IMPORTANT:

If you are concerned or believe you are at risk for Diabetes, please follow up with your primary care provider or your nearest healthcare facility for a medical evaluation.

For More Information Please Visit:
American Diabetes Association at
www.diabetes.org
National Institute of Diabetes and Digestive and
Kidney Diseases at
www.niddk.nih.gov
Heads Up Kentucky at
www.headsupkentucky.org

About the KPA Foundation
The Kentucky Psychological Association Foundation seeks to improve the lives of Kentuckians through public education about psychology, supports psychological research, and provides scholarship to students in psychology at higher education institutions across the Commonwealth. Donations to KPAF are tax-deductible. For more information about KPA and the KPA Foundation, visit the web at www.kpa.org

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Living Well With Diabetes
Presented by
THE KENTUCKY PSYCHOLOGICAL ASSOCIATION FOUNDATION
What is Diabetes?

Diabetes (DM) is defined as having abnormal levels of blood sugar (also known as glucose) in the body. Organs like the pancreas produce a hormone known as insulin that helps get glucose into our cells for bodily use. When the body is unable to produce insulin or the insulin does not work properly, sugars builds up in the blood which cause Diabetes. Diabetes can lead to multiple different health problems such as heart disease, neuropathy, blindness, extremity amputation, or kidney failure.

There are three types of Diabetes:

- Type 1 Diabetes is also known as Insulin Dependent Diabetes, usually develops during childhood, and accounts for about 5% of Diabetes cases.
- Type 2 Diabetes usually develops during adulthood and is usually associated with obesity or being overweight. This type of Diabetes accounts for about 90-95% of the Diabetes cases.
- Gestational Diabetes is the onset of high blood sugar during pregnancy and usually resolves after the pregnancy. This accounts for about 2-10% of all pregnancies.

About 1 in every 11 people or 29.1 million people in the United States are currently living with Diabetes.

Risk Factors for Diabetes

Risk factors for DM Type II include being overweight, being older in age, family history of DM, and not engaging in regular physical activity. Certain ethnic groups like African Americans, Latino Americans, Asian Americans, and American Indians are at higher risk for DM than other ethnic groups.

Risk factors for Type I DM is less researched, but include genetic and environmental factors.

Risk factors for Gestational DM include obesity, family history of DM, and certain ethnic groups such as African and Latino Americans. Those who develop Diabetes during pregnancy have a 30-60% chance of developing Type II DM later in life.

Living Well with Diabetes

Living with Diabetes means making healthy lifestyle choices and includes regularly monitoring blood sugar levels. It is important to make good choices to keep yourself healthy.

Some of these healthy choices include:

- Eating right and drinking enough fluids
- Managing stress level
- Being physically active
- Monitoring blood sugar levels
- Not smoking
- Watching your blood pressure and cholesterol

For individuals with DM Type I, living well may also include receiving insulin shots as prescribed.

For individuals with DM Type 2 this may include taking DM medication as indicated by a healthcare provider.

Eating Well

Different types of food affect your blood sugar. It is suggested to portion out a meal based on a plate size. It is recommended that individuals with DM should eat about ⅓ a plate of non-starchy vegetables, ¼ of a plate of grains, and ¼ the plate of food with protein like fish. Try to eat foods with heart-healthy fats such as nuts, avocado, healthy fish like salmon. Dieticians recommend getting into the habit of scheduling and planning your meals ahead of time. Planning what you are going to eat ahead of time can help maintain a healthy blood sugar level. Always consult a medical professional before starting any new dietary plans.

Physical Activity

Physical activity can be defined as any activity that gets the body moving. For individuals with DM, it is important to incorporate physical activity like aerobic and strength training exercises into a daily routine.

Benefits of exercise:

- Lowers blood glucose and blood pressure
- Improves blood flow in the body
- Burns extra calories
- Improves mood
- Helps to prevent falls and balance in older adults
- May help improve sleep