

DON'T FEED THE DIABETES!

What is prediabetes and diabetes?



WHAT IS TYPE 2 DIABETES?

Diabetes affects the body's ability to make insulin and/or effectively use the insulin it does make. Insulin helps the body keep blood sugar (glucose) levels in a healthy range.

Without insulin, too much sugar can build up in the blood, which causes high blood sugar.

Keeping blood sugars in a healthy range is important to help prevent complications associated with diabetes — problems with the heart, eyes, kidneys, and nerves. The strategy in controlling diabetes is to keep the blood sugar as close to normal as possible. There are many helpful ways to manage blood sugars, including a healthy diet, physical activity, and sometimes medication.

WHAT IS PREDIABETES?

Prediabetes is a condition that occurs before diabetes. It means blood sugar levels are higher than normal but not high enough to be called diabetes. **Many people have it and don't know it.**

If you have prediabetes, it doesn't mean you will get diabetes, but it does increase your chances.

Reduce your risk by doing these things:

- **BE ACTIVE EVERY DAY** — one of the best ways to delay or prevent type 2 diabetes
- **LOSE WEIGHT** — even moderate weight loss can help improve blood sugars
- **CREATE HEALTHIER EATING HABITS** — making small, healthy choices throughout the day can add up to a healthier, longer life
- **TAKE MEDICINE** — if your doctor prescribes it

There are many resources and classes in the community (at low- or no-cost) for extra support in preventing diabetes. Visit DontFeedtheDiabetes.com, and click on "What's Your Risk?" or scan the QR on this document to complete the health risk assessment, including the registration section. Someone will call you to provide information about available classes.

What's Your Risk?



WHAT IS TYPE 1 DIABETES?

In type 1 diabetes, the immune system attacks the cells that produce insulin. Once these cells are destroyed, the body can't make insulin. That means people with type 1 diabetes need to regularly inject insulin into their bodies to help manage their blood sugar levels. Scientists are conducting research to determine if this autoimmune disease is caused by genetic or environmental factors. Diet and lifestyle habits do not cause type 1 diabetes.

Type 2 diabetes, on the other hand, is typically developed later in life and can sometimes be prevented or delayed through lifestyle changes.

WHAT IS GESTATIONAL DIABETES?

Gestational diabetes is a condition resulting in high blood sugar levels in women who are pregnant. Glucose levels often return to normal after giving birth. It's important, however, to be tested regularly after having gestational diabetes, as it increases the risk of developing type 2 diabetes later in life.

HOW DOES OUR BODY BREAK DOWN FOOD INTO ENERGY?



We eat a meal or snack.



Our body breaks down some of the food into glucose (a type of sugar) and sends it into the blood. Glucose is also made in our liver and muscles.



Our pancreas (an organ behind our stomach) produces and releases a hormone called insulin.



Insulin acts like a key that unlocks our cell doors, allowing glucose to leave the blood and enter our cells.



Once the glucose enters our cells, our body either uses the glucose right away for energy or stores it for later.