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#### Introduction



Diabetes is a chronic (long-lasting) disease which affects how the body turns food into energy.

- There are three (3) main types of Diabetes:
  - o Type 1
  - Type 2
  - Gestational Diabetes (Diabetes while pregnant)

#### **Diabetes Statistics**

#### In Pennsylvania:

- 89,179 people are diagnosed with diabetes every year
- 1,147,490 (11.1%) people have a diagnosis of diabetes
- An estimated 303,000 people have diabetes but don't know it
- 3,484,000 adult people (34.3%) have prediabetes
- In PA estimated costs for diabetes is \$12.9 billion/year



### Nationally:



#### Diabetes

- A total of 38.4 million people (all ages) have diabetes (11.6% of the US population)
- A total of 38.1 million (adults 18 years or older) have diabetes
   (14.7% of the US population)
- Undiagnosed: an estimated 8.7 million people do not know they have diabetes (22.8% of all US adults with diabetes)
- Diagnosed: an estimated 29.7
   million people in the US (Including 29.4 million adults)

#### Prediabetes

- A total of 97.6 million people aged 18 or older have prediabetes (38% of the adults US population)
- 48.8% aged 65 or older have prediabetes (27.2 million)

# Types of Diabetes Type 1



- Thought to be caused by an autoimmune reaction (the body attacking itself by mistake)
- Can be diagnosed at any age, and symptoms develop quickly.
- Requires insulin every day to survive.
- Approximately 5-10% people have type 1 diabetes

#### Type 2

- The body does not use insulin well and can't keep blood sugars at a normal range.
- It usually develops over many years and symptoms may not be noticed.
- Usually starts when you're an adult, though more and more children and teens are developing it.

#### **Gestational Diabetes (Diabetes while pregnant)**

 Usually goes away after you give birth. But increases the risk of developing type 2 diabetes later in life.

Complications associated with diabetes include heart disease, stroke, amputation, endstage kidney disease, blindness—and death.

# **Symptoms of Diabetes**



#### Symptoms that may include:

- Urinating (peeing) a lot, often at night
- Being very thirsty
- Losing weight without trying
- Being very hungry
- Having blurry vision
- Having numb or tingling hands or feet
- Feeling very tired
- Having very dry skin
- Having sores that heal slowly
- Having more infections than usual

# Symptoms of *Type 1 Diabetes* (additional)

Nausea, vomiting, or stomach pains

#### **Symptoms of Type 2 Diabetes:**

- May not be noticeable
- Can take several years to develop
  - Know the risk factors and visit your doctor if you have any of them.

# Symptoms of *Gestational Diabetes*:

- Usually doesn't have any symptoms
- If you are pregnant, you should be tested for gestational diabetes between 24 and 28 weeks of pregnancy

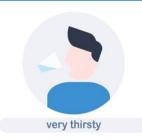
# **Symptoms of Diabetes**



# **Symptoms of Diabetes**

























# **Risk Factors and Impact**



#### Type 1 Diabetes

- Family members (parent, brother, or sister) with type 1 diabetes.
- Age: usually occurs in children, teens, or young adults.

#### Type 2 Diabetes

- Have prediabetes.
- Overweight.
- 45 years or older.
- Family members (parent, brother, or sister) with type 2 diabetes.
- Are not physically active
- Have had gestational diabetes or gave birth to a baby > than 9 pounds.
- Non-alcoholic fatty liver disease
- African American, Hispanic or Latino, American Indian or Alaska Native are at higher risk.

# **Risk Factors and Impact**

# pa health & wellness.

#### **Gestational Diabetes**

- Had gestational diabetes during a previous pregnancy.
- Have given birth to a baby who weighed over 9 pounds.
- Are overweight.
- Are more than 25 years old.
- Have a family history of type 2 diabetes.
- Have a hormone disorder called polycystic ovary syndrome (PCOS).
- African American, Hispanic or Latino, American Indian or Alaska Native are at higher risk.

# Diabetes may impact the heart, kidneys, eyes, feet, and legs, including:

- High blood pressure (BP)
- Kidney disease/failure
- Vision Damage/Blindness caused by Diabetic Retinopathy
- Peripheral neuropathy

#### **Prevention**



#### **Tips for Taking Control:**

- Lose extra weight (7% weight loss can reduce the risk of developing Diabetes)
- Being physically active can help you:
  - Loose weight, lower blood sugar, and boost insulin sensitivity.
  - O Include exercises like:
    - Aerobic exercise 30 minutes or more (brisk walking, swimming, biking, or running).
      - > Aim for at least 150 minutes a week.
    - Resistance exercise at least 2 -3 times/ week (weight-lifting, yoga, calisthenics).
    - Limit inactivity
      - Break up periods of sitting by taking a few minutes to stand,
         walk around or do some light activity every 30 minutes.

#### **Prevention**

#### Tips for Taking Control (cont.):



- Eat healthy plant foods
  - Eat a variety of healthy, fiber-rich foods including:
    - Fruits (tomatoes, peppers, and fruit from trees)
    - Non-starchy vegetables (leafy greens, broccoli, and cauliflower)
    - Legumes (beans, chickpeas, and lentils)
    - Whole grains (whole-wheat pasta / bread, whole-grain rice, whole oats, and quinoa)

#### Eat healthy fats

- Unsaturated fats (monounsaturated and polyunsaturated) promote healthy cholesterol and good heart/vascular health:
  - Olive, sunflower, safflower, cottonseed, and canola oils
  - Nuts and seeds, such as almonds, peanuts, flaxseed, and pumpkin seeds
  - Fatty fish, such as salmon, mackerel, sardines, tuna, and cod

#### Skip fad diets and make healthier choices

- For good food choices and smart portion sizes divide your plate into three parts:
  - One-half: fruit and non-starchy vegetables
  - One-quarter: whole grains
  - One-quarter: protein rich foods, such as legumes, fish, or lean meats

(Mayo Clinic, 2023)



# Building healthy habits is key to living well, aging well, and managing long-term health conditions.

- Three steps to succeed:
  - Make a plan
    - Define why
    - Decide a long-term goal
    - Choose an action that is SMART:
      - S-specific
      - M-measurable
      - A-achievable
      - R-relevant
      - T-time bound



- Three steps to succeed (Cont.):
  - Be accountable
    - Track you progress to figure out what's working/not working
    - Social support to stay on track (walking partner, gym buddy, etc.)
    - Become part of support programs:
      - PHW Diabetes Disease Management
      - Diabetes self-management education and support (DSMES)
      - National Diabetes Prevention Program (National DPP)
  - Recognize your success
    - Find rewards to celebrate success and support your health goals
    - Know it is okay if things don't go as planned.

'Sometimes the biggest success to celebrate is picking yourself up and not giving up.'

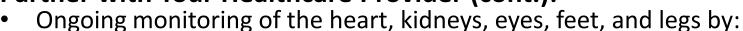


#### **Partner with Your Healthcare Provider:**

- Routine screening for diabetes for:
  - All adults ages 45 or older
  - People younger than 45 who are overweight/obese with 1 or more risk factors
  - People who have had gestational diabetes
  - People who have been diagnosed with prediabetes
  - Children who are overweight/obese with a family history of type 2 diabetes or other risk factors
- Regular visits to a physician for monitoring/management of diabetes, including:
  - Blood tests: Glycated hemoglobin (A1C) test shows the average blood sugar level for the past 2-3 months. Goal is a A1C less than 8.0%

(American Diabetes Association, 2023)

#### Partner with Your Healthcare Provider (cont.):



#### O Heart:

- Blood pressure (BP) is controlled (less than 140/90 mmHg)
- High cholesterol management through diet and if needed a Statin medication
- Quitting smoking helps to reduce your heart rate and risk of stroke

#### Kidney:

 Yearly screening for kidney disease through blood and urine tests such as: Estimated glomerular filtration rate (eGFR) and Urine albumin-to-creatinine ratio (UACR)

#### • Eyes:

See an eye doctor each year for a retinal eye exam.

#### Legs/Feet

 Diabetes increases the risk of developing infections or ulcers of the feet. Inspect your feet for any sores or wounds to prevent ulcers

(American Diabetes Association, 2023)

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# **PHW Diabetes Management**



- PHW Diabetes Disease Management provides telephonic outreach, education, and support services to optimize:
  - Blood glucose
  - Blood pressure
  - Lipid (cholesterol) control
  - Nutrition
  - Self-management skills
- To learn more about participant Diabetes Incentives and 'Myhealthpays' programs or make a referral:
  - Visit PAHealthWellness.com
  - Call participant services: 1-844-626-6813 (TTY:711)
  - Email: phwcasemanagement@pahealthwellness.com

## **Diabetes Management Resources**



- American Diabetes Association:
  - Website: https://diabetes.org
  - Phone: 1-800-DIABETES (800-342-2383)
  - Email: askada@diabetes.org
- Center for Disease Control (CDC), Diabetes:
  - Weblink: https://www.cdc.gov/diabetes/index.html
  - Risk Factors Link: <a href="https://www.cdc.gov/diabetes/basics/risk-factors.html">https://www.cdc.gov/diabetes/basics/risk-factors.html</a>
  - Learn More About Diabetes Link:
     <a href="https://www.cdc.gov/diabetes/basics/diabetes.html">https://www.cdc.gov/diabetes/basics/diabetes.html</a>
  - o Programs:
    - Diabetes Self-Management Education and Support (DSMES)
      - ❖ Weblink: <u>DSMES for People With Diabetes | Diabetes | CDC</u>
    - National Diabetes Prevention Program
      - ❖ Weblink: National Diabetes Prevention Program | Diabetes | CDC

## **Diabetes Management Resources**



- National Institute of Diabetes and Digestive and Kidney Diseases:
  - Weblink: <a href="https://www.niddk.nih.gov">https://www.niddk.nih.gov</a>
- National Kidney Foundation:
  - Weblink: <a href="https://www.kidney.org">https://www.kidney.org</a>
  - Phone: 855-NKF-CARES (855-653-2273)
- Pennsylvania Department of Health, Diabetes:
  - Weblink: <a href="https://www.health.pa.gov">https://www.health.pa.gov</a>
  - Diabetes programs hyperlinks:
    - CDC's Diabetes Prevention Program
      - ❖ Weblink: <a href="https://www.cdc.gov">https://www.cdc.gov</a>
    - Find a Diabetes Prevention Program in PA, go to:
      - ❖ Weblink: <a href="http://www.health.state.pa.us/diabetes map">http://www.health.state.pa.us/diabetes map</a>
        - > Then search by county

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