

HAVE DIABETES?

Diabetes education can teach you how to manage your blood sugar, blood pressure and cholesterol.

A diabetes educator can help you learn how to manage your disease as a part of your daily life.

Out of control blood sugar can lead to:



Increased risk for heart disease



Stroke



Blindness



Kidney disease

How do I sign up?

To find diabetes education services in your area, look on the Kentucky Diabetes Resources Directory at the link below.



To learn more, visit www.kydiabetes.net



or go to <https://prd.chfs.ky.gov/KYDiabetesResources/>

Learn tips to reduce your risk for diabetes complications



Plan meals and make healthy food choices



Monitor yourself: it's more than just your blood sugar



Stay active



Take your medications



Quit smoking



The Facts on Diabetes

Since 2000, diagnosed diabetes in Kentucky adults has more than doubled from 6.5% (198,052) to 13.7% (474,500 or 1 in 7). Within the seven county Green River service area, our incidence of diagnosed diabetes is 16.3%. An estimated 158,200 Kentucky adults are living with undiagnosed diabetes, based on the national rate.

Diabetes is manageable and in many cases, type 2 diabetes can be preventable. Risk factors for type 2 diabetes include overweight, age 45 or older, physically inactive, having prediabetes (an A1C of 5.7% - 6.4%) and family history. The more risk factors you have, the higher your risk for developing type 2 diabetes. What can you do to prevent or delay type 2 diabetes? Find out if you have prediabetes. See your health care provider to get your blood sugar checked. Make healthy food choices. Be more active. Lose weight, if needed. Type 1 diabetes cannot be prevented. You can also take an online screening test at DolHavePrediabetes.org and discuss the results with your healthcare provider.



You can manage both type 1 and type 2 diabetes and reduce the risk for complications. Plan meals and make healthy food choices. Stay active. Take your medications as prescribed. Monitor your blood sugar. Attend a diabetes self-management education and support program. If you smoke, quit. Call 1-800-QUITNOW to get more information on smoking cessation.

Prediabetes occurs when blood sugar levels are higher than normal but not high enough for diabetes to be diagnosed. It is a major risk factor for type 2 diabetes. One in nine or 331,335 (11.8%) Kentucky adults have diagnosed prediabetes. 812,000 adults are estimated to have undiagnosed prediabetes. An estimated one in three adults (33.9% or 1.1 million) have diagnosed or undiagnosed prediabetes. Gestational diabetes (diabetes during pregnancy) is also a risk factor for prediabetes and type 2 diabetes. If you are diagnosed with prediabetes, consider enrolling in a Diabetes Prevention Program (DPP).

Diabetes can be associated with complications such as heart disease, stroke, blindness, kidney failure, lower-limb amputation, and ketoacidosis. These conditions can reduce length and quality of life.

The Green River District is served by two diabetes coalitions, Daviess County Diabetes Coalition (DCDC) and Henderson County Diabetes Coalition (HCDC). Through their education and programming efforts both coalitions are working to improve the lives of people affected by or at risk for diabetes.

Information connecting you to education opportunities in your area can be found in our ad on this page. If you would like more information about the coalitions or like to become involved as a volunteer or board member call 270-852-5549 for DCDC or 270-823-2096 for HCDC.

Merritt Bates-Thomas, RDN, LD

Diabetes Population Health Specialist, Green River District Health Department

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