



Broward County Government Newsletter

November 2018

Volume 1, Issue 6

Community Care Plan, “the health plan with a heart”

November is American Diabetes Month

What is Diabetes?

In the United States, diabetes is the leading cause of death and disability. Diabetes means your blood sugar levels are too high. Your body has a hard time turning the blood sugar into energy. Having diabetes can increase your risk of heart disease, blindness, nerve damage, kidney failure and stroke.

Are there Different Types of Diabetes?

There are three different types of diabetes:

1. Type 1 Diabetes: Caused by an immune system problem. There is no way to prevent Type 1 Diabetes.
2. Type 2 Diabetes: Caused by being overweight or inactivity. Type 2 Diabetes is the most common type of Diabetes.
3. Gestational Diabetes: Diabetes developed during pregnancy. The risk of health problems for you and your baby increases with Gestational Diabetes. It can also increase your risk of having Type 2 diabetes after pregnancy.

What is Prediabetes?

1 in 3 Adults in the United States has Prediabetes. Prediabetes means your blood sugar level is higher than normal, but in a range that is below a person that is considered diabetic. Without changes to a person's lifestyle, prediabetes can turn into Type 2 Diabetes. The Center for Disease Control and Prevention has a National Diabetes Prevention Program to help prevent or delay the onset of Type 2 diabetes.

For more information, please visit:

<https://www.cdc.gov/diabetes/prevention/index.html>

Risk Factors of Type 2 Diabetes

Risk Factors of Type 2 Diabetes include:

- Being 40 or Older
- Being Overweight or Obese
- Having a sibling or parent with diabetes
- Being of African American, Hispanic or Latino, Native American, Alaska Native, Asian American, or Pacific Islander descent
- Having had gestational diabetes
- Giving birth to a baby that weighs over 9 pounds
- Having polycystic ovary syndrome
- Having hypertension
- Having high LDL cholesterol
- Being physically active less than 3 times a week
- Having prediabetes



Sources:

<https://www.cdc.gov/diabetes/prevention/prediabetes-type2/index.html>

https://healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/diabetes/take-steps-to-prevent-type-2-diabetes#the-basics_1

https://healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/diabetes/take-steps-to-prevent-type-2-diabetes#the-basics_2

https://healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/diabetes/take-steps-to-prevent-type-2-diabetes#the-basics_3

Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please call Member Services at 1-866-224-5701 Monday – Friday 8:00am – 7:00 pm EST. For hearing impaired assistance call: TTY/TDD 1-855-655-5303. Si usted necesita esta información en Español llame al 1-866-224-5701 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00am a 7:00pm EST. Si ou vie resewva enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-24-5701 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.