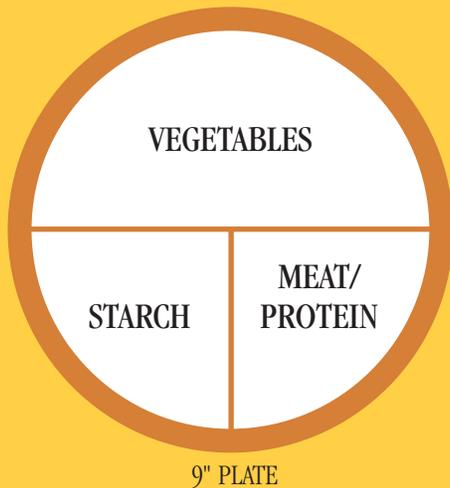


## Tips for Living Well with Diabetes

### 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:



### 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!

## Register Today!

The Learn to Live Well with Diabetes program is *free*, but you must register to attend. Please call 303-355-3423 to register.

## Comments About the Program

This program is a great fit for those diagnosed with pre-diabetes, diabetes and anyone at risk for diabetes. Caregivers for those with diabetes have also benefitted from attending the program.

## Workshops

The Center offers a variety of diabetes education and awareness workshops. For a schedule of classes or for more information about diabetes, please contact the Center for African-American Health at 303-355-3423.

### Mission

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



Funding for this brochure provided by the List Family Foundation in collaboration with the Center for Women's Health Research



# Learn to Live Well with Diabetes

An Evidence-Based Approach to Diabetes Self-Management



## Evidence-Based Self-Management

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.

Programs that have been tested and evaluated for effectiveness are known to be “evidence-based.” Evidence of effectiveness is obtained through randomized, controlled trials prior to program implementation. Stanford’s evidence-based programs are supported by over 20 years of research.

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 :** 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 twice as likely to have diabetes as non Hispanic whites;
- 4.9 million or 18.7% 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.

### Costs of Diabetes

- \$174 Billion – Total Costs – Direct and Indirect;
- \$116 Billion – Direct medical costs;
- \$58 Billion – Disability, work loss, and premature mortality.

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

Whether you’ve just been diagnosed with diabetes or have had it for years, this *free* evidence-based program helps to build confidence in your ability to maintain an active and fulfilling life.

## Learn to Live Well with Diabetes

### Six-Week Diabetes Self-Management Class

This evidence-based program consists of interactive classes, where mutual support and success build the participants’ confidence in their ability to manage their health. This program is a great fit for those diagnosed with pre-diabetes, diabetes and anyone at risk for diabetes. Caregivers for those with diabetes have also benefitted from attending the program.

Topics covered include:

- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration;
- Goal setting, and problem solving;
- Appropriate exercise for maintaining and improving strength and endurance;
- Healthy eating;
- Appropriate use of medication, and
- Working more effectively with healthcare providers.

Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.

Each participant receives a copy of the companion book, *Living a Healthy Life with Chronic Conditions*.

