

PARENT HEALTH BULLETIN



Pinellas County Health Department

Steps to a HealthierFL-Pinellas County

Who's at Risk for Diabetes?

Common Symptoms of Diabetes:

- ◆ Frequent urination
- ◆ Excessive thirst
- ◆ Extreme hunger
- ◆ Unusual weight loss
- ◆ Increased fatigue
- ◆ Irritability
- ◆ Blurry vision

It's a mystery why some people develop diabetes. However, we know that too much body weight and lack of exercise are risk factors and that close relatives of people with diabetes - brothers, sisters, parents, and children - have a greater chance of getting diabetes themselves. There are several types of diabetes:

Type 1 Diabetes
Type 2 Diabetes
Gestational Diabetes
Pre-Diabetes



Type 1 diabetes is usually diagnosed in children and young adults, although it can occur at any age. In type 1 diabetes, the body does not produce insulin. Insulin is necessary for the body to be able to use sugar. Most of the food we eat is broken down into glucose, the form of sugar in the blood. Sugar is the basic fuel for the cells in the body, and insulin takes the sugar from the blood into the cells. Because their bodies do not produce it, a person with type 1 diabetes must take insulin each day.

Type 2 diabetes is the most common form of diabetes. In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin. When glucose builds up in the blood instead of going into cells, the body loses its main source of fuel and cells may be starved for energy. High blood glucose levels may hurt the eyes, kidneys, nerves or heart.

Gestational Diabetes happens when a pregnant woman gets high blood sugar (glucose) levels during late pregnancy. This is usually after the baby's body has been formed, but while the baby is busy growing. Because of this, gestational diabetes does not cause the kinds of birth defects sometimes seen in babies whose mothers had diabetes before pregnancy. Gestational Diabetes affects about 4% of all pregnant women. Babies with excess insulin become children who are at risk for obesity and adults who are at risk for type 2 diabetes. Gestational diabetes usually goes away after pregnancy. But once a woman has had gestational diabetes, the chances are 2 in 3 that it will return in future pregnancies. In a few women, however, pregnancy uncovers type 1 or type 2 diabetes.

Pre-diabetes is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. There are 41 million Americans who have pre-diabetes, in addition to the 20.8 million with diabetes.

Diabetes Facts

- ▶ Approximately one in every 400 to 600 children and adolescents has type 1 diabetes.
- ▶ 20.8 million Americans (7% of the population) have diabetes (13 million are diagnosed, 6.2 million are undiagnosed).
- ▶ Type 1 diabetes accounts for 5% to 10% of all diagnosed diabetes.
- ▶ 8.7% of non-Hispanic White Americans aged 20 years or older have diabetes.
- ▶ 9.5% of Hispanic/Latino Americans aged 20 years or older have diabetes.
- ▶ 13.1% of non-Hispanic Black Americans aged 20 years or older have diabetes.
- ▶ 12.8% of American Indian and Alaskan Natives aged 20 years or older have diabetes.
- ▶ Diabetes continues to be the sixth leading cause of death in the United States.
- ▶ Diabetes is the leading cause of blindness among adults between 20 and 74 years old.

Parents Should Reduce the Amount of Treats They Give Their Children

Children eat around twice as many treat foods as they should. These treats contain few nutrients other than calories, fat or sugar. In order to protect your child's health now and in adulthood, there is a need to reduce these foods in your child's diet and replace them with more nutritious foods. A recent survey revealed that a quarter of the fat in children's diet came from treat foods. Parents do not need to completely cut treats out of their children's diets, but to learn to view treats as items that are given only occasionally. By reducing the amount of treats given to children, parents will be taking the first step towards improving their child's health in the long-term.

Story from BBC NEWS: http://news.bbc.co.uk/go/pr/fr/-/2/hi/uk_newsNorthern_ireland/4461646.stm Published: 2005/11/23 06:56:48 GMT

Exercise is a Powerful Weapon Against High Blood Glucose Levels

People with diabetes have to be more careful about how they exercise. Blood glucose can stay lower for hours after exercise because the body starts using more of the glucose in the blood. The more active a person is, the more glucose the body uses (but if blood glucose goes down quickly, hypoglycemia is a risk).

It's not wise for someone with diabetes to run around on an empty stomach just as insulin reaches its peak. Plan on physical activity after lunch or a snack, not before, and always check blood glucose first. Have an extra snack for those unexpected lows. Even though exercise usually lowers blood glucose, it's not a good idea to be active with really high blood glucose levels. High blood glucose can be a sign that you don't have enough insulin.



FREE

Diabetes Self Management Education Classes

The **Steps to a HealthierFL Program**

**offers FREE classes to help
you live with diabetes**

For more information call

727-820-4113

or visit: www.StepsFL.com



For information about Steps to a HealthierFL-Pinellas County
visit our website: www.StepsFL.com or call 2-1-1
(Pinellas county cell phone users must call 727-210-4211).

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