

**FOR IMMEDIATE RELEASE 11/14/2016**

TO: Grant County Media

**FOR INFORMATION CONTACT**

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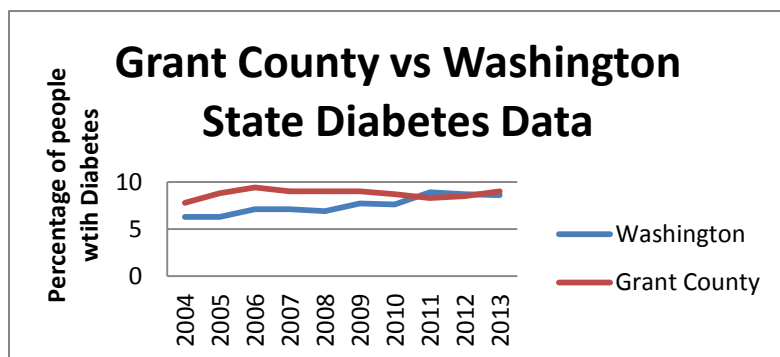
## World Diabetes Day- November 14<sup>th</sup>

### 1 in 5 Grant County households could be impacted by diabetes

GRANT COUNTY, WA – November is national Diabetes Awareness Month- did you know diabetes affects an estimated 29.1 million people in the **United States and is the 7th leading cause of death.** The number of diabetes cases continues to increase both in the US and throughout the world. In addition to these human costs, the estimated total financial cost of diabetes in the US in 2012 was \$245 billion, which includes the costs of medical care, disability, and premature death.

#### Diabetes in Grant County and in Washington

In 2013 there were approximately 5,500 adults over the age of 20 in Grant County with diabetes. This means that, on average, about 1 in 5 Grant County households could be impacted by diabetes.



This data shows the percentage of adults over the age of 20 in Grant County with diabetes relative to the percentage in Washington State; between 2004 and 2013. Nationally, 9.3% of the population had diabetes in 2014. “Many people and families are impacted by diabetes; preventative care practices and healthy living choices are essential to better health

outcomes for people with prediabetes and those living with diabetes,” stated Carol Schimke, Public Health Nurse.

#### What is Diabetes?

Diabetes is the condition in which the body does not properly process the food you eat for energy. Most of the food we eat is turned into glucose, or sugar, for our bodies to use as energy. The pancreas, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugars to build up in your blood. This is why many people refer to diabetes as “sugar.”

If you have diabetes, no matter what type, it means you have too much glucose or sugar in your blood, although the causes may differ. Too much glucose can lead to serious health problems including heart disease, blindness, kidney failure, and lower-extremity amputations. The longer you have diabetes — and the less controlled your blood sugar — the higher the risk of complications. Diabetes complications may be disabling or even life-threatening among people whose diabetes is poorly controlled.

### The 3 most common types of Diabetes:

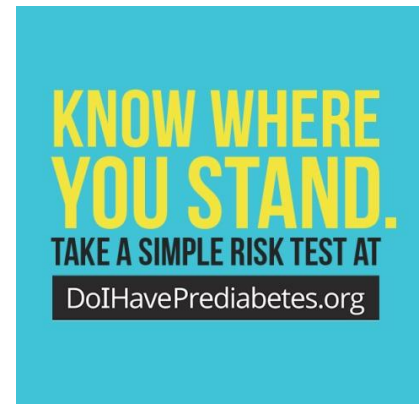
- Type 1- can develop at any age; it typically appears during childhood or adolescence.
- Type 2- can develop at any age, though it's most common in people older than 40.
- Gestational Diabetes- occurs during pregnancy but may resolve after the baby is delivered.

### What are the risk factors for diabetes?

Commonly include older age, weight/obesity, family history of diabetes, prior history of gestational diabetes, physical inactivity, and race/ethnicity. African Americans, Hispanic/Latino Americans, American Indians, and some Asian Americans and Pacific Islanders are at particularly high risk for type 2 diabetes.

### What is prediabetes?

People with blood glucose levels that are higher than normal but not yet in the diabetic range have "prediabetes." Prediabetes usually does not have any symptoms; you may have this condition for several years without noticing anything. If you have prediabetes, you have a higher risk of developing type 2 diabetes. People with prediabetes also have a higher risk of heart disease, studies suggest that weight loss and increased physical activity among people with prediabetes can prevent or delay diabetes and may return blood glucose levels to normal.



### What can YOU do to help prevent diabetes?

**Type 1 diabetes can't be prevented.** However, the same healthy lifestyle choices that help treat prediabetes, type 2 diabetes and gestational diabetes can also help prevent them:

- **Eat healthy foods.** Choose foods lower in fat and calories and higher in fiber. Focus on fruits, vegetables and whole grains.
- **Get more physical activity.** Aim for 30 minutes of moderate physical activity a day. If you can't fit in a long workout, break it up into smaller sessions spread throughout the day.
- **Lose excess pounds.** If you're overweight, losing even 7 percent of your body weight can reduce the risk of diabetes. To keep your weight in a healthy range, focus on permanent changes to your eating and exercise habits.
- Medication sometimes is an option, but healthy lifestyle choices remain essential.
- Have your blood sugar checked at least once a year.

### When should I be tested for diabetes?

Anyone aged 45 years or older should consider getting tested for diabetes, especially if you are overweight. If you are younger than 45, but are overweight and have one or more additional risk factors, you should consider getting tested. You should see a doctor:

- **If you suspect you or your child may have diabetes.** If you notice any possible diabetes symptoms (increased thirst, frequent urination and unexplained weight loss) contact your doctor. The earlier the condition is diagnosed, the sooner treatment can begin.
- **If you've already been diagnosed with diabetes.** After you receive your diagnosis, you'll need close medical follow-up until your blood sugar levels stabilize.

Living with diabetes can be difficult and frustrating. Sometimes, even when you've done everything right, your blood sugar levels may rise, but it is important to stick with your diabetes management plan. Talk to your doctor and they can recommend a local support group or you can call the American Diabetes Association at 800-DIABETES (800-342-2383) or the Juvenile Diabetes Research Foundation at 800-533-CURE (800-533-2873).

**For more information about Diabetes visit:**

- National Diabetes Prevention Program for people with Pre-diabetes is offered through the Grant County WSU Extension office locally. Call for more information 509-754-2011.
- The Lifestyle change programs offered through the [National Diabetes Prevention Program](#), can help you reduce your risk of developing type 2 diabetes.
- Visit CDC's online [registry of recognized organizations](#) to find out if there is a lifestyle class being offered in your community.

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