

National Diabetes Month

DIABETES – BY THE NUMBERS



Nearly
26 Million

children and adults in the United States have diabetes.

Another
79 Million

Americans have pre-diabetes and are at risk for developing type 2 diabetes.



In the average company,
\$900,000

is the projected increase in annual cost if **50%** of employees with pre-diabetes develop diabetes.

Total costs associated with diabetes in 2012
\$245 Billion



According to the ADA, losing just **7%** of your body weight (which translates to 15 pounds if you weigh 200 pounds) and exercising can reduce your risk for type 2 diabetes by

58%

THE ABC'S OF DIABETES

A – A1C

Checking your A1C allows you to see your blood glucose average for the past 2-3 months. This allows you to see trends in high or low blood glucose levels.

B – Blood Pressure

Higher blood pressure means the heart has to work that much harder to pump blood. Risk of developing diabetes raises with high blood pressure.

C – Cholesterol

Your cholesterol levels are affected by high blood pressure and high blood glucose. This increases your risk of developing diabetes.

WHAT CAN I DO?



Eat healthy!

Maintaining a healthy weight is one of the best ways to help lower your risk of developing type 2 diabetes. Ensure you are making healthy choices at home, as well as work to support your health.

- Bringing food from home allows you to control calories and ingredients in your food.
- Stock healthy snacks (fresh veggies, fruits, or whole wheat crackers) in your desk.
- Choose colorful salads in the cafeteria and skip the creamy dressing.
- Choose grilled lean meats without heavy sauces or breading for a healthy lunch or dinner.



Get active!

Physical activity is a great way to reduce your weight and the risk of developing diabetes.

Aerobic Exercise

- Get outdoors and take a brisk walk.
- Try out an aerobics class, like Zumba.
- Get up from your desk at least once an hour and take a lap around the office.

Strength Training

- Perform body weight exercises (squats, push ups) several times per week.
- Use resistance bands if you are travelling or working from home.
- Try out a strength and toning class.



Get rid of stress!

Prolonged stress can lead to increased blood glucose levels and blood pressure. Stress management coping techniques are vital to disease management. Coping techniques can include:

- Maintaining a regular physical activity routine
- Deep breathing
- Progressive relaxation therapy
- Maintaining a positive mental outlook
- Having open lines of communication with your doctor regarding your care management

Sources:

"Diabetes Basics: Physical Activity." American Diabetes Association. 2012. Available at <http://www.diabetes.org/diabetes-basics/prevention/checkup-america/activity.html>. Accessed September 27, 2013.

"Diabetes Basics: Healthy Eating." American Diabetes Association. 2012. Available at <http://www.diabetes.org/>