

Nutrition News

Department of Human Nutrition



October 2010

Let's Take Control of Diabetes

Two diabetes awareness campaigns occur each November. One is global and the other is specific to the U.S. The need for diabetes education and prevention programs is growing.

The good news about type 2 diabetes is that studies have shown it can be prevented or delayed. How? By losing 5 to 7 percent of your weight, if you are overweight – that's 10 to 14 pounds if you weigh 200 pounds – and by becoming more physically active.

Two action steps will benefit the entire family.

- Make healthy food choices that are lower in fat and calories. Cut back on calories by filling half of your plate with veggies or fruit, or both. Fill one-fourth of your plate with whole grains, such as brown rice, and the remaining one-fourth with a protein food, such as cooked dried beans, fish, lean meat, poultry without the skin, eggs or nuts. Choose low-fat or skim milk and water to drink.
- Make physical activity a family affair. Go for a walk, or play soccer, basketball or tag. Try swimming, biking, hiking or jogging.

Vary your activities so you don't get bored. The more you enjoy it, the more likely you are to continue being physically active. Strive to be active at least 30 minutes, five days per week. You don't have to get all of your daily physical activity at one time, but could split it into three 10-minute sessions.

- Focus on these goals by writing down all the foods you eat and drink, along with the number of minutes you are active. To help reach your goals, take time to review your actions often.

A global effort

World Diabetes Day is November 14. The campaign slogan for 2010 is "Let's take control of diabetes. Now." The four key messages are:

- Know the signs and symptoms of diabetes. Early diagnosis saves lives.
- Enjoy an active life and prevent diabetes complications.
- Diabetes prevention and treatment is simple and cost-effective. Put it on top of your agenda.
- Your child could be affected by diabetes. Know the

warning signs. See your doctor to measure the risk.

Celebrated every year on November 14, World Diabetes Day honors the birthday of Frederick Banting who, with Charles Best, discovered insulin in 1922.



world diabetes day
14 November

The World Diabetes Day logo is a blue circle, which is the global symbol for diabetes. Why a blue circle? Across cultures, a circle symbolizes life and health. The color blue reflects the sky, which unites all nations. The logo was adopted in 2007, when World Diabetes Day passed as an official United Nations resolution.

The World Diabetes Day campaign engages millions of people worldwide in diabetes advocacy and awareness. It was created in 1991 by the International Diabetes Federation and the World Health Organization in response to growing concerns about the escalating health threat that diabetes now poses.

A national campaign

National Diabetes Awareness Month is a campaign each November. Sponsored by the U.S. Department of Health and Human Services' National Diabetes Education Program, it focuses on raising awareness about type 2 diabetes prevention.

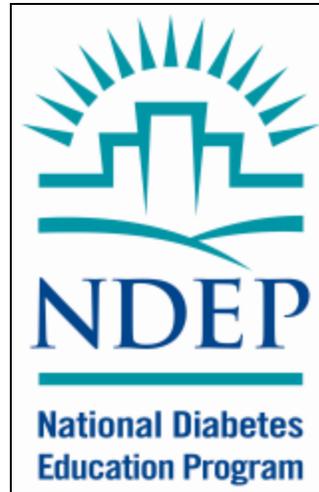
The two key messages in 2010 are:

Family history is a risk factor for diabetes.

- Many people have one or more family members with the disease. If you have a mother, father, brother or sister with type 2 diabetes, you are at risk.
- You can't change your family history, but knowing about it can help. Talk with your doctor and find out how you can take action to prevent getting type 2 diabetes.

Gestational diabetes is a risk factor for diabetes.

- Women who develop high blood sugar levels during pregnancy are said to have gestational diabetes. These moms are advised to get tested for diabetes six to 12 weeks after their babies are born, and to continue to get tested at least every three years. Why? Women who had gestational diabetes have a greater risk for getting diabetes during their entire lifetime. Early detection can prevent diabetes complications.
- Children of women who had gestational diabetes are also at risk for getting diabetes. Tell your child's doctor if you had gestational diabetes.
- Find out how to help prevent or delay diabetes with healthy habits for yourself and your family.



To learn more about diabetes prevention, visit the website www.YourDiabetesInfo.org/ Or call the National Diabetes Education Program at 1-888-693-6337 (for TTY, 1-866-569-1162). Ask for the free brochures: Your GAME PLAN to Prevent Type 2 Diabetes, It's Never Too Early to Prevent Diabetes and one for children at risk called Lower Your Risk for Type 2 Diabetes.

Sources (accessed 10/4/2010): 1. International Diabetes Federation's World Diabetes Day, <http://www.worlddiabetesday.org> 2. National Diabetes Education Program's National Diabetes Awareness Month, <http://ndep.nih.gov/partners-community-organization/campaigns/family-history/index.aspx>

For more information about healthy eating, contact your local extension office.

The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet.

To find out more, call toll-free 1-888-369-4777.

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