Don’t forget to sign up for Dining with Diabetes Online. Go to our website to sign up at sunflower.k-state.edu/facs/.

It’s a great opportunity to do it right there in your home.

Diabetes is a common, costly, and serious disease. More than 34 million adults in the United States have diabetes, and one of five of them don’t know they have the disease. A diagnosis of diabetes can be scary, but studies have shown that with healthful eating and modest regular physical activity, type 2 diabetes can be delayed, controlled, and even prevented.

Much of the food a person consumes is broken down into glucose and is used for energy to fuel the body. Glucose in the bloodstream is also called blood sugar. When the glucose level in the blood increases, it signals the pancreas to produce and release insulin. The hormone insulin helps glucose enter your cells to be used as energy. With diabetes, your body doesn’t make enough insulin or the body can’t effectively use the insulin that it produces. When there is a lack of insulin, blood glucose builds up in the blood and can result in health problems, or diabetes complications.

A fasting blood glucose of 126 mg/dl or greater, when tested at least twice, is one way a diagnosis of diabetes may be made.

Am I at Risk?

Since 2005, the number of adults diagnosed with diabetes has more than doubled. Type 2 diabetes accounts for over 90% of diabetes cases. Here are common risk factors to monitor for prediabetes or type 2 diabetes.

Check the risk factors that describe you.

—— Are overweight
—— Are age 45 or older
—— Have a parent, brother, or sister with type 2 diabetes
—— Are physically active less than 3 times a week
—— Had diabetes while pregnant or gave birth to a baby weighting more than 9 pounds.

Diabetes Self-Management

What does it mean to self-manage your disease? Eating appropriate amount of nutritious foods, getting the recommended amount of physical activity, as well as taking your medications and checking your blood glucose as instructed will help keep your blood glucose levels in the normal range. This will not only reduce your risk of complications in the future, such as heart and kidney disease, but will also provide you with more energy and help you feel better overall. Making healthy lifestyle changes can be difficult without the proper education and skillset to change your behaviors. These changes will lead to better managing your diabetes. Talk to your health-care provider about meeting with a Registered Dietitian Nutritionist and attending a diabetes education class in your community to set yourself up for success.

Self-Care Behaviors:

* Healthy Eating
* Being Active
* Monitoring
* Taking Medication
* Problem Solving
* Reducing Risks
* Healthy Coping

Adapting one’s life each day to control a chronic disease can be difficult and stressful. Knowing how and when to seek help is important.