

Congratulations!

By showing an interest in Diabetes Management and Prevention you are taking the first step to a healthier life for not only you but your friends and family members.

What is Diabetes?

A disease in which the body does not produce or properly use insulin, a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. Causes include genetics and environmental factors such as obesity and lack of physical activity. Type 2 diabetes is the most common form of diabetes.

Who is at Risk?

The prevalence of type 2 diabetes is 2-3 times more prevalent in Hispanic Americans than in non-Hispanic whites. Almost 10% of Hispanic/Latino Americans aged 20 years and older will have diabetes. Associated with the increased risk of diabetes, there is also an increased risk of obesity in the Hispanic population.

What are the complications?

Complications of uncontrolled diabetes include heart disease, blindness, nerve damage and kidney damage. In 2002 44,400 Hispanic and Latino Americans began treatment for end-stage kidney disease and 153,730 with end stage kidney disease due to diabetes were living on chronic dialysis or with a kidney transplant in the US and Puerto Rico.

What can you do?

Type 2 diabetes is a self managed disease. People with diabetes must take responsibility for their day to day care. Eat a healthy diet, be physically active, take prescribed medications and monitor the ABC's.

A1C- Blood Glucose – should be less than 7%

Blood Pressure – less than 130/80mmHg

Cholesterol (LDL)-less than 100mg/dl

What is a healthy diet?

Eating a variety of foods and beverage from all of the food groups and following correct portion control.

Nutrition Myths- Don't be fooled!

Special foods must be purchased to stay on a diet for diabetes

This is not true. Special diabetic foods are often expensive and are not needed to follow a healthy diet. The best choices are whole grains, beans, fresh or frozen fruits and vegetables, low fat or nonfat dairy, lean meat, poultry and fish.

Healthy eating costs more

Healthy eating actually can cost less. Convenience foods like frozen dinners and junk foods like chips are very expensive and high in fat and sodium.