

# Chronic Disease Prevention Bulletin

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## Diabetes Awareness

### What is diabetes?

Diabetes is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, 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 sugar to build up in your blood.

Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations. Diabetes is the sixth leading cause of death in the United States. For more information, see the National Diabetes Information Clearinghouse publication:

[Your Guide to Diabetes: Type 1 and Type 2:   
http://www.diabetes.niddk.nih.gov/dm/pubs/type1and2/index.htm](http://www.diabetes.niddk.nih.gov/dm/pubs/type1and2/index.htm)

### How does diabetes affect your heart?

Heart disease is the leading cause of early death among people with diabetes. Adults with diabetes are two to four times more likely than people without diabetes to have heart disease or experience a stroke. At least 65% of people with diabetes die from heart disease or stroke. About 70% of people with diabetes also have high blood pressure.

The Centers for Disease Control has a publication called *Take Charge of Your Diabetes* that provides useful information about Diabetes and Heart Disease. This can be found at:

<http://www.cdc.gov/diabetes/pubs/tcyd/heart.htm>

### What's Your Nutrition and Physical Activity I.Q.?

Making healthy food choices and being physically active helps reduce your risks of developing Type 2 Diabetes and Heart Disease



Can you fill in the blanks to find these secrets to healthy eating and physical activity?

1. Eat from the five food groups every day. These include a) \_\_\_\_\_, cereals and grains, b) fruits, c) vegetables, d) milk, yogurt and cheese and e) \_\_\_\_\_ and proteins.
2. Do moderate physical activities for \_\_\_\_\_ minutes daily.
3. Eat \_\_\_\_\_ to get going in the morning.
4. Vigorous activities make you \_\_\_\_\_ and breathe hard.
5. Eat a \_\_\_\_\_ of foods every day.
6. Take a 10-minute \_\_\_\_\_ break every hour while you read, watch TV, or do homework.
7. Smart \_\_\_\_\_ are just what you need if you get hungry between meals.
8. Be sure to \_\_\_\_\_ your muscles before and after workouts.
9. Use the \_\_\_\_\_ Facts Panel and the Food \_\_\_\_\_ Pyramid to help you balance food choices.
10. Keep \_\_\_\_\_ to stay in shape.

### Answers:

- |                       |                     |
|-----------------------|---------------------|
| 1. a) breads e) meats | 6. Activity         |
| 2. 30                 | 7. Snacks           |
| 3. Breakfast          | 8. Stretch          |
| 4. Sweat              | 9. Nutrition, Guide |
| 5. Variety            | 10. Moving          |

For additional information about food and nutrition, or a reference to a registered dietitian (R.D.) in your area, call the ADA's National Center for Nutrition and Dietetics (NCND) Consumer Nutrition Hot Line (800/366-1655).

For more information about improving your physical activity level, write the President's Council on Physical Fitness and Sport at the address below.

President's Council on Physical Fitness and Sports  
HHH Building, Room 738 H  
200 Independence Avenue, S.W.  
Washington, DC 20201

Source: <http://www.fitness.gov/funfit/10tips.htm>