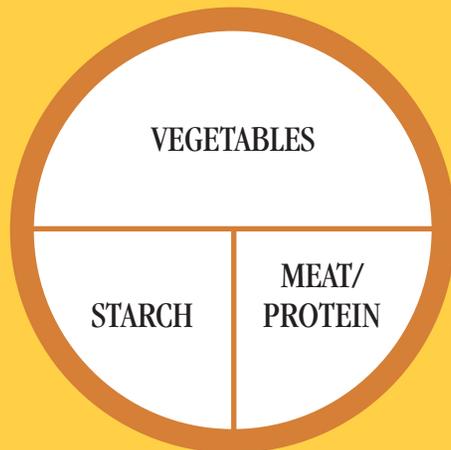


Tips for Living Well with Diabetes



Make Wise Food Choices

- Plan your meals, follow a meal schedule and include small snacks between meals;
- Do not skip meals!
- Use the 9" plate method to help you eat a variety of healthy foods and control portion sizes:



9" PLATE



Consistent physical activity can:

- Lower glucose and blood pressure;
- Improve your body's ability to use insulin;
- Delay and possibly prevent the onset of type 2 diabetes.



Take your Medications as Prescribed!

Workshops

The Center offers the following *free* diabetes-related workshops:

- Dental Health and Diabetes
- Depression and Diabetes
- Diabetes Complications
- Holiday Cooking

All Focus on Diabetes activities are free of charge. For a schedule of classes or for more information about diabetes, contact the Center for African American Health at 303-355-3423.

References

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Mission

The Center for African American Health is committed to improving the health and well being of the African-American community.

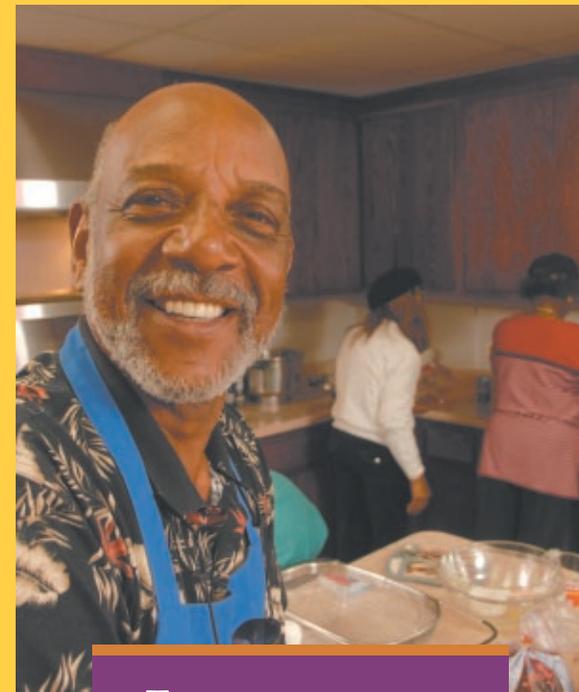


The Center for
African American Health

Empowering the Community to

Live Well!

3601 Martin Luther King Jr., Blvd., Denver, CO 80205
303-355-3423, Fax 303-355-1807, www.caahealth.org



Learn to
Live Well
with
Diabetes



The Center for
African American Health

Empowering the Community to

Live Well!

Focus on Diabetes

The Center for African American Health offers classes and workshops for those living with diabetes, at risk for diabetes and those caring for someone with diabetes.

Through culturally-appropriate education, participants will gain skills and support needed to improve their health-related quality of life and lessen the complications of diabetes.

What is Diabetes?

Diabetes is a disease that develops when the pancreas does not produce or properly use insulin to convert sugar, starches and other food into energy.

There are several types of diabetes:

- **Pre-Diabetes:** Before people develop type 2 diabetes, they almost always have “pre-diabetes” – blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.
- **Type 1 Diabetes:** The body fails to produce insulin.
- **Type 2 Diabetes:** The body fails to properly use insulin (insulin resistance).
- **Gestational Diabetes:** Pregnant women who have never had diabetes before but who have high blood glucose levels during pregnancy are said to have gestational diabetes.

Diabetes is a Serious Disease

Diabetes is one of the leading causes of death and disability in the United States. Compared to the general population, African Americans are disproportionately affected by diabetes:

- African Americans are 1.6 times more likely to have diabetes as non Hispanic whites;
- 3.7 million or 14.7% of all African Americans aged 20 years or older have diabetes;
- In Colorado, the death rate for African Americans is twice the state average. One in every 13 African Americans has diabetes.

Indirect Costs of Diabetes

- \$58.3 billion was spent on inpatient hospital care and \$9.9 billion on physician’s office visits directly attributed to diabetes.
- Diabetes caused 445,000 cases of unemployment disability in 2007.

Complications

Good diabetes management can help reduce the risk of complications. Diabetes is associated with an increased risk for a number of serious and sometimes *life-threatening* complications:

- Blindness
- Heart Disease
- Stroke
- Kidney Disease
- Nerve Damage
- Amputations



Learn to Live Well with Diabetes

Whether you have just been diagnosed with diabetes or have had it for years, this *free* Focus on Diabetes program will help you live a healthier, happier life.

Six-Week Diabetes Self-Management Class

The following sessions are taught by faculty with expertise in diabetes education, oral hygiene, nursing, internal medicine, diet and nutrition, pharmacy, psychology, community health work and physical fitness.

- **Week 1:** Orientation, introductions, blood pressure and A1c screenings;
- **Week 2:** Overview of diabetes;
- **Week 3:** Nutrition education;
- **Week 4:** Medication information and depression awareness presentations;
- **Week 5:** Hands-on cooking class;
- **Week 6:** Complications of diabetes and oral health presentations.

Support Group

Being able to talk with others about diabetes can help you feel less alone and assist in discovering new ways of dealing with the day-to-day challenges of managing diabetes.

The Center offers *free* personalized telephone support designed to help participants better manage their diabetes even after the six-week class has ended.