

November

# Diabetes Month



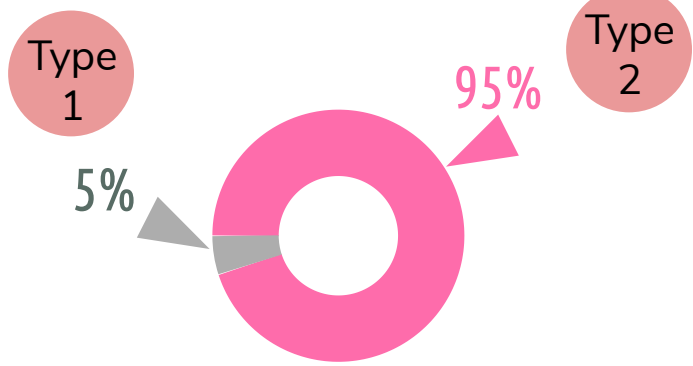
1 in 10 Americans has diabetes today.

American Indians have a 2.2 times higher likelihood to have diabetes compared to non-Hispanic whites.

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's not controlled.



There was a 68% increase in diabetes between 1994 and 2004 among American Indian youths aged 15-19.



Type 2 diabetes, also known as non insulin dependent diabetes, is when the body cannot use the insulin it makes. Type 2 diabetes can be prevented in many cases but accounts for 95% of the cases in the population.

## Treatment

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## Prevention



Type 2

- Using diabetic medicines
- Sometimes insulin injections
- Healthy food choices
- Physical activity
- Self-monitoring of blood sugars
- Controlling blood pressure
- Monitoring cholesterol levels

58%

Reduced risk of developing diabetes over three years if you follow a healthy food and exercise program.



30 mins

30 mins of exercise, five days a week, could reduce your risk of diabetes if you have prediabetes.



7%

Amount of weight loss that could prevent diabetes if you have prediabetes (i.e. 14lbs if you weigh 200lbs).

