University of Kentucky
College of Agriculture, Food and Environment
Cooperative Extension Service

ADULT HEALTH BULLETIN

NOVEMBER 2019

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THIS MONTH'S TOPIC:

AMERICAN DIABETES MONTH

November is National Diabetes Month. Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it is not controlled. According to the CDC, 1 in 10 Americans have diabetes — that is more than 30 million people. In addition, another 84 million adults in the United States are at high risk of developing type 2 diabetes.

In Kentucky, from 2000 to 2017, diagnosed diabetes cases have doubled to almost 13 percent of the population. This ranks Kentucky the seventh highest state for diabetes diagnoses. Another concern is prediabetes. Prediabetes occurs when blood sugar levels are higher than normal but not high enough for a diabetes diagnosis. It is a major risk factor for type

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LEXINGTON, KY 40546

Disabilities accommodated with prior notification.

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2 diabetes. In Kentucky, an estimated 1 in 3 adults have either diagnosed or undiagnosed prediabetes.

The good news? People who are at high risk for type 2 diabetes can prevent or lower their risk of developing type 2 diabetes. These recommendations are also appropriate if you currently have a diabetes diagnosis. These changes include eating healthy, exercising more, and losing weight to improve blood glucose control. If you are taking insulin medication, you may need more or less carbohydrates at a meal or snack to ensure a healthy blood glucose range.

Control your weight

- Extra weight is the leading cause of type 2 diabetes. Being obese makes you 20 to 40 times more likely to develop diabetes than someone with a healthy weight.
- Losing weight can help if your weight is above the healthy-weight range. Losing 7 percent to 10 percent of your current weight can cut your chances of developing type 2 diabetes in half.

Get moving

- Recent studies show that walking briskly for a half hour every day reduces the risk of developing type 2 diabetes by 30 percent.
- The CDC recommends adults need at least 150 to 300 minutes of moderate-intensity aerobic activity, like brisk walking or fast dancing, each week. Adults also need muscle-strengthening activity, like lifting weights or doing push-ups, at least two days each week.

Focus on nutrition

- Choose whole-grain products over highly processed carbohydrates.
- Skip sugary drinks, and choose water, tea, or coffee instead.
- Choose healthy fats.
- Limit red and processed meat. Choose nuts, beans, poultry, or fish instead.

Don't smoke

Smokers are roughly 50 percent more likely to develop diabetes than nonsmokers are.

Limit alcohol

Moderate amounts of alcohol, up to a drink a day for women or up to two drinks a day for men, is okay. However, excessive alcohol use could increase diabetes risk.

RESOURCES:

- https://healthfinder.gov/nho/novembertoolkit.aspx
- https://health.gov/news/announcements/2017/11/toolkit-american-diabetes-month-2
- https://www.diabetes.org/community/calendar-events/american-diabetes-month
- https://chfs.ky.gov/agencies/dph/dpqi/cdpb/dpcp/2019%20KY%20Diabetes%20Fact%20Sheet%20Final2.pdf
- http://main.diabetes.org/dorg/PDFs/Advocacy/burden-of-diabetes/kentucky.pdf
- https://www.hsph.harvard.edu/nutritionsource/disease-prevention/diabetes-prevention/preventing-diabetes-full-story
- https://health.gov/paguidelines/second-edition/10things

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