Additional Resources

American Diabetes Association
www.diabetes.org
808-947-5979

American Heart Association
www.heart.org

Hawaii Association of Diabetes Educators
www.hawaiiaed.org

Hawaii Diabetes Control Program
www.cdc.gov/diabetes/strategies/hi.htm
808-538-3900

National Institute of Diabetes and Digestive
and Kidney Diseases (NIDDK)
www.niddk.nih.gov

The National Kidney Foundation
www.kidney.org

The Center for Disease Prevention and Control
(CDC) - Diabetes
www.cdc.gov/diabetes
General Information

- Diabetes is when the body has too much sugar in the blood
- Diabetes is serious and is a lifetime disease
- Diabetes can kill, when not managed and treated properly.
- More and more people have diabetes
- There is no cure for diabetes BUT

With a careful balance and timing of food, activity and medication, you can control diabetes and you can be healthy.
Eating for Good Health

- Healthy food is important
- Healthy weight is important
- The body needs the right amount of food
- Eat 3 meals a day, no meals should be skipped or delayed.
  Mid-morning and mid-afternoon snacks may be needed to prevent low blood sugar.
- Eat a variety of foods
- Avoid fried or "fast" foods—eat less of them
- Fresh food with fiber is good

What does diabetes do to your body?

You could lose:

Your sight
Your feet
Your sexual ability

Too much sugar in the blood can hurt:
Your sight
Your brain
Your kidneys
Your blood vessels
Kinds of Diabetes

There are four kinds of diabetes:
1) Pre-diabetes

2) Type 1
   Usually strikes younger people
   Must use insulin

3) Type 2
   Most common kind
   Usually strikes people over 30
   May use insulin or pills

4) Gestational
   Happens during pregnancy
   Mother needs extra care to have a healthy baby

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Physical Activity is Important

Includes anything that gets you moving

Do something you like to do

Being active helps you physically and mentally

Try to do it everyday
Family and Friends

They can help you:
- Exercise more
- Choose healthy foods
- Feel happy
- Test blood sugar
- Get to the doctor
- Get supplies or medicine

Blood Sugar

Normal blood sugar keep you healthy

Too low (below 70): you feel shaky and sweaty

Too high (over 200): you feel tired and sleepy

GOAL
80-110 before you eat
Under 160 after you eat (2 hours after)

If you’re sick....

Test your sugar
Stay safe
Drink plenty of water

Test your sugar
When the doctors says
When you feel “odd”
Diabetes Medicine

Some people take pills; there are many kinds

About You!

YOU are the boss

YOU can help yourself
- Don't smoke
- Watch blood sugar
- Watch blood pressure
- Have regular checkups
  - Eyes
  - Feet
  - Have a flu shot
  - Cholesterol