

WARREN COUNTY HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

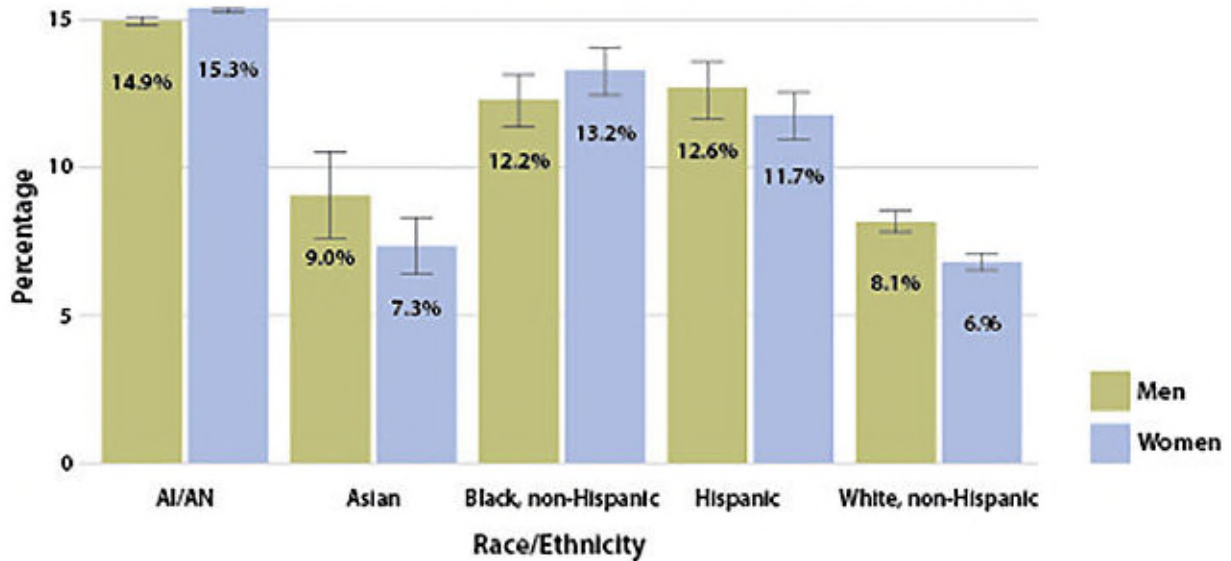
SEPTEMBER 30, 2019

DIABESITY!

DON'T FORGET! **NO CLASS** NEXT MONDAY, OCTOBER 7TH. ALSO, THE THANKSGIVING FEAST IS NOVEMBER 4TH AT 4:30!

THE CONNECTION BETWEEN THE TWO EPIDEMICS, DIABETES AND OBESITY (WHICH WITH AN ALARMING RATE OF FREQUENCY ARE WORKING TOGETHER TO PRODUCE DEVASTATING RESULTS) PROMPTED AN ORGANIZATION LED BY GENERAL C. EVERETT KOOP TO COIN THE PHRASE, "DIABESITY." NOW (UNFORTUNATELY!) AN ACCEPTED PART OF MEDICAL TERMINOLOGY, THE FIGURES BELOW GIVE A GRIM PICTURE OF OUR OVERALL HEALTH IN THIS GREAT COUNTRY. TO BE CLEAR, WE ARE TALKING ABOUT TYPE 2 DIABETES TONIGHT (NOT TYPE 1!)

Estimated age-adjusted prevalence of diagnosed diabetes by race/ethnicity and sex among adults aged ≥ 18 years, United States, 2013–2015



AI/AN = American Indian/Alaska Native.

Note: Error bars represent upper and lower bounds of the 95% confidence interval.

Data source: 2013–2015 National Health Interview Survey, except American Indian/Alaska Native data, which are from the 2015 Indian Health Service National Data Warehouse.



I SAY "OVERALL" BECAUSE DIABETES IS A CONTRIBUTING FACTOR TO SO MANY OTHER SERIOUS HEALTH CONDITIONS. BY ADDRESSING DIABETES (AND MORE SPECIFICALLY, IN ALMOST ALL CASES, OUR WEIGHT!) WE LIMIT OTHER HEALTH PROBLEMS SUCH AS HEART DISEASE, STROKE, NERVE AND KIDNEY DISEASES, AND VISION LOSS.

ALMOST ONE IN 10 U.S. ADULTS HAS DIABETES, WHILE MORE THAN ONE IN THREE HAS PREDIABETES, WHICH IS INDICATED BY THE LATEST NATIONAL DIABETES STATISTICS REPORT FROM THE CDC.

AS OF 2015, 30.3 MILLION ADULTS LIVING IN THE UNITED STATES (OR 9.4% OF THE POPULATION) HAVE DIABETES. NOT ONLY THAT...NEARLY ONE IN FOUR ADULTS LIVING WITH DIABETES, OR 7.2 MILLION AMERICAN ADULTS, ARE NOT AWARE THAT THEY HAVE IT!

ANOTHER 84.1 MILLION HAVE PREDIABETES – AND NINE IN 10 ADULTS WITH PREDIABETES ARE NOT AWARE THEY HAVE A CONDITION THAT PLACES THEM AT HIGH RISK TO PROGRESS TO TYPE 2 DIABETES WITHIN 5 YEARS! WHY IS THIS IMPORTANT? BECAUSE INDIVIDUALS WITH PREDIABETES CAN CUT THEIR RISK OF TYPE 2 DIABETES IN HALF JUST BY BEING MORE ACTIVE AND MAKING HEALTHIER FOOD CHOICES!

A LITTLE GOOD NEWS...THE RATE AT WHICH NEW CASES OF DIABETES ARE BEING DIAGNOSED REMAINS STEADY, (SO THE FIGURES AREN'T ACTUALLY GOING UP AT THIS POINT) WITH AN ESTIMATED 1.5 MILLION NEW CASES PER YEAR. (THAT'S AS OF 2015.) ALTHOUGH THESE FINDINGS DO REVEAL SOME PROGRESS IN DIABETES MANAGEMENT AND PREVENTION, THERE ARE STILL FAR TOO MANY AMERICANS LIVING WITH DIABETES AND PREDIABETES.

THE COST OF TREATMENT IS UNBELIEVABLE...\$245 BILLION, TAKING INTO ACCOUNT TOTAL MEDICAL COSTS AS WELL AS LOST WORK AND WAGES. IN FACT, THE COST OF CARING FOR INDIVIDUALS WITH DIABETES IS MORE THAN TWICE THE COST OF CARING FOR THOSE WITHOUT DIABETES! OF ALL DIABETES CASES DIAGNOSED IN AMERICAN ADULTS, 95% WERE TYPE 2 DIABETICS.

IN 2011 AND 2012, MORE THAN 5000 YOUTHS WERE DIAGNOSED WITH TYPE 2 DIABETES IN EACH OF THOSE YEARS! TWENTY YEARS AGO, A DIAGNOSIS OF TYPE 2 DIABETES IN A CHILD WAS SO RARE THAT THE CASES WERE SOMETIMES WRITTEN UP IN MEDICAL JOURNALS. WE USED TO REFER TO TYPE 1 AS "JUVENILE ONSET" AND TYPE 2 AS "ADULT ONSET." OBVIOUSLY, THE ADA RECOMMENDED THAT THOSE TERMS BE DROPPED. WITH CHILDHOOD OVERWEIGHT AND OBESITY BECOMING MORE PREVALENT, THIS DISEASE IS NO LONGER LIMITED TO ADULTS.

THE IMPACT OF THIS DISEASE IS SO FAR-REACHING – IT'S THE LEADING CAUSE OF BLINDNESS, KIDNEY DISEASES, AND NON-TRAUMATIC LOWER EXTREMITY AMPUTATIONS. FOLKS WHO SUFFER FROM DIABETES ARE ALSO TWO TO FOUR TIMES MORE LIKELY TO EXPERIENCE CARDIAC (HEART) COMPLICATIONS AND STROKE. DIABETES AND ITS RELATED COMPLICATIONS RESULT IN AN ESTIMATED 200,000 + DEATHS PER YEAR, MAKING DIABETES ONE OF THE MAJOR CAUSES OF MORTALITY IN THE U.S.

IN TRUTH, TYPE 2 DIABETES - ELEVATED BLOOD SUGAR, BLOOD PRESSURE, AND CHOLESTEROL ARE DOWNSTREAM SYMPTOMS THAT RESULT FROM PROBLEMS WITH OUR DIETS AND LIFESTYLE INTERACTING WITH OUR GENETIC SUSCEPTIBILITIES. YES, THERE ARE SOME OF US MORE PRONE TO IT THAN OTHERS. GENETICALLY, SOME ARE CERTAINLY MORE AT RISK. HOWEVER, TYPE 2 DIABETES IS *ALMOST ENTIRELY* INDUCED BY ENVIRONMENTAL AND LIFESTYLE FACTORS. THEREFORE, A SEARCH FOR THE DIABETES GENE AND THE MAGIC-BULLET DRUG OR GENE THERAPY TO TREAT IT WILL LEAD

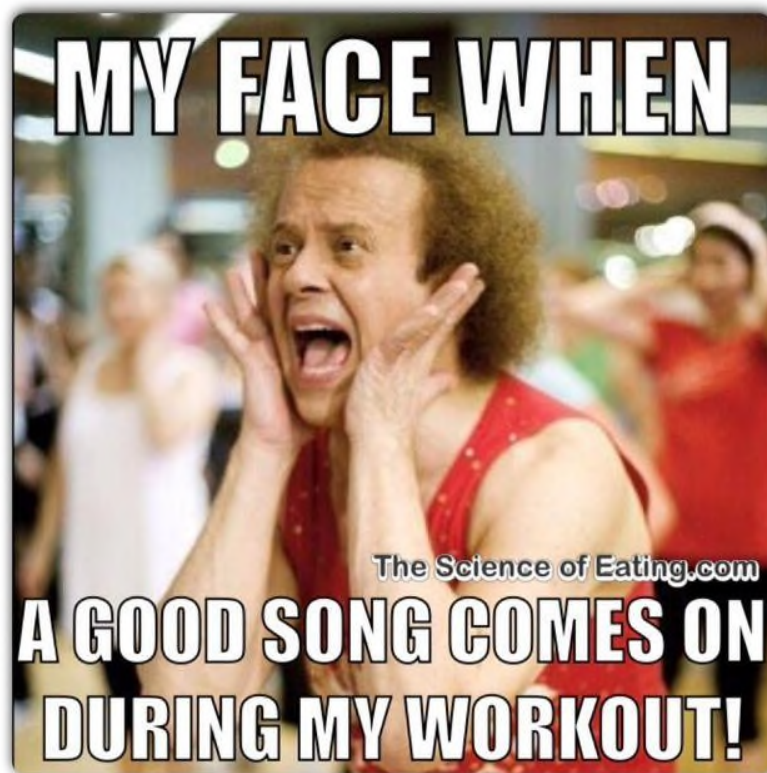
US NOWHERE. WE NEED TO KEEP THE FOCUS ON THE MOST IMPORTANT TARGET: **THE MODIFIABLE LIFESTYLE THAT DRIVES THIS EPIDEMIC!**

IF YOUR DOCTOR HAS GIVEN YOU MEDICATION TO HELP CONTROL YOUR BLOOD SUGAR, BY ALL MEANS TAKE IT – AND TAKE IT CORRECTLY. ADDRESS THE UNDERLYING PROBLEMS IN THE WAY YOU CARE FOR YOURSELF THAT ARE LEADING TO AND PERPETUATING THIS PROBLEM. OTHERWISE, YOU’LL ONLY BE MASKING THE PROBLEM WITH TREATMENTS, INSTEAD OF LOOKING AT THE ROOT CAUSES.

STRICT BLOOD SUGAR CONTROL WILL PROHIBIT MANY OF THE COMPLICATIONS EXPERIENCED BY THIS DISEASE. REMEMBER, TYPE 2 DIABETES IS LARGELY PREVENTABLE. STUDIES HAVE FOUND THAT CHANGES IN BEHAVIOR AND SMALL AMOUNTS OF WEIGHT LOSS (IN THE RANGE OF 5 – 10 %!) CAN PREVENT OR DELAY THE DEVELOPMENT OF TYPE 2 DIABETES AMONG HIGH RISK ADULTS. LIFESTYLE INTERVENTIONS (LIKE COMING TO CLASS ON MONDAY NIGHTS!) CAN BE VERY EFFECTIVE. AS A MATTER OF FACT, *WEIGHT MANAGEMENT IS THE VERY BEST THING YOU CAN DO TO PREVENT THE DEVELOPMENT OF TYPE 2 DIABETES.*

SPEAKING OF MANAGING YOUR WEIGHT...HOW DID YOU DO WITH “BAKED GOODS?”

OUR “NO!” FOOD FOR THE NEXT TWO WEEKS: **BAKED GOODS (AGAIN!)**



SEE YOU OCTOBER 14TH!!!

