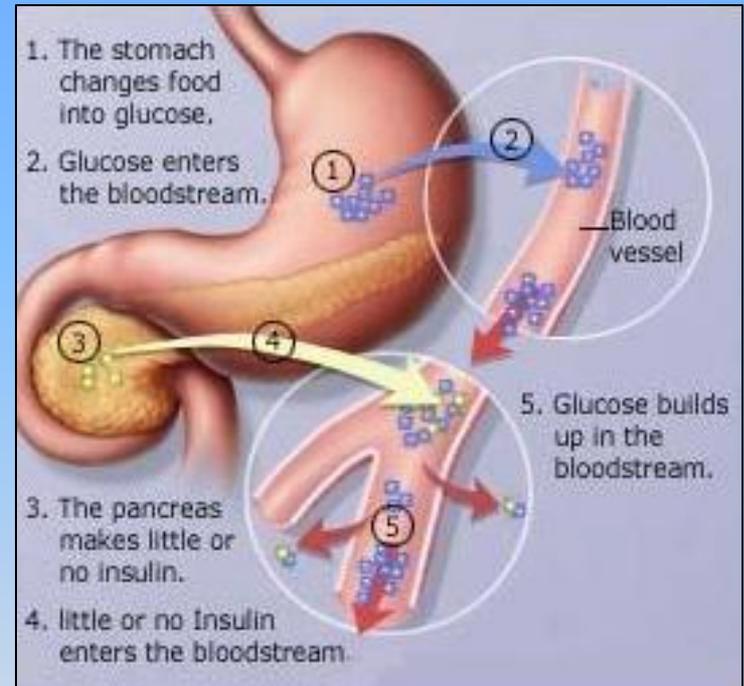


# What is Diabetes?

Diabetes is a disease that impairs the body's ability to use food.

The hormone insulin, which is made in the pancreas, helps the body to change food into energy.

Without insulin, sugar - the body's main energy source - builds up in the blood causing deadly complications.



# Signs of

## Hyperglycaemic

### Coma



Always feeling dizzy



Vomiting

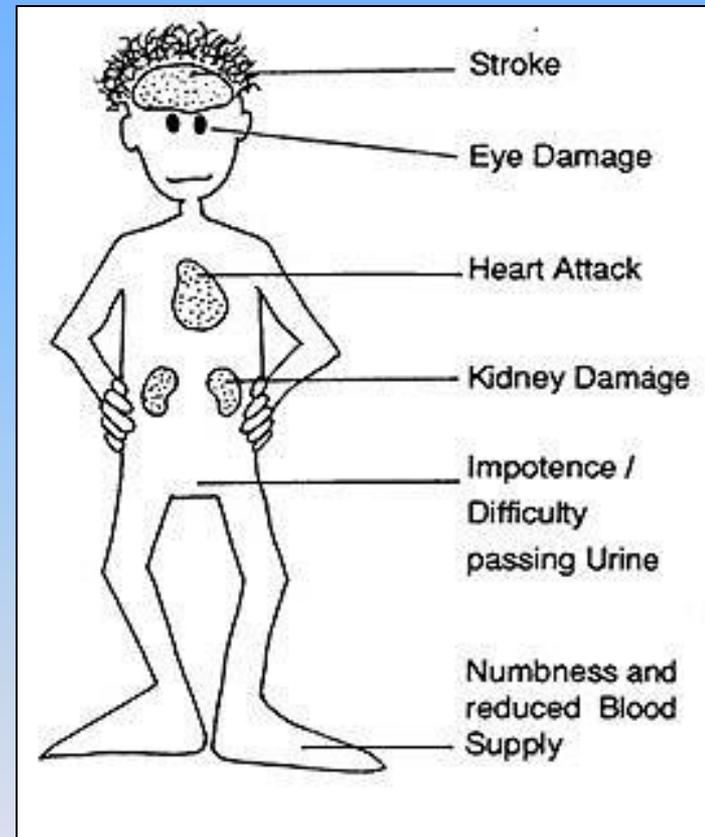


Breath quickly and deeply



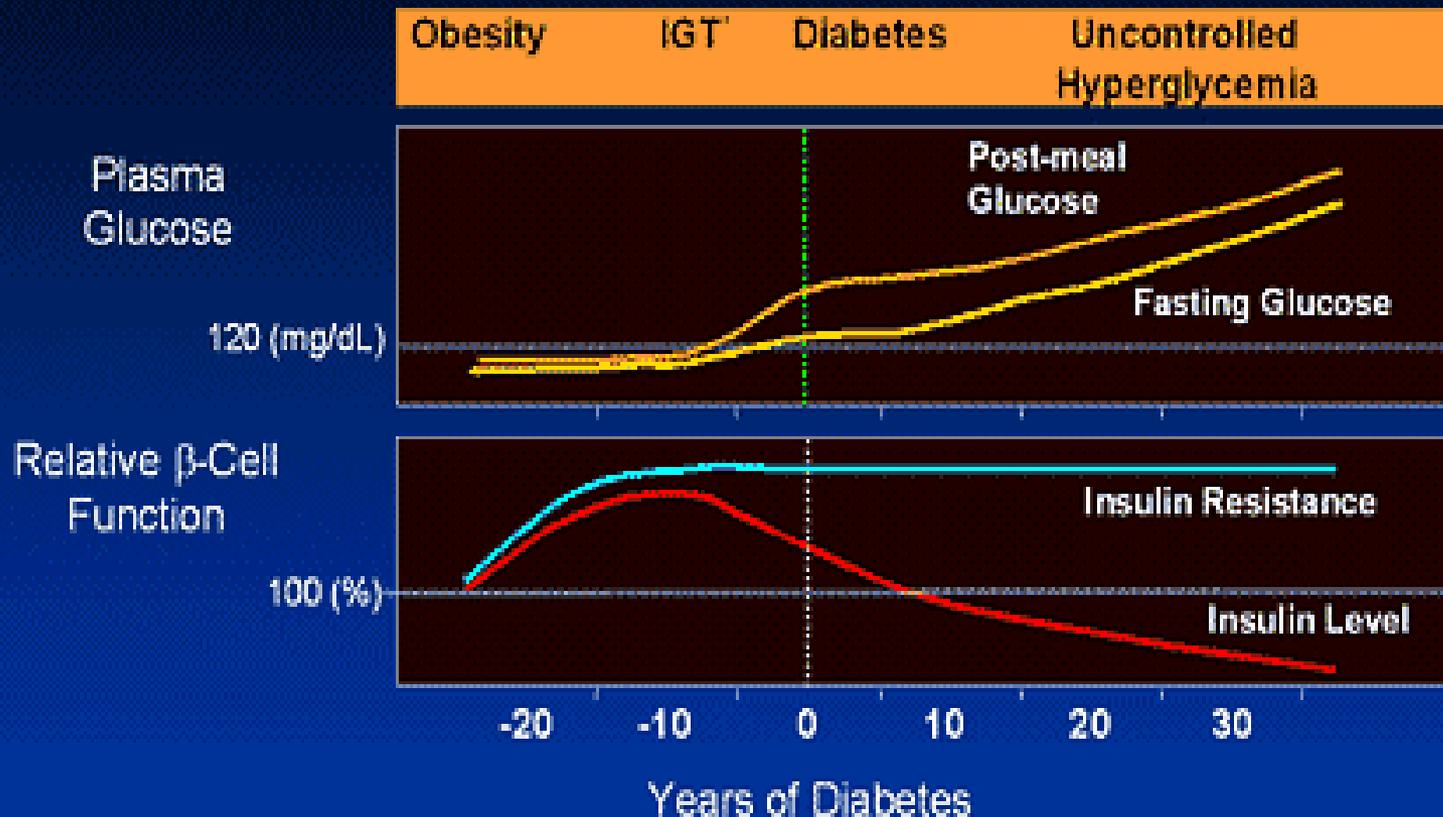
Blood sugar and Acetone in Urine will rise

## Type II Diabetes Slow, insidious onset



## Type I Diabetes Dramatic, Rapid Onset

# Natural History of Type 2 Diabetes

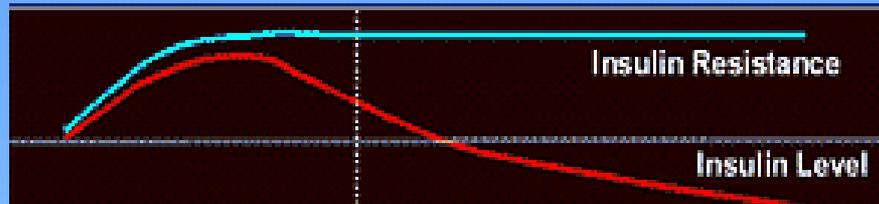


\*IGT=impaired glucose tolerance

Adapted from International Diabetes Center (IDC), Minneapolis, Minnesota.

The bottom line: Type 2 Diabetes may begin a decade or more before it is diagnosed.

# What key factors lead to insulin resistance?



1. Abdominal Obesity:  
Men: Waist  $\geq$  40 inches    Women: Waist  $\geq$  35 inches  
Southeast Asian men and women: - 6 inches
2. Triglycerides: Greater than 150 mg/dl
3. HDL: Men: Less than 40      Women: Less than 50
4. BP: Equal or greater than 130/85
5. Fasting glucose: Equal or greater than 100 mg/dl

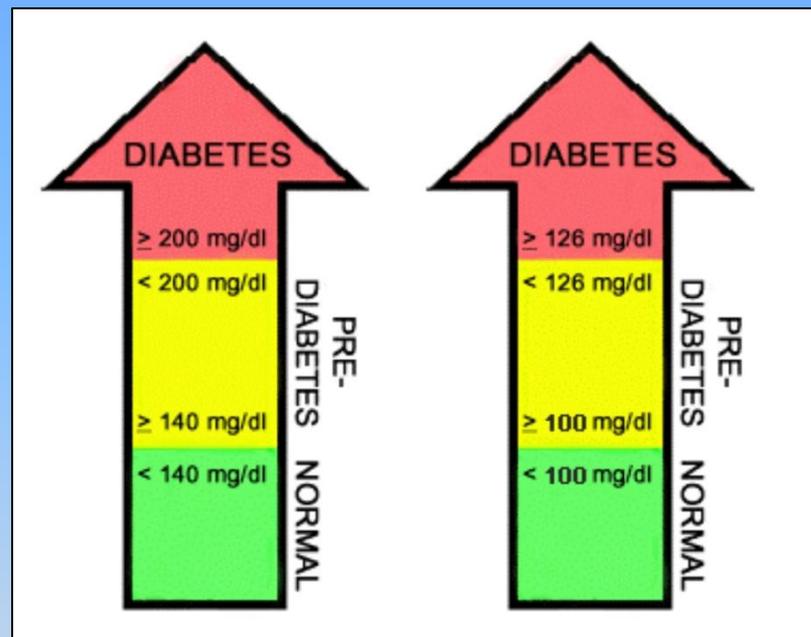
# DIABETES WARNING SIGNS

You or a family member might be one of the **16 million Americans** who has diabetes and doesn't know it.

**CONTACT A DOCTOR** if you have any of these warning signs.

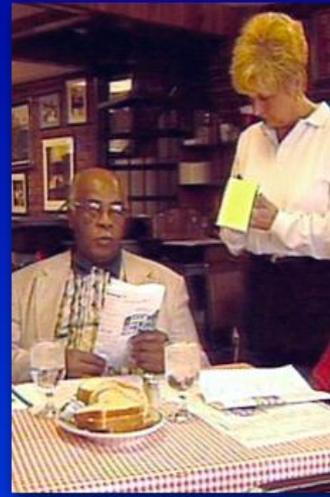
- Extreme thirst
- Blurry vision from time to time
- Frequent urination
- Unusual fatigue or drowsiness
- Unexplained weight loss

Source: Georgia Department of Human Resources  
Courtesy: UGA College of Agricultural & Environmental Sciences Graphic by C. Esco



**HEMOGLOBIN A1C  $\geq$  6.5**

## **A Healthy Lifestyle Can Prevent or Delay Type 2 Diabetes**



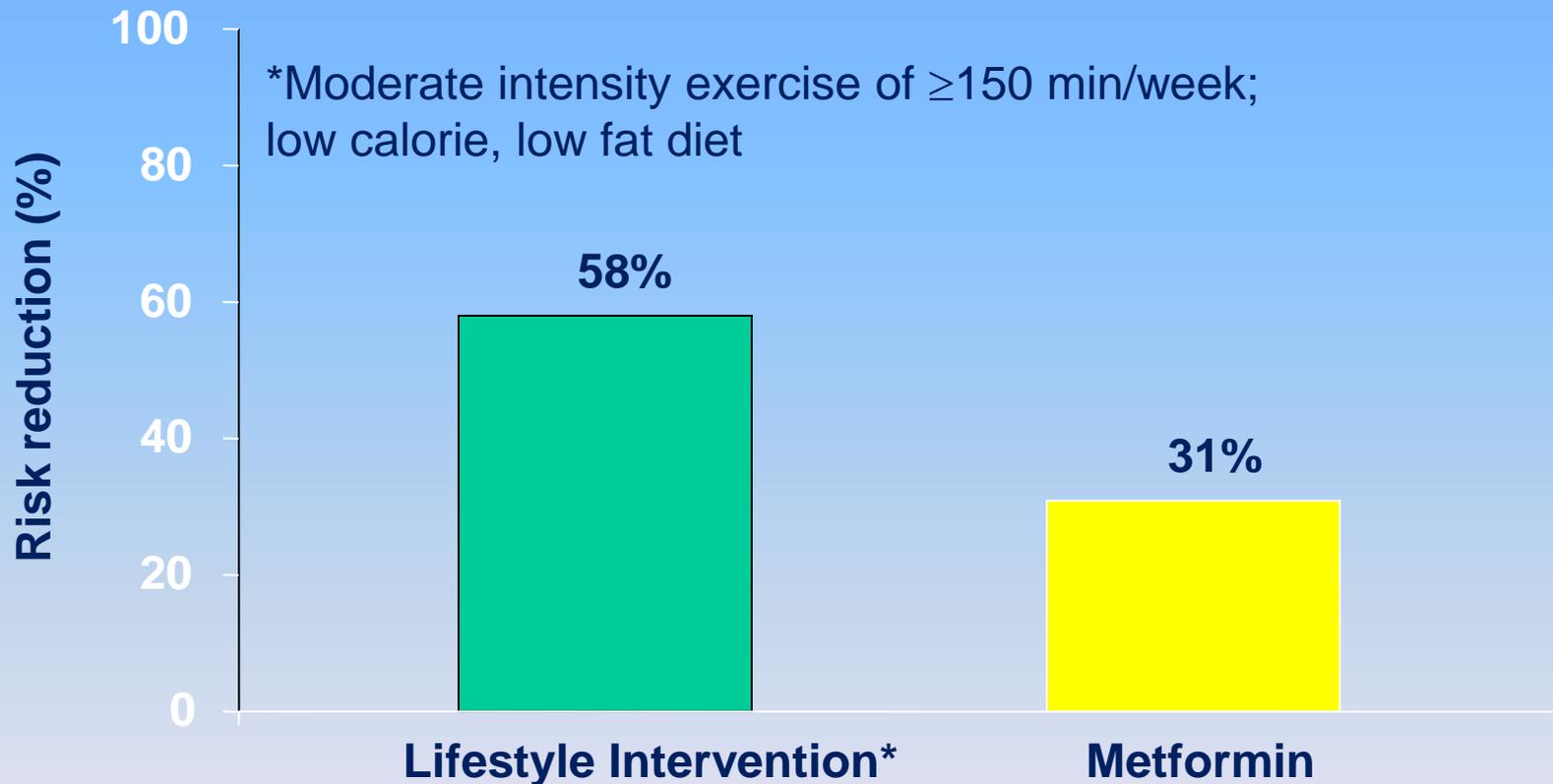
**Better food choices and physical activity  
cut diabetes risk by more than half**

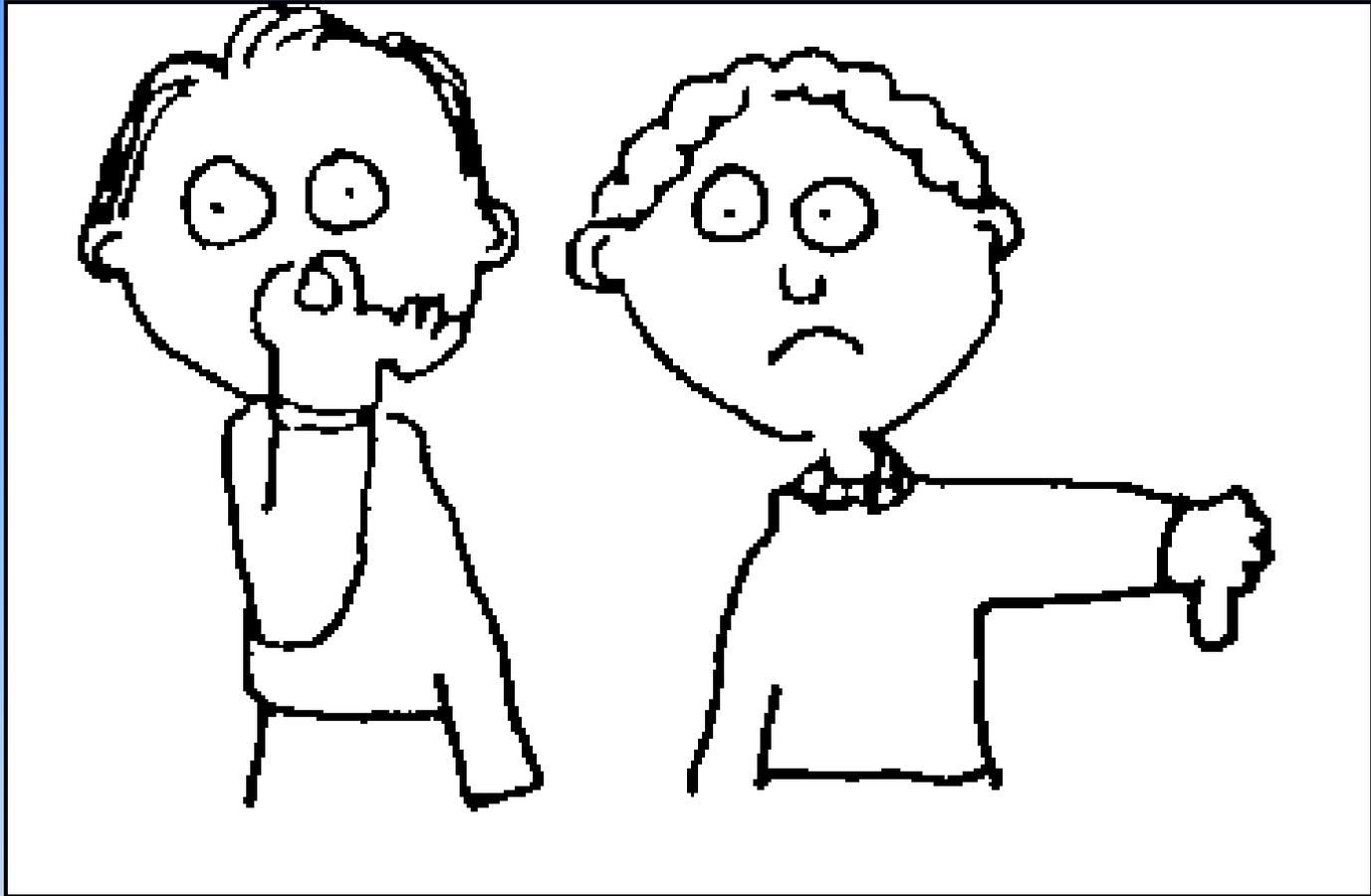
### **Diabetes Prevention Study:**

7% - 10 % loss of body weight and maintenance of the weight loss

$\geq$  150 minutes per week of moderate level physical activity

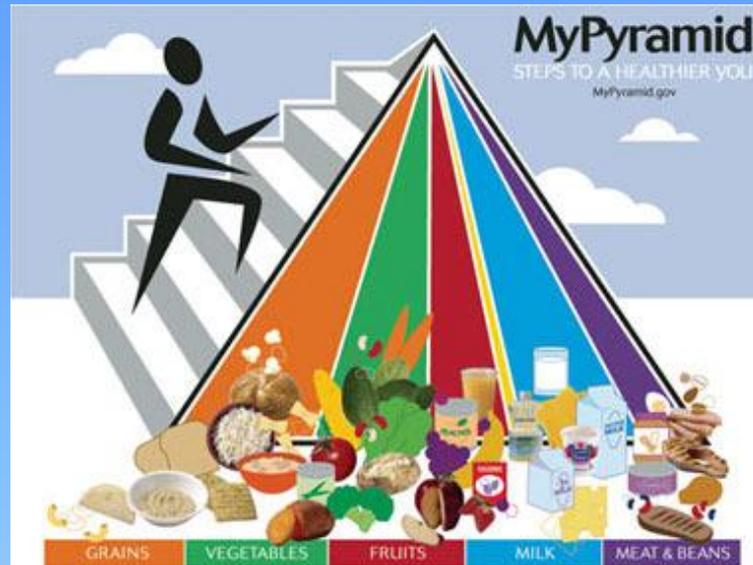
# Reduction in Risk of Developing Diabetes in Comparison with Controls





**I know what to do...**  
**I just don't do it!**





**Be healthy. Be active.**

<b>30</b> at least	minutes a day
	<b>10</b> minutes at a time
	<b>5</b> days a week

The graphic is enclosed in a black border. The text 'Be healthy. Be active.' is in a bold, black font at the top. Below it, the numbers 30, 10, and 5 are stacked vertically, with 'at least' to the left of 30 and 10. To the right of each number is a description of the activity duration: 'minutes a day' for 30, 'minutes at a time' for 10, and 'days a week' for 5.

# Take Steps to Reduce All Your Risk Factors

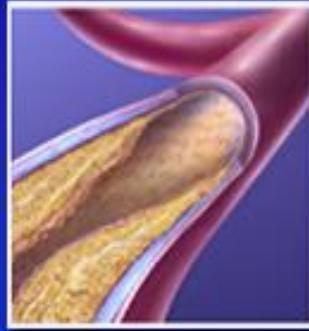
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High Blood Pressure



High Blood Glucose



High Blood Cholesterol



Obesity



Smoking

Having several of these disorders is a sign of **metabolic syndrome**, which can lead to diabetes, heart disease, and stroke