

Diabetes



Community Committee Meeting

July 10, 2017

Elaine Prewitt, DrPH

What is diabetes?

Diabetes occurs when your blood glucose, or sugar, levels are too high. Blood glucose is where your body gets energy and comes from the food you eat. Your pancreas makes insulin, which pushes glucose to the rest of your body. If you have diabetes, your body either doesn't make enough insulin or it can't use its own insulin as well as it should, which causes sugar to build up in your blood. This build up over time can cause heart disease, blindness, kidney failure, and lower-extremity amputations.



Symptoms:

- Frequent urination
- Unexplained weight loss
- Sudden vision changes
- Feeling very tired much of the time
- Sores that are slow to heal
- Excessive thirst
- Extreme hunger
- Tingling or numbness in hands or feet
- Very dry skin
- More infections than usual

Get your blood sugar tested if you have one or more of the risk factors:

- Overweight
- 45 years or older
- Family history of Type 2 diabetes
- Physically active less than 3 times a week
- You ever had gestational diabetes or gave birth to a baby who weighed more than 9 pounds
- Race and ethnicity are also factors: African Americans, Hispanics and Latinos, American Indians, Pacific Islanders, and some Asian Americans are at a higher risk for diabetes than whites.

What are the types of diabetes?

Type 1: When your body doesn't make enough insulin, also known as juvenile-onset diabetes

Type 2: When your body doesn't make or use insulin well; people can develop it at any age, but adults are more likely

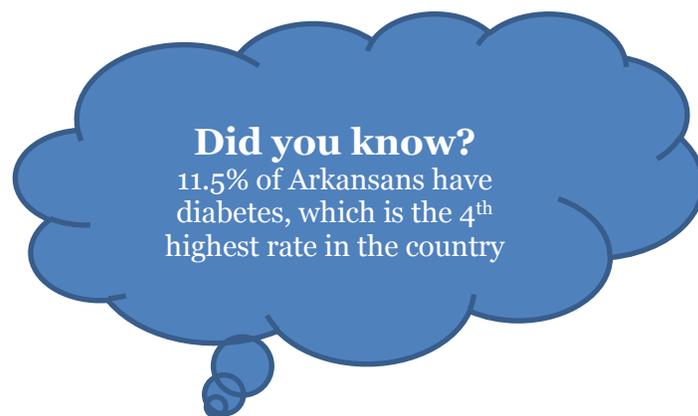
Gestational: Occurs in pregnant women and usually disappears when pregnancy is over; however, if you've had it, you have a greater chance of developing Type 2 diabetes later in life.

Pre-diabetes: When your blood glucose is higher than normal, but not high enough to be diagnosed with diabetes. Pre-diabetes increases your chances of developing diabetes.

Managing Diabetes: Know your ABC's

The following four things can greatly improve your health and prevent long-term harmful effects of diabetes.

- **A for A1C Test:** This test shows your average blood glucose level over the past 3 months. Most diabetes patients should have below 7 percent.
- **B for Blood Pressure:** Maintain a blood pressure below 140/90.
- **C for Cholesterol:** You have two kinds of cholesterol, LDL and HDL. LDL, or the "bad" cholesterol, can cause buildup and clog your blood vessels. Too much can cause a heart attack or stroke. HDL, or the "good" cholesterol, helps remove the "bad" cholesterol from your blood vessels.
- **S for Stop Smoking:** Smoking can further narrow your blood vessels, which makes your heart work harder. Quitting smoking can lower your risk for heart attack, stroke, nerve disease, kidney disease, diabetic eye disease, and amputation. It will also improve your cholesterol, blood pressure, and blood circulation.



Chicot and Desha counties have higher numbers than the states average, which are some of the highest in the state:

Diabetes	Chicot	Desha	Arkansas
Number of adults with diabetes	1,452	1,297	265,417
Percent of adults with diabetes	17.1%	14.6%	12.6%

Obesity



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Maintaining a healthy weight is important for your health and can prevent such diseases as diabetes, heart disease, stroke, cancer, and hypertension. If you are overweight or obese, you are at a greater risk of developing these diseases. Maintaining a healthy weight will increase your health outcome by reducing this risk, you will feel better about yourself, and you will have more energy.

What is overweight and what is obesity?

Overweight is having extra body weight. Obesity is having a high amount of extra body fat.

What contributes to a healthy weight?

Balanced diet and physical activity, environment, family history and genetics, and metabolism (the way your body changes food and oxygen into energy) all contribute to a healthy weight.

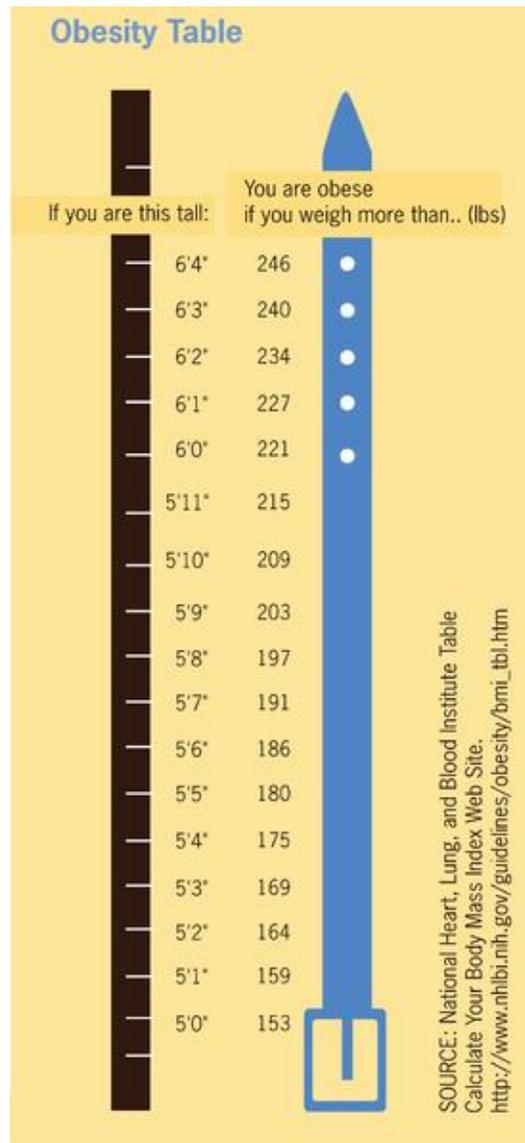
To prevent excess weight gain, balance the energy, or calories from food and drinks you consume (Energy in), with the energy your body uses for physical activity (Energy out).

- Energy in and Energy out over time → Weight stays the same
- More Energy in than out over time → Weight gain
- More Energy out than in over time → Weight loss

Remember, it's the balance over time that matters. This is what helps you maintain a healthy weight.

To maintain a healthy weight:

- Eat a healthy diet that mostly consists of whole grains, fruits, vegetables, lean protein, and low-fat and fat-free dairy products and drink water. If you are overweight or obese, reduce your daily intake by 500 calories.
- Get at least 30 minutes of exercise a day to keep your current weight and 45-60 minutes of exercise a day to help you lose weight.
- Limit the time you spend being physically inactive



Did you know?

Arkansas is the most obese state in the U.S., with a 35.9% obesity rate.

Chicot and Desha Counties have among the highest numbers of obese and overweight people in Arkansas:

Obese and Overweight	Chicot	Desha	Arkansas
Percent of obese adults	46.3%	31.9%	35.9%
Percent of overweight adults	31.2%	35.8%	34.7%



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