



Diabetes Prevention

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November is American Diabetes month. Type 2 diabetes is a chronic disease that is characterized by high blood sugar. The body doesn't use insulin (hormone that lowers blood sugar) as well as it used to leading to elevated blood sugar. High blood sugar can be damaging to the body and lead to other health problems like heart disease and kidney disease. Type 2 diabetes is traditionally seen in persons older than 45 however it is becoming more common in kids, teens, and young adults.

The unfortunate truth is about 1 in 10 American's have type 2 diabetes and more than 1 in 3 American's have prediabetes and it's projected these numbers will continue to grow. Prediabetes is a condition where the blood sugar is higher than someone without diabetes but not quite considered diabetes range. Prediabetes is a risk factor for diabetes along with lifestyle (eating and physical activity), having overweight or obesity, age, or family history of diabetes.

The good news is type 2 diabetes can be prevented or the onset delayed. The most important thing is to know your risk! Symptoms of type 2 diabetes can easily go undetected so knowing your risk puts you in the drivers seat of preventing diabetes. Go to diabetes.org/risk-test to find out if you're at risk for developing type 2 diabetes. Go over your results with your healthcare provider to determine the best next steps for you.

Your provider will likely have you do blood work to see where your blood sugar currently is sitting. If you meet criteria for prediabetes or are at high risk for developing diabetes, you may qualify for the National Diabetes Prevention program. This is a program offered in our diabetes center at the hospital and is lead by either myself or HCMH's Diabetes Care and Education Specialist, Jennifer DeWinter. This program is focused on lifestyle changes with the goal of preventing or at least delaying the onset of type 2 diabetes.

This is a great opportunity for our community! We offer the class both in-person and also an online version. Please contact us at 332-4200 for more information.