Diabetes and Prediabetes: Facts, Risks, and How YOU Can Take Action
Hello!

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International Director,
Lions Club International
LCI- ADCES Partnership

• Prevent or delay type 2 diabetes and improve the quality of life for those diagnosed with diabetes

• Identify areas of need for those living with diabetes in the United States

• Raise diabetes awareness and provide education to areas in need

• Develop collaborative diabetes service projects
Hello!

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Diabetes—a simple explanation
Diabetes — an invisible illness

- Chronic disease
- Under-diagnosed
- Travels with other diseases like heart disease
- “A touch of sugar”
You eat an apple to give your body energy

The apple contains carbohydrates—sugars, starches, and fiber that provide energy for your body

In your body, the apple is broken down into a simple sugar called glucose

Glucose enters your bloodstream to get energy to your body’s cells
As blood glucose increases, insulin is produced.

Insulin binds to the cell...

...and unlocks the "doorway" to the cell so that glucose can enter and be used for energy.
Sometimes, in type 2 diabetes, the body does not produce enough insulin...

...or it’s harder for insulin to open the cells’ doorways—this is called insulin resistance!
Your blood sugar level changes during the day

- Hyperglycemia (high blood sugar) — blood glucose levels of a person with diabetes
- Normal blood glucose levels of a person without diabetes
What effect does high blood sugar have on your body?

Rising levels of blood sugar can be seen 10 years or MORE before an individual is diagnosed with diabetes.
Diabetes increases your risk for many serious health problems:

- **Kidney Failure** (6 times risk)
- **Blindness** (leading cause of new cases)
- **Heart Disease** (2-4 times risk)
- **Hearing Loss** (2 times risk)
- **Stroke & Paralysis** (1.5 times risk)
- **Leg or Foot Amputation** (leading cause)

Diabetes increases your risk for many serious health problems.
Age, gender, and family history all increase our risk of developing type 2 diabetes
Just like our individual family histories, our ethnic backgrounds may also increase our risk...
High blood pressure, high cholesterol, or gestational diabetes in a past pregnancy also increase your risk of developing type 2 diabetes.
Our weight and sedentary behaviors are major risk factors for type 2 diabetes.
Are you at risk for type 2 diabetes?

Ask this hedgehog on vacation!

Health
Are you at risk for type 2 diabetes?

**DO YOU HAVE PREDIABETES?**

Prediabetes Risk Test

1. How old are you?
   - Less than 40 years (0 points)
   - 40—49 years (1 point)
   - 50—59 years (2 points)
   - 60 years or older (3 points)

2. Are you a man or a woman?
   - Man (1 point)
   - Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?
   - Yes (1 point)
   - No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?
   - Yes (1 point)
   - No (0 points)

Write your score in the box.

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight (lbs.)</th>
</tr>
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<tbody>
<tr>
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<td>119-142</td>
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<tr>
<td>4' 11''</td>
<td>124-147</td>
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<tr>
<td>5' 0''</td>
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<tr>
<td>5' 1''</td>
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<td>5' 10''</td>
<td>174-208</td>
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Prediabetes is a serious warning sign
Factors you **can’t change:**
- Gender
- Age
- Family history
- Race/ethnicity
- History of gestational diabetes or having a baby who weighed more than 9 pounds

Factors you **can influence:**
- Your cholesterol
- Your blood pressure

Factors you **can change:**
- Quitting smoking
- Getting enough sleep
- Eating a healthy diet
- Getting 30 minutes of physical activity most days of the week
- Keeping a healthy weight for your body
If you’re at risk, small lifestyle changes can prevent or delay type 2 diabetes
Get active!

• Make it fun
• Use an activity tracker or an app
• Aim for at least 30 minutes of physical activity each day—150 minutes of activity per week
• Be flexible—walk your dog, climb the stairs, take an online class, do yoga, sign up for a 5K run or walk
Watch what you eat!

- Use an app or a notebook to track what you eat—on weekdays and weekends!
- Rethink your drinks
- Watch portion sizes and portion distortion
- Make healthy plates with a variety of vegetables, whole grains, lean protein, and low-fat dairy
Make a healthy plate...
...and check your serving sizes for cheeses, nuts, fats, sugars, meats, and toppings.
Lose a little weight!

- Make mindful food choices...most of the time
- Enjoy a variety of fruits, vegetables, whole grains, and low-fat dairy
- Get enough sleep
- Manage your stress
- Monitor your weight regularly
- Talk to your healthcare provider
Every pound counts!
Losing just 5-7% of your body weight can reduce your risk of type 2 diabetes by more than half...
You may need support to make these lifestyle changes!

- Online or in-person
- Trained lifestyle coach and small group support for 12 months
- Focused on two goals
  - 5-7% weight loss
  - 150 minutes of physical activity
- Huge benefits that last!
  - 58% reduction overall
  - 71% reduction for those over 60

JOIN A CDC-RECOGNIZED diabetes prevention program

• Online or in-person
• Trained lifestyle coach and small group support for 12 months
• Focused on two goals
  • 5-7% weight loss
  • 150 minutes of physical activity
• Huge benefits that last!
  • 58% reduction overall
  • 71% reduction for those over 60
But what if you already have diabetes?
Diabetes Self-Management Education and Support

Person-centered care

Minimizing stigma

Empowering people with diabetes

Strengths-based and inclusive language

Valuing peer support communities

Utilizing collaborative decision-making approaches
Diabetes Self-Management Education and Support

Team-based approach

- Interprofessional approach
- Integrating community health workers to extend care
- Integrating clinical and self-management approaches
- A team centered on the person with diabetes
- Seamless and holistic care with emotional and social support
Despite evidence that DSMES is cost-effective and reduces diabetes complications, fewer than 5% of Medicare beneficiaries and 7% of privately insured people utilize DSMES in the US.
What Is a Diabetes Care and Education Specialist?
For YOU!

- Take the 1-minute risk test
- Talk to your doctor and get screened for prediabetes
- If you’re at risk, make simple lifestyle changes or connect with a Diabetes Prevention Program online
For YOU!

• If you have diabetes, meet with a diabetes care and education specialist in your community

• If you have diabetes, talk to your healthcare provider about the ABCs—A1C, blood pressure, and cholesterol—and ways to reduce your risks of diabetes complications
For your Lions Club!

- Tell your club about the risk test—and screen “Hedgehogs on Vacation” at a meeting
- Share our ADCES tip sheets
- Invite a diabetes care and education specialist or diabetes prevention lifestyle coach to speak at an upcoming virtual club meeting
For your Lions Club!

- Promote the National Diabetes Prevention Program as worksite wellness programs or covered insurance benefits to the business leaders in your club
- Host a Lions online lifestyle change program in your club!
For your community!

- Invest in a healthy and active community for everyone through walking trails, playgrounds, farmers markets, and other resources
- Provide support for people experiencing complications from diabetes, like blindness and hearing loss
For your community!

Participate in **community health needs assessment meetings** organized by local hospitals or health departments to learn about your community’s health issues and how **Lions** can serve the most critical needs of your community.
Questions?
**Menu of Options**

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<th>Risk Test</th>
<th>Diabetes Screening</th>
<th>Share ADCES Tip Sheets</th>
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<td>Invite a Diabetes Care and Education Specialist to your club</td>
<td>Host a Lions online lifestyle change program in your club</td>
<td>Provide support for people experiencing complications from diabetes (blindness and hearing loss)</td>
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<tr>
<td>Participate in a community health needs assessment</td>
<td>Talk to your doctor about the ABC’s of diabetes</td>
<td>Promote the NDPP</td>
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LCI- ADCES Test Study

To test the feasibility of partnership between ADCES chapters and Lions/Leo Clubs, increase Lions/Leos education and host community awareness events.

If interested in joining the test study, contact globaladvocacy@lionsclubs.org.
Resource Links

• ADCES:
  • https://www.diabeteseducator.org/living-with-diabetes

• LCI:
  • https://www.lionsclubs.org/en/start-our-approach/lions-advocacy-toolkit
  • https://www.lionsclubs.org/en/start-our-approach/service-journey/service-project-planners
  • https://www.lionsclubs.org/en/start-our-approach/grant-types/diabetes-grants
Thank you!