

What is Diabetes?

More than
25 Million
Americans
have Diabetes

What is Diabetes?

Diabetes is a condition where sugar (glucose) cannot enter cells. This makes sugar stay in the blood, where your body can't turn it into energy.

Diabetes Risk Factors

- Over the age of 45
- Overweight/obese
- Exercising less than 3 times per week
- Hypertension (Blood pressure greater than 140/90 mmHG)
- A part of to one of these groups of people
 - African American
 - Native American
 - Asian American
 - Pacific Islander
 - Hispanic

Types of Diabetes

- Type 1
 - The body does not make the hormone insulin. Your body needs insulin to break down sugar and turn it into energy.
 - Type 1 diabetes is usually diagnosed in children and young adults, but it lasts a lifetime.
 - Type 1 diabetes can't be prevented. Early diagnosis is important for managing the disease and staying healthy.
- Type 2
 - Type 2 diabetes is most common in adults 45 years or older, who are overweight, or have a family history of diabetes.
 - Body fat affects the way insulin works, and the body cannot break down sugar. Blood sugar levels stay high and start to harm your organs.
- Prediabetes
 - A condition where sugar levels are high, but not high enough to be considered diabetes.
 - People with prediabetes can go back to normal sugar levels by exercising and eating healthy foods.

Diabetes Symptoms

Prevention Checklist

Healthy habits help prevent diabetes

Make Healthy Food Choices:

- Speak with your doctor to make a healthy meal plan
- Avoid foods that are high in calories, fat, sugar, and salt
- Eat foods that are high in fiber
- Eat foods such as grains, fruits, and vegetables

Be Active:

- Get at least **150 minutes of physical activity each week** (e.g., 30 minutes x 5 days/week)

Avoid Stress: stress can raise your blood sugar

- Find ways to lower stress, such as listening to music, relaxing, and gardening

Diabetes symptoms include:

Overly Tired



Frequent Urination



Slow Wound Healing



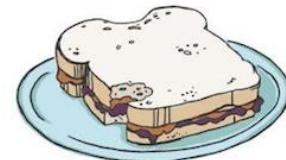
Overly Thirsty



Blurry Vision



Overly Hungry



Checking for Diabetes

- **Find out if you are at risk.** Visit flhealth.gov/diabetes and take a quick quiz.
- **If you are at risk for type 2 diabetes,** ask your doctor for a test.
- **If your doctor says you have prediabetes, take the diabetes prevention program.** Find a program near you at https://nccd.cdc.gov/DDT_DPRP/CitiesList.aspx?STATE=FL
- **If you have type 2 diabetes, take a recognized diabetes self-management education class.** Find a program near you at flhealth.gov/diabetes/type-2/dsme.html