Diabetes in Oregon

(Each figure represents 5000 people)

♂ ♂ -- diagnosed cases of diabetes
♀ ♂ -- undiagnosed cases of diabetes

In the U.S., 21% of people over 65 have diabetes
Diabetes facts

- Shortens average life expectancy by up to 15 years
- In US, primary cause of
  - kidney disease
  - adult blindness
  - amputations
- 60% of people with diabetes have hypertension
- People with diabetes are 2-4 times more likely to suffer from heart disease and strokes
- Retinopathy develops 7 years before diagnosis of type 2 diabetes
Self Care Practices

- Regular physical activity
- Balancing when and what is eaten
- Medications
- Managing treatment plans through education, monitoring and working with health professionals
Insulin helps nutrients (glucose) enter the cell to be used or stored.
Diabetes

Excess glucose in blood stream
No insulin
No energy
Diabetes

Type 2

Excess glucose in blood stream
Little insulin or insulin resistance
Less energy

Health problems/complications are caused by changes in blood vessels that are brought about by the high glucose levels the blood.
Symptoms of Diabetes

- Extreme hunger
- Excessive thirst
- Unexplained weight loss
- Frequent urination
- Sudden vision changes (blurring)
- Feeling tired much of the time
- Tingling or numbness in hands or feet
- Very dry skin
- Sores that are slow to heal
- More infections than usual
  (Persistent vaginal infections in women)
Risk Factors for Diabetes

• Overweight
• Pre-diabetes
• Gestational diabetes
• Racial and ethnic groups
  ▪ African American
  ▪ American Indian
  ▪ Hispanic American/Latino
  ▪ Asian Americans/Pacific Islander
• High blood pressure
• Family history
• Age
• Sedentary lifestyle
Coping

Accept
Commit
Change
Keep motivated