



# world diabetes day

14 November



## Need a Diabetes Crash Course?

Diabetes is a common but serious health condition that affects many people in our lives. Nearly 1 in 10 people currently have diabetes. November is Diabetes Awareness Month and Healthy Lifestyles wants everyone to get involved in learning more about prevention, management and how to become a better advocate and support system for those diagnosed with diabetes.

Diabetes can be a challenging disease to manage but we don't have to do it alone!

Click [here](#) to first learn the basics of diabetes.

*1 in 3 Americans*  
have prediabetes but  
*90% don't know!*



## Think You Could be at Risk?

**Type 1**  
risk factors

**Type 2**  
risk factors



Healthy Lifestyles is offering  
**FREE A1C TESTING**  
during November for those who have a history of diabetes or may be at risk.

**CALL (385) 468 - 4062**

Click [here](#) to take the free online risk test

# The 4 Types of Diabetes:

## Type 1

Commonly referred to as juvenile diabetes, this **autoimmune disease** is when the body is unable to produce insulin. It is typically diagnosed before adulthood and is a lifelong condition.

## Prediabetes

Prediabetes occurs when blood sugar levels are elevated, but not high enough to be diagnosed as Type 2 diabetes. With early treatment and management, we can prevent the development of diabetes.

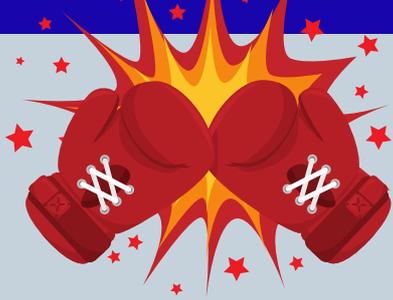
## Gestational

Occurs when a woman's hormones during pregnancy block the utilization of insulin in her body. Gestational diabetes is uncommon and only occurs in 4% of pregnant women. It resolves after the pregnancy ends.

## Type 2

Can be caused by a combination of lifestyle and genetics and develops when the body isn't able to use insulin correctly to regulate blood sugar - also known as insulin resistance. Everyone is different and will need a unique plan for them to manage their diabetes. Management may include medication and lifestyles changes.

Click [here](#) for more information about diabetes



# Power of Prevention!

Healthy eating and physical activity are a powerful one-two punch in diabetes prevention and management. Read on to learn how these two things work to prevent or manage diabetes.

## HEALTHY EATING

Eating [diets](#) rich in fiber, fruits and veggies, lean protein, and plant-based fats have proven most effective in preventing and managing diabetes.

Even if you have been diagnosed with diabetes, you don't have to feel deprived! Check out this [cookbook](#) which uses favorite recipes tweaked to fit your lifestyle!

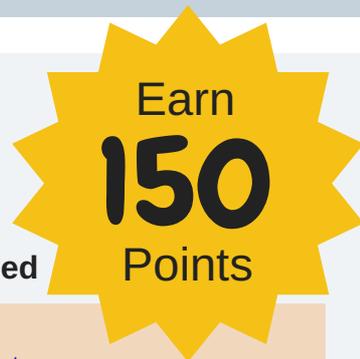


## PHYSICAL ACTIVITY

Why do you like to move and be [active](#)? Regular physical activity has been shown to lower blood sugar and increase insulin sensitivity! If being active feels intimidating, start slow and grab a friend to try something together. Learn more about the discounted [Recreation Pass](#) to get started!

## I've Been Diagnosed with Diabetes or Prediabetes. Now What?

Below are two local programs available if you have been recently diagnosed



WHO?

### National Diabetes Prevention Program

This is an evidence based program for those diagnosed with prediabetes, or are at high risk

WHAT?

This program focuses on healthy lifestyle choices, such as increased physical activity and positive coping strategies. Trained lifestyle coaches will help you determine how to achieve your desired goal!

WHEN?

The course is a full year consisting of 16 sessions where you will meet once a week. After the program has ended, you will meet once a month for 6 months.

Click [HERE](#) to find a course near you!

COST?

The program is free at most locations, but paid classes can vary between \$200-\$250.

### Diabetes Self - Management Education

Those diagnosed with either type 1 or type 2.

The goal of this program is to provide information about self-care and healthy behaviors. Diabetes educators use relevant teaching skills to help individuals manage their diabetes with as much support as they can give.

Classes are taught by 2 instructors one day a week and last about 2.5 hours each. The program runs for a total of 6 weeks.

Courses can be found [HERE](#).

Classes are FREE!  
However, materials may need to be purchased dependent upon location.





# Lend a Helping Hand

Diabetes can be a stressful disease to manage and being a part of your spouses, friends, or family members support system lets them know they are not alone. Here are some **tips** to be the best shoulder to lean on!

## Step 1



### Celebrate Successes

Managing type 1 and type 2 diabetes is no walk in the park. Let your loved one know that you acknowledge the hard work they put into caring for their diabetes no matter how small the action.

## Step 2



### Be A Part of the Change

Making a health change alone can be intimidating. Healthy habits are good for us all, so offer to make healthy lifestyle changes with your loved one. Suggest joining them on a walk or getting out and enjoying an activity as a family.

## Step 3



### Ask First

It can be hard to ask for help, especially when we need it the most. Also, no one likes a "know-it-all" or to feel nagged or scolded. So instead of offering unsolicited advice, just ask "what can I do to help? What do you need now?" It might be providing a ride to their doctor's visit or could be as simple as just listening.

# Making Connections

If you are facing an illness or life change like diabetes, finding support can help you relate with others facing similar challenges.

\*Often, spouses or family members are welcome, allowing them to become more knowledgeable and to support you through your journey

[Patient Support Groups](#)

[Peer & Parent Support Groups](#)

[Online Support & Forums](#)

[EAP Counseling Support](#)

## CUTTING COSTS



Not only can diabetes be taxing on your health but it can cost you around \$8,000 a year to manage! Wondering how you can cut back on the costs associated with diabetes? Look no further.

Here are 5 ways you can lower your out of pocket costs

1

### SHOP ONLINE

You can save money by shopping for Rx online.. Use [PharmacyChecker.com](#) and [legitscript.com](#) to check the credentials of online pharmacies and compare prices.

2

### GET SAMPLES

Ask about samples whenever you visit your physician, diabetes educator, and/or through your supply companies directly.

3

### RX PROGRAMS

There are some programs available that help reduce the cost of medications and supplies. Click below to see what the SLCo insurance plans provide. Click for [PEHP](#) and [SelectHealth](#) info

4

### CHECK WITH NON-PROFITS

Non-profit organizations such as [Lions Club International](#), offer health aid for diabetes prevention and control you could benefit from!

5

### HOLISTIC LIVING

Preparing balanced meals made with fresh, whole foods will help manage your diabetes. This will also increase your overall health, saving you money long-term!