

September is Diabetes Awareness Month



According to the Centers for Disease Control (CDC), 34.2 million US adults have diabetes, that's about one out of every 10 people. One in five of them don't know they have it.

Diabetes is a disease where your blood sugar (glucose) levels are too high. Glucose comes from the foods you eat and insulin is a hormone released from your pancreas that helps the glucose get into your cells to give them energy. When your body doesn't produce enough insulin or isn't using it properly, the result is too much glucose in your blood which can cause serious problems including damage to your eyes, kidneys and nervous system as well as heart disease and stroke.

TYPE
1

Type 1 diabetes, formerly known as juvenile diabetes, is usually diagnosed in children and young adults and only accounts for 5% of all cases of diabetes. It is a chronic condition where the pancreas produces little or no insulin.

TYPE
2

Type 2 diabetes, formerly known as adult-onset diabetes, is the most common form of diabetes. This is where your body doesn't use insulin properly. Usually only seen in adults, it is becoming more common in children and teens and is often linked to obesity and sedentary lifestyles.

Prediabetes: Approximately 88 million American adults - more than one in three - have prediabetes. More than 84% don't know they have it. Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease and stroke. Losing a small amount of weight and getting regular physical activity can lower your risk for developing type 2 diabetes.

Diagnosing Diabetes

Your doctor may order one of the following two blood tests:

- Fasting Plasma Glucose (FPG) checks your fasting blood sugar levels.
- A1C test measures your average blood sugar over the past 2-3 months.

	Fasting Blood Glucose	A1C
Normal	< 100 mg/dl	< 5.7%
Prediabetes	100-125 mg/dl	5.7% to 6.4%
Diabetes	126 or higher	6.5% or higher

Managing Diabetes

- Medication
- Exercise
- Weight Control
- Good Nutrition
- Don't Smoke

For more information on managing your diabetes, [click here](#).

Diabetes Facts

- Diabetes is one of the leading causes of kidney failure
- Diabetes greatly increases the risk of heart disease and stroke
- Diabetes is the main cause for non-traumatic lower limb amputations and adult blindness
- Hearing loss is twice as common in adults who have diabetes vs. those who do not have it
- Diabetes is the seventh leading cause of death in the United States
- Diabetes is associated with gum disease, also known as periodontal disease

The good news is that you can live a normal life with well-controlled diabetes. But it's important to pay attention to your diet, weight, exercise and medicine (if prescribed) and see your physician regularly!



Amwell Telehealth Nutritional Counseling

All County health plan participants have access to nutritional counseling through Amwell Telehealth. You can talk to a registered dietician/nutritionist to discuss weight loss and meal planning to help keep your diabetes in check or prevent prediabetes from progressing into type 2 diabetes.

EPO Plan – scphepo.amwell.com

- Use Service Key 'SCEPO'

HDHP Plan – scphdhp.amwell.com

- Use Service Key 'SCHDP'

Crush of the Quarter

This fall we proudly celebrate Maria Blanco, our Crush It of the Quarter. As a Public Health Manager, mother and grandmother, Maria stays busy but she finds time to prioritize her health in creative ways. Check out her story on myclubwellness.com. We dare you not to be inspired!

