



HSCSN

What is Diabetes?



This brochure can help you learn about diabetes and how to manage it. Diabetes is a chronic (long-lasting) health condition. It affects how your body turns food into energy. Blood sugar is your main source of energy and comes from the food you eat. Most of the food you eat is broken down into sugar (also called glucose) and released into your blood. Your body uses a special chemical (insulin) to turn blood sugar into energy.

Did You Know?

- Diabetes happens when your body does not make enough of a hormone called insulin or does not use it the right way.
- When this happens, blood sugar levels get too high.
- There is no cure for diabetes, but it can be managed.

Living with Diabetes

You can control your blood sugar by making lifestyle changes. You need a healthy meal plan to help you control your blood sugar. You should take your medicine and exercise regularly. Blood tests will help make sure that you are staying on track.

Diabetes Risk Factors

Family History

- Having a parent, brother, or sister with diabetes.

Likelihood

- Type 1 diabetes. More likely to develop when you are a child, teen, or young adult.
- Type 2 diabetes is more common in people who are overweight and obese.
- Gestational diabetes. Usually appears in people age 25 and older during pregnancy.

Prediabetes

- If you have been diagnosed with a higher than normal blood sugar level in the past.

Weight

- People who are overweight or obese are at a higher risk.

Personal History

- If you have ever had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds.

Race

- People who are African American, Hispanic/Latino American, American Indian, Alaskan Native (some Pacific Islanders and Asian Americans) are at higher risk.

You can talk to your doctor about diabetes during regular checkups. They will recommend testing if you are at a higher risk.

Lifestyle

- If you are physically active fewer than 3 times per week.

Medical Conditions

- History of heart disease, high blood pressure, high cholesterol, or polycystic ovary syndrome (PCOS).

There are Three Types of Diabetes

1

TYPE 1 DIABETES

is when your body does not make any insulin. It is usually diagnosed in children and young adults.

SIGNS/SYMPTOMS: The signs and symptoms usually develop quickly. People with Type 1 diabetes need to take insulin every day to stay alive.

HEALTHY TIPS: A diet that limits carbohydrates is important. A healthy lifestyle can help manage blood sugar and symptoms.

2

TYPE 2 DIABETES

is the most common type in the United States. It happens when the body either doesn't make enough insulin or the body ignores it. This causes the blood sugar levels to get too high.

SIGNS/SYMPTOMS: Type 2 diabetes is more common in people who are overweight and obese.

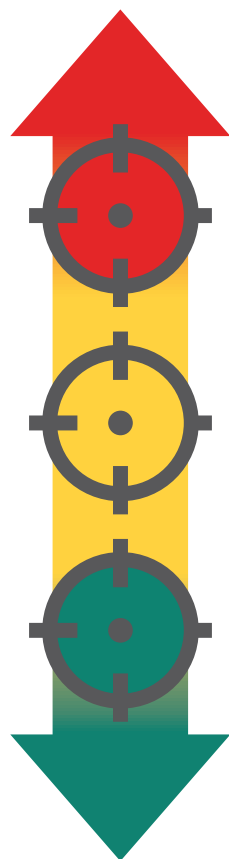
HEALTHY TIPS: Type 2 diabetes can occur at any age. It is important to get your blood sugar tested if you are at risk. It can be prevented by making healthy lifestyle choices.

GD

GESTATIONAL DIABETES

is diabetes that is diagnosed for the first time during pregnancy. Gestational diabetes causes high blood sugar that can affect your pregnancy and your baby's health. Your doctor can check your risk when you are trying to get pregnant.

HEALTHY TIPS: It is important to visit a prenatal doctor on a regular basis when you are pregnant. Your prenatal doctor will check you for gestational diabetes as a part of your regular care.



A1c Test Results

Diabetes

6.5% or higher

Prediabetes

5.7 to 6.4%

Normal

Below 5.7%

If you already know that you have diabetes, please make sure you talk to your doctor about having these tests.

- Body-Mass Index (BMI) is a measure of weight relative to height: goal < 25
- Blood Pressure: goal < 130/80 for adults
- Hemoglobin A1C (HbA1C) is a blood test and measures diabetes control: goal < 7%
- LDL-C is a measure of bad cholesterol: fasting blood test, goal < 100 mg/dL)
- Screening for Kidney Disease (nephropathy): can be urine or blood test
- Retinal Eye Exam is done by an ophthalmologist or optometrist (eye doctor)

Source: WebMD

Managing Your Diabetes

Education and Support



Fitness and Nutrition



Mental Health



Managing Blood Sugar



Resources are available. Find support at hscsnhealthplan.org/health-education.

Your Diabetes Care Plan

From blood sugar checks, to doctors visits, to monitoring fitness and nutrition; living with diabetes involves regular care. Each HSCSN enrollee has a personal Care Manager who is their partner in planning and providing care. They work with families and doctors to develop a care plan to help manage health conditions.

Contact your Care Manager if you have questions about managing diabetes or any other health condition. You can also call HSCSN Customer Care at 202-467-2737.

Sources: Centers for Disease Control and Prevention. CDC. National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases. Mayo Clinic. WebMD.

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hscsnhealthplan.org



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For more information, visit www.hscsnhealth.org.

For reasonable accommodations, please call (202)467-2737.

If you do not speak and/or read English, please call 202-467-2737 between 7:00 a.m. and 5:30 p.m. A representative will assist you. **English.**

Si no habla o lee inglés, llame al 202-467-2737 entre las 7:00 a.m. y las 5:30 p.m. Un representante se complacerá en asistirle. **Spanish.**

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Nếu bạn không nói và/hoặc đọc tiếng Anh, xin gọi 202-467-2737 từ 7 giờ 00 sáng đến 5 giờ 30 chiều. Sẽ có người đại diện giúp bạn. **Vietnamese.**

如果您不能講和/或不能閱讀英語，請在上午 7:00 到下午 5:30 之間給 (202) 467-2737 打電話，我們會有代表幫助您。 **Traditional Chinese.**

영어로 대화를 못하시거나 영어를 읽지 못하는 경우, 오전 7시 00분에서 오후 5시 30분 사이에 (202) 467-2737번으로 전화해 주시기 바랍니다. 담당 직원이 도와드립니다. **Korean.**

Si vous ne parlez pas ou lisez l'anglais, s'il vous plaît appeler 202-467-2737 entre 7:00 du matin et 5:30 du soir. Un représentant vous aidera. **French.**



GOVERNMENT OF THE
DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

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