

Diabetes and Prediabetes: Facts, Risks, and How YOU Can Take Action



Hello!



Gary Brown

**International Director,
Lions Club International**

LCI- ADCES Partnership



- Prevent or delay type 2 diabetes and improve the quality of life for those diagnosed with diabetes
- Identify areas of need for those living with diabetes in the United States
- Raise diabetes awareness and provide education to areas in need
- Develop collaborative diabetes service projects

Hello!



Angela M Forfia, MA
Senior Manager of
Prevention

Association of Diabetes
Care & Education
Specialists
Chicago, Illinois

An elderly woman with short, wavy grey hair and glasses is looking at a smartphone held by a young man. The young man has dark hair and glasses and is pointing at the screen. They are both wearing casual clothing. The background is a softly blurred indoor setting, possibly a home. The text "Diabetes—a simple explanation" is overlaid in white, sans-serif font in the center of the image.

Diabetes—a simple explanation

Diabetes —an invisible illness



Chronic disease



Under-diagnosed

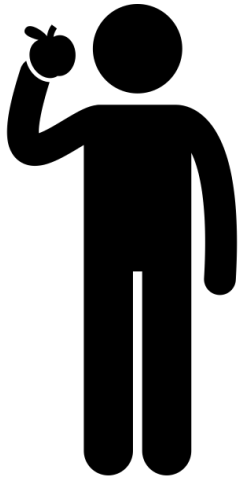


Travels with other diseases like
heart disease



“A touch of sugar”

In your body, the apple is broken down into a simple sugar called glucose



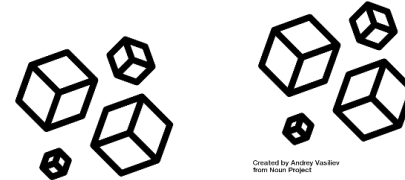
Created by Gan Khoo Lay
from Noun Project

You eat an apple
to give your body
energy

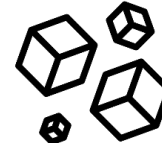


Created by Vectors Market
from Noun Project

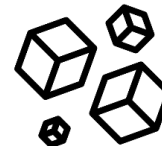
The apple contains
carbohydrates—sugars,
starches, and fiber that
provide energy for your
body



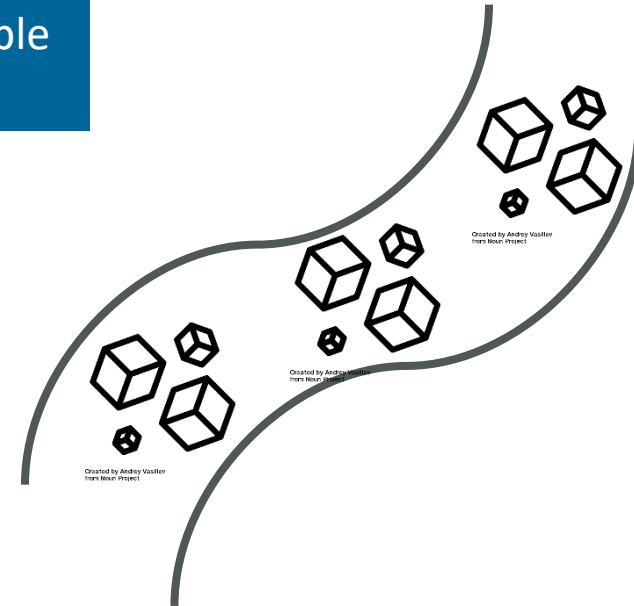
Created by Andrey Vasiliev
from Noun Project



Created by Andrey Vasiliev
from Noun Project



Created by Andrey Vasiliev
from Noun Project



Created by Andrey Vasiliev
from Noun Project

Created by Andrey Vasiliev
from Noun Project

Created by Andrey Vasiliev
from Noun Project

Glucose enters your
bloodstream to get energy
to your body's cells

As blood glucose increases, insulin is produced

Insulin binds to the cell...



Cell

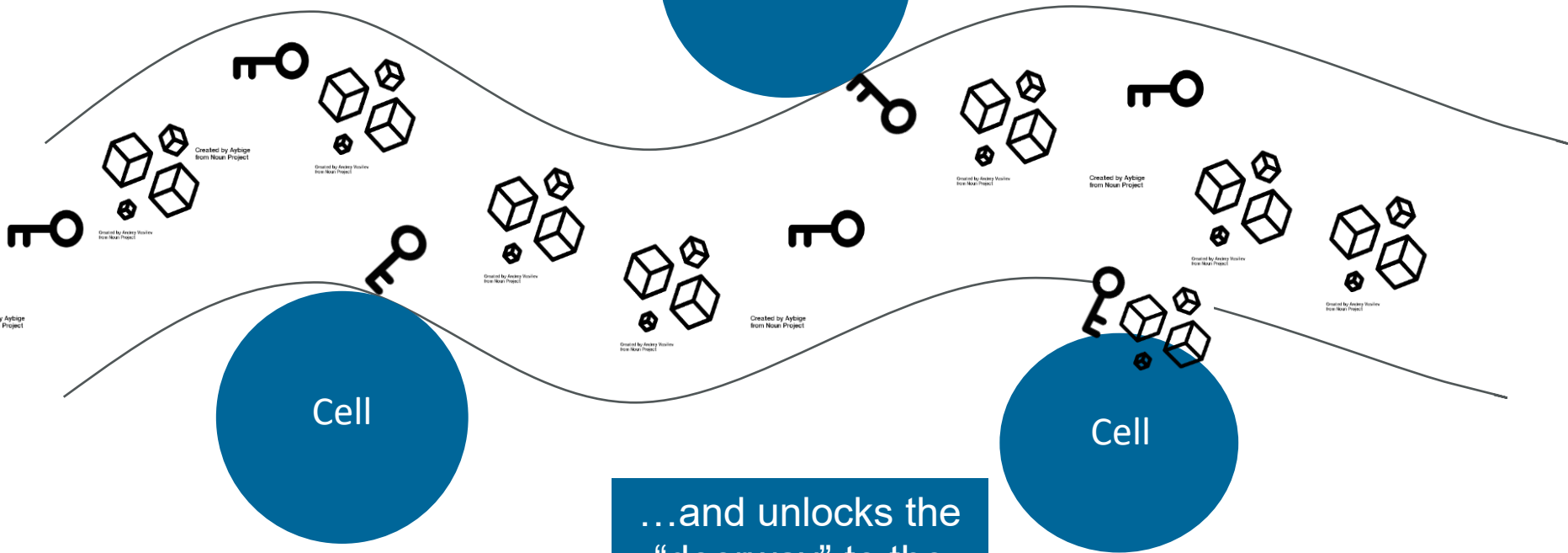


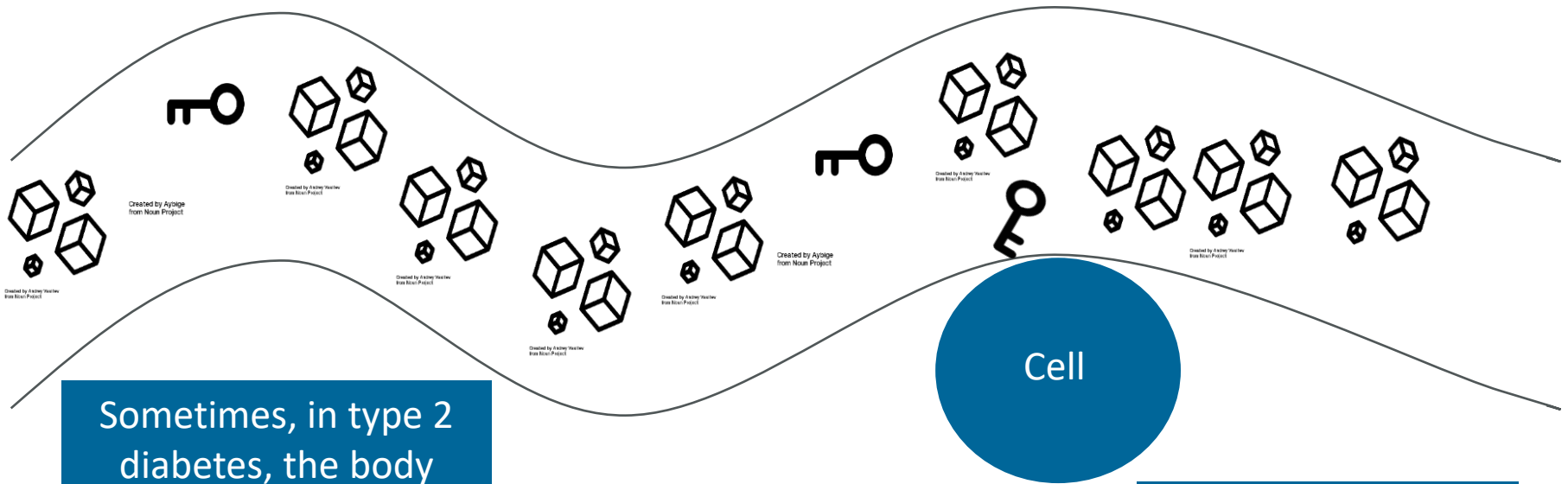
Cell



Cell

...and unlocks the “doorway” to the cell so that glucose can enter and be used for energy

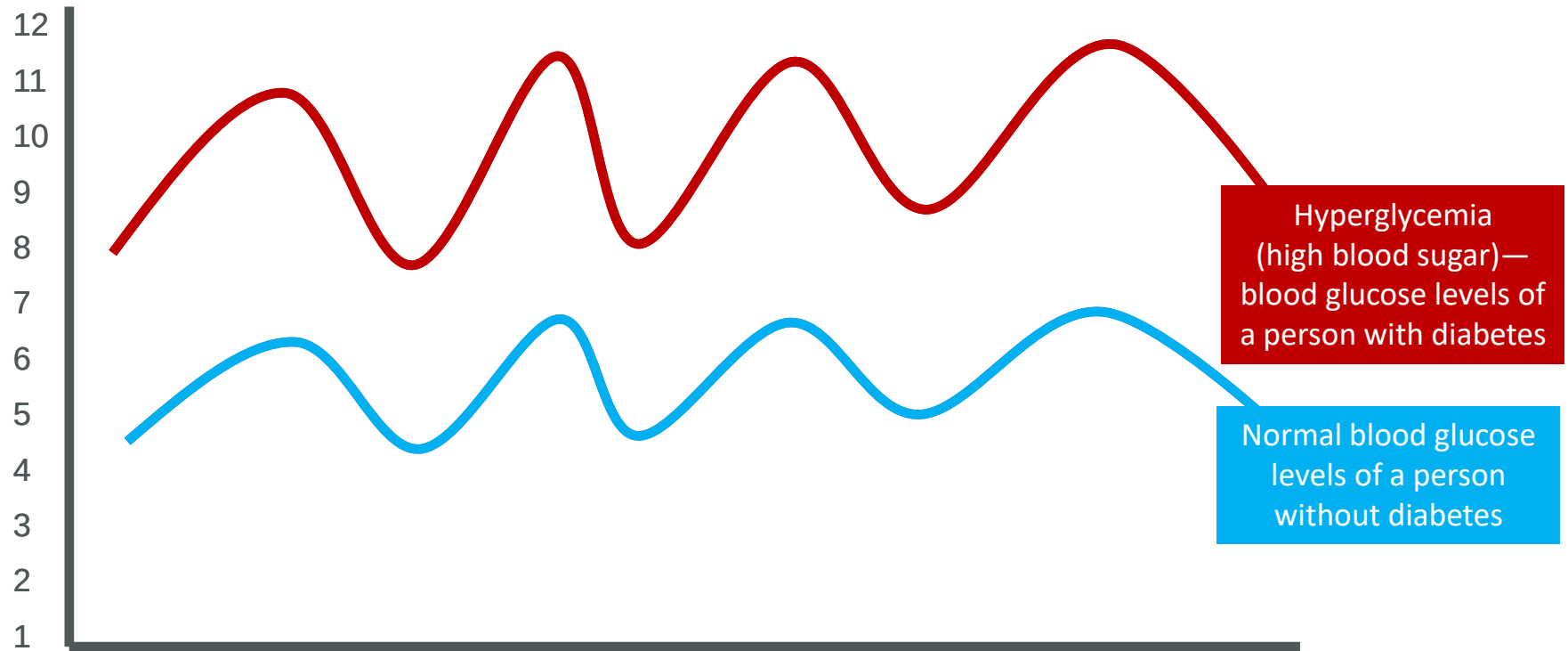




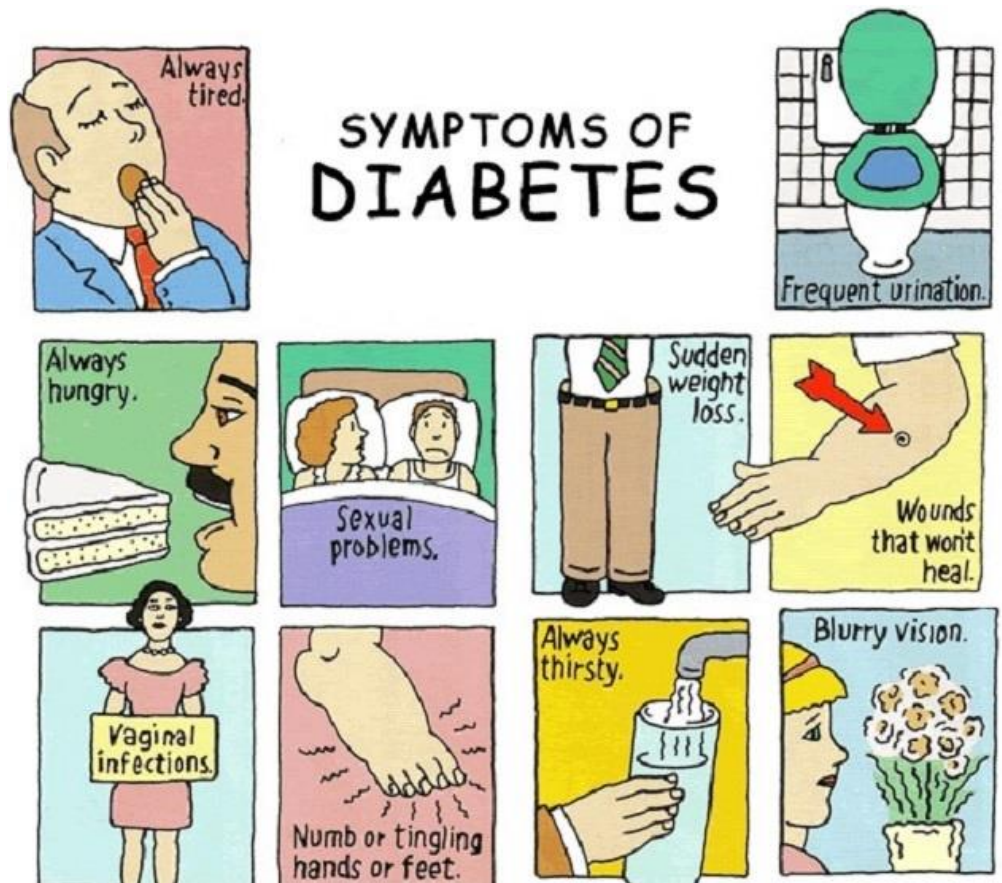
Sometimes, in type 2 diabetes, the body does not produce enough insulin...

...or it's harder for insulin to open the cells' doorways—this is called insulin resistance!

Your blood sugar level changes during the day



What effect
does high
blood sugar
have on
your body?



Rising levels of blood sugar can be seen 10 years or MORE before an individual is diagnosed with diabetes

Diabetes increases your risk for many serious health problems

A photograph of a family consisting of an older Black man with glasses, a younger Black man, and a young Black girl. They are all smiling and hugging each other on a grey couch. The older man is wearing a striped shirt, the younger man is wearing a grey sweater, and the girl is wearing a bright green shirt. The background is a simple indoor setting with light-colored walls.

HEARING LOSS
(2 TIMES RISK)

**STROKE &
PARALYSIS**
(1.5 TIMES RISK)

BLINDNESS
**(LEADING CAUSE
OF NEW CASES)**

HEART DISEASE
(2-4 TIMES RISK)

KIDNEY FAILURE
(6 TIMES RISK)

**LEG OR FOOT
AMPUTATION**
(LEADING CAUSE)

Age, gender, and family history all increase our risk of developing type 2 diabetes

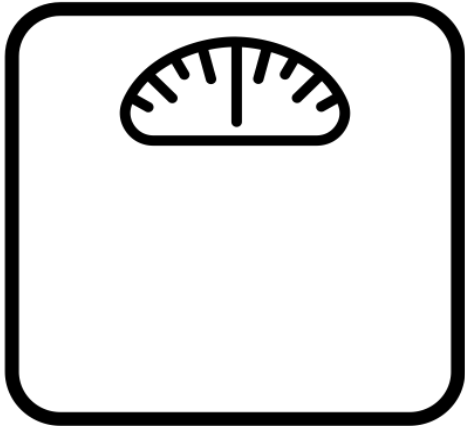
Just like our
individual
family
histories,
our ethnic
backgrounds
may also
increase our
risk...





High blood pressure, high cholesterol, or gestational diabetes in a past pregnancy also increase your risk of developing type 2 diabetes

Our weight and sedentary behaviors are major risk factors for type 2 diabetes



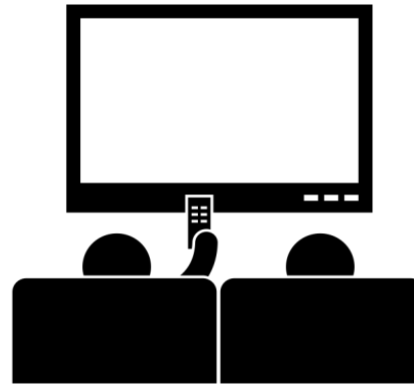
Created by Nikita Kozin
from Noun Project



Created by Juan Pablo Bravo
from Noun Project



Created by Magicon
from Noun Project



Created by Gan Khoun Lay
from Noun Project

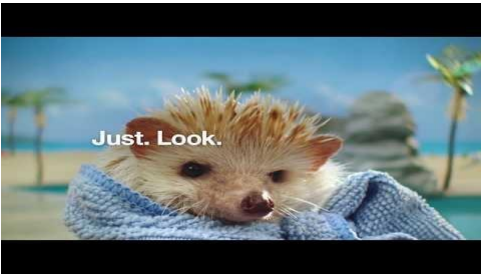
Are you at risk for type 2 diabetes?

Ask this hedgehog on vacation!



Health

Ad
Council



Just. Look.

Are you at risk for type 2 diabetes?

DO YOU HAVE PREDIABETES?

Prediabetes Risk Test

1 How old are you?

Less than 40 years (0 points)

40—49 years (1 point)

50—59 years (2 points)

60 years or older (3 points)

Write your score
in the box.



2 Are you a man or a woman?

Man (1 point) Woman (0 points)

3 If you are a woman, have you ever been diagnosed with gestational diabetes?

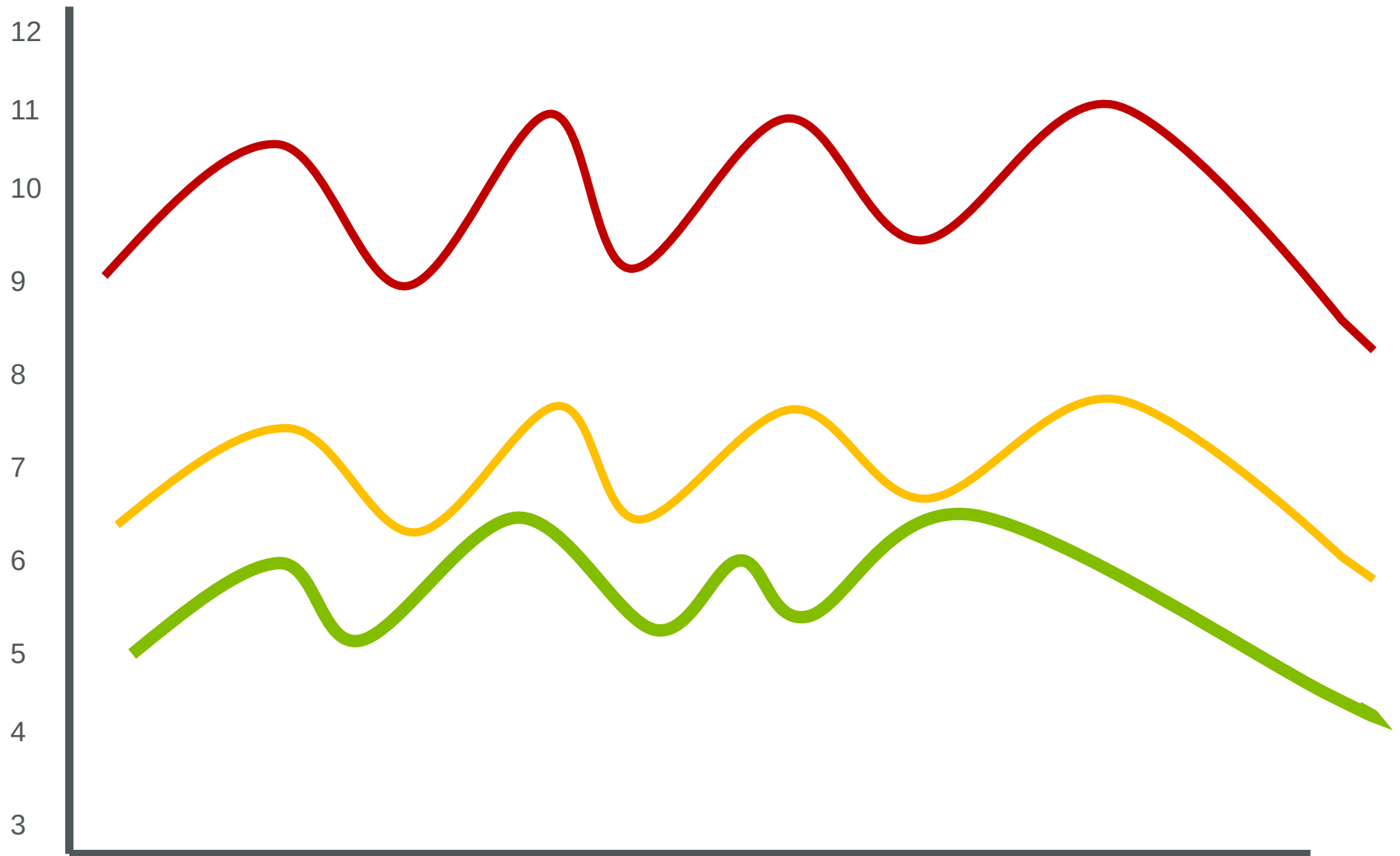
Yes (1 point) No (0 points)

4 Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) No (0 points)

Height	Weight (lbs.)	
4' 10"	119-142	143-190
4' 11"	124-147	148-197
5' 0"	128-152	153-203
5' 1"	132-157	158-210
5' 2"	136-163	164-217
5' 3"	141-168	169-224
5' 4"	145-173	174-231
5' 5"	150-179	180-239
5' 6"	155-185	186-246
5' 7"	159-190	191-254
5' 8"	164-196	197-261
5' 9"	169-202	203-269
5' 10"	174-208	209-277

Prediabetes is a serious warning sign





Factors you **can't change**:

- Gender
- Age
- Family history
- Race/ethnicity
- History of gestational diabetes or having a baby who weighed more than 9 pounds



Factors you **can influence**:

- Your cholesterol
- Your blood pressure



Factors you **can change**:

- Quitting smoking
- Getting enough sleep
- Eating a healthy diet
- Getting 30 minutes of physical activity most days of the week
- Keeping a healthy weight for your body

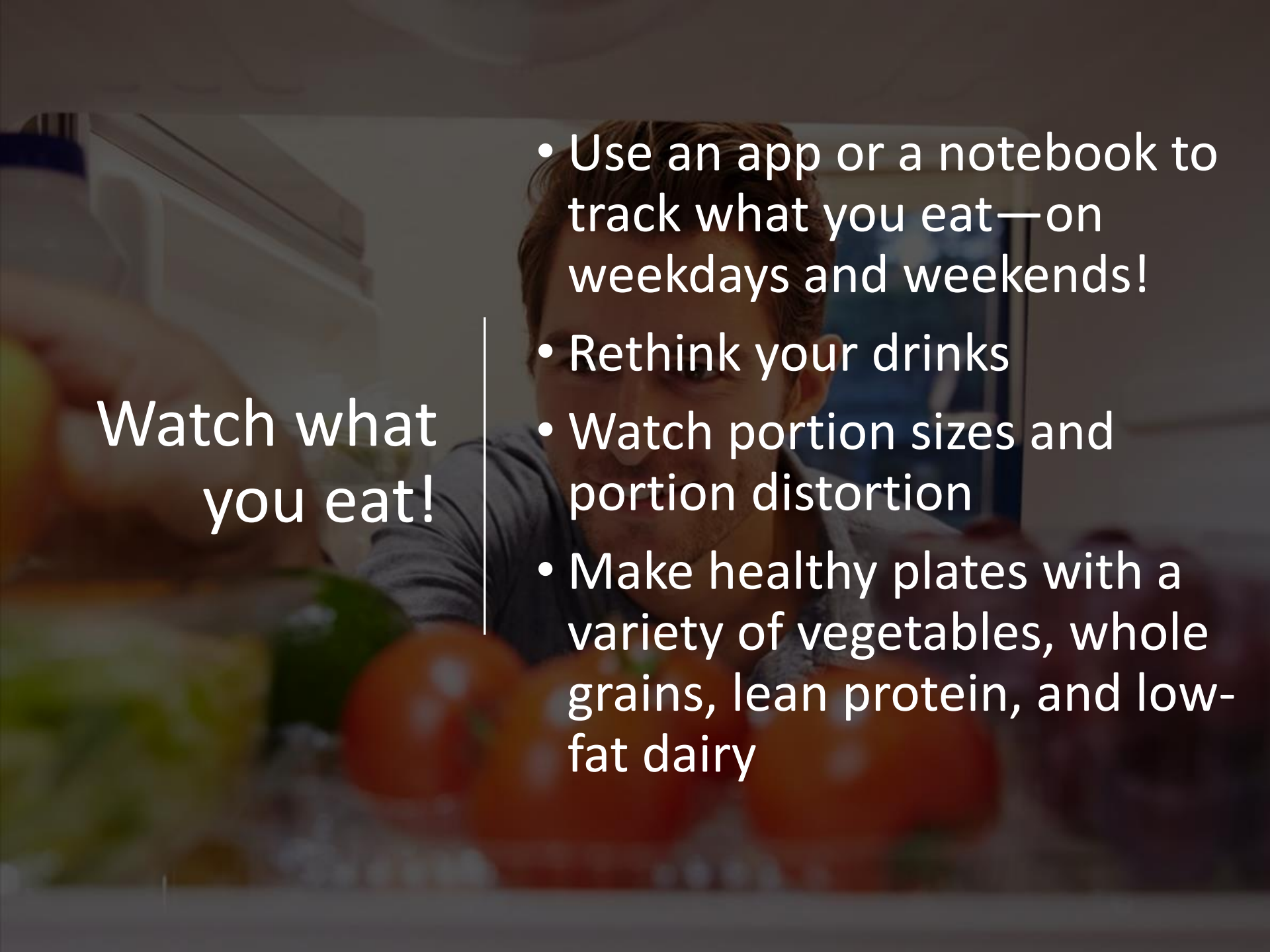


If you're at risk, small lifestyle changes can prevent or delay type 2 diabetes



Get active!

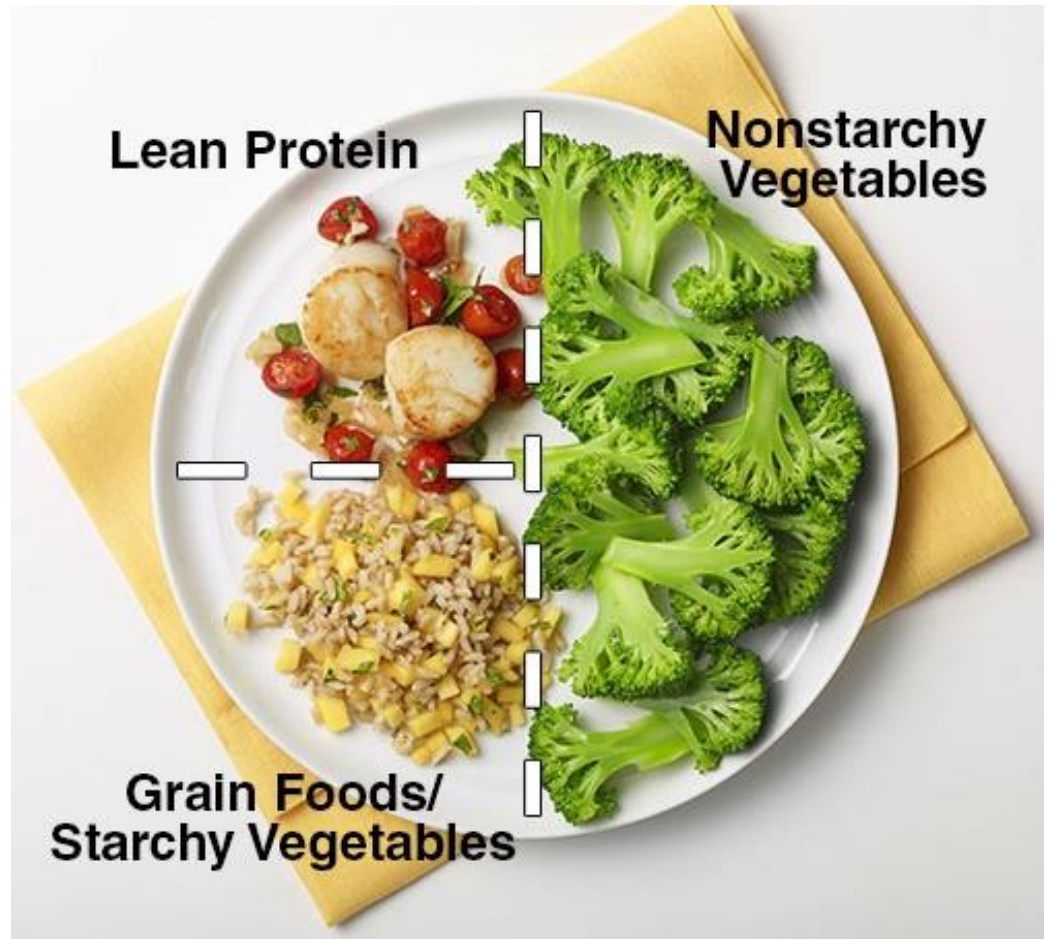
- Make it fun
- Use an activity tracker or an app
- Aim for at least 30 minutes of physical activity each day—150 minutes of activity per week
- Be flexible—walk your dog, climb the stairs, take an online class, do yoga, sign up for a 5K run or walk

A man with short brown hair is looking down at a smartphone held in his hands. In the foreground, there are several fresh vegetables, including red tomatoes and green leafy vegetables, which are slightly out of focus. The background is a blurred indoor setting, possibly a kitchen or grocery store. The overall image has a dark, semi-transparent overlay.

Watch what
you eat!

- Use an app or a notebook to track what you eat—on weekdays and weekends!
- Rethink your drinks
- Watch portion sizes and portion distortion
- Make healthy plates with a variety of vegetables, whole grains, lean protein, and low-fat dairy

Make a
healthy
plate...



...and
check your
serving
sizes for
cheeses,
nuts, fats,
sugars,
meats, and
toppings

**ring &
middle finger**

1 ½ ounces

- cheese
- nuts

**pointer
finger tip**

teaspoon

- butter
- oils
- sugars

palm
3 ounces

- fish
- red meat
- chicken

thumb
tablespoon

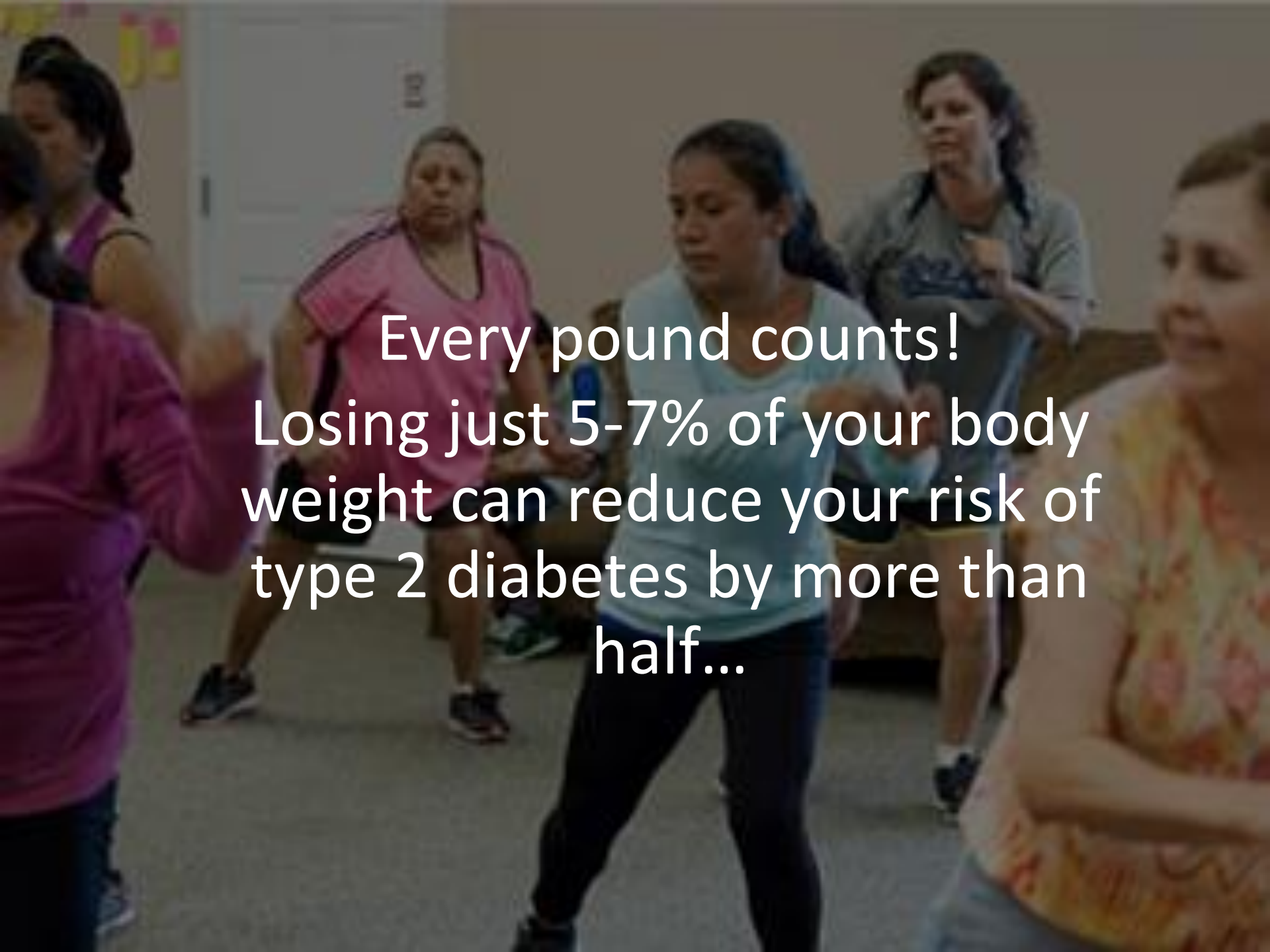
- peanut butter
- dressings
- toppings



A close-up, slightly blurred photograph of a person's feet standing on a white bathroom scale. The scale has a black circular dial with white numbers. The person's feet are positioned on the black textured platform of the scale. The background is a plain, light-colored surface.

Lose a little
weight!

- Make mindful food choices...most of the time
- Enjoy a variety of fruits, vegetables, whole grains, and low-fat dairy
- Get enough sleep
- Manage your stress
- Monitor your weight regularly
- Talk to your healthcare provider



Every pound counts!
Losing just 5-7% of your body
weight can reduce your risk of
type 2 diabetes by more than
half...

**JOIN A CDC-
RECOGNIZED**
diabetes
prevention
program



- Online or in-person
- Trained lifestyle coach and small group support for 12 months
- Focused on two goals
 - *5-7% weight loss*
 - *150 minutes of physical activity*
- Huge benefits that last!
 - *58% reduction overall*
 - *71% reduction for those over 60*

You may need support to make
these lifestyle changes!

A multi-generational family, including a man, a woman, and two children, are sitting together on a couch in a living room. They are all smiling and holding hands, creating a warm and supportive atmosphere. The background shows a bookshelf and framed pictures on the wall.

But what if
you already
have
diabetes?

Diabetes Self-Management Education and Support

Person-centered care

Minimizing stigma

Empowering people
with diabetes

Strengths-
based and
inclusive
language



Valuing peer
support
communities

Utilizing collaborative decision-
making approaches

Diabetes Self-Management Education and Support

Team-based approach

Interprofessional
approach

Integrating
community
health workers
to extend care



A team centered
on the person
with diabetes

Seamless and
holistic care with
emotional and
social support

Integrating clinical and
self-management
approaches

Despite evidence that DSMES is cost-effective and reduces diabetes complications, fewer than 5% of Medicare beneficiaries and 7% of privately insured people utilize DSMES in the US





What Is a Diabetes Care and Education Specialist?

WHERE THERE'S A NEED
THERE'S A **LION**

SINCE 1917



For YOU!



- Take the 1-minute risk test
- Talk to your doctor and get screened for prediabetes
- If you're at risk, make simple lifestyle changes or connect with a Diabetes Prevention Program online

For YOU!



- If you have diabetes, meet with a diabetes care and education specialist in your community
- If you have diabetes, talk to your healthcare provider about the ABCs—A1C, blood pressure, and cholesterol—and ways to reduce your risks of diabetes complications

For your Lions Club!



- Tell your club about the risk test—and screen “Hedgehogs on Vacation” at a meeting
- Share our ADCES tip sheets
- Invite a diabetes care and education specialist or diabetes prevention lifestyle coach to speak at an upcoming virtual club meeting

For your Lions Club!



- Promote the National Diabetes Prevention Program as worksite wellness programs or covered insurance benefits to the business leaders in your club
- Host a Lions online lifestyle change program in your club!

For your community!



- Invest in a healthy and active community for everyone through walking trails, playgrounds, farmers markets, and other resources
- Provide support for people experiencing complications from diabetes, like blindness and hearing loss

For your community!



Participate in **community health needs assessment meetings** organized by local hospitals or health departments to learn about your community's health issues and how **Lions** can serve the most critical needs of your community



Questions?

Menu of Options



Risk Test

Diabetes Screening

Share ADCES Tip
Sheets

Invite a Diabetes
Care and Education
Specialist to your
club

Host a Lions online
lifestyle change
program in your club

Provide support for
people experiencing
complications from
diabetes (blindness
and hearing loss)

Participate in a
community health
needs assessment

Talk to your doctor
about the ABC's of
diabetes

Promote the NDPP

LCI- ADCES Test Study



To test the feasibility of partnership between ADCES chapters and Lions/Leo Clubs, increase Lions/Leos education and host community awareness events.

If interested in joining the test study, contact globaladvocacy@lionsclubs.org.

Resource Links

- **ADCES:**
 - <https://www.diabeteseducator.org/living-with-diabetes>
- **LCI:**
 - <https://www.lionsclubs.org/en/start-our-approach/lions-advocacy-toolkit>
 - <https://www.lionsclubs.org/en/start-our-approach/service-journey/service-project-planners>
 - <https://www.lionsclubs.org/en/start-our-approach/grant-types/diabetes-grants>

A group of five diverse older adults are smiling and hugging each other outdoors in a park setting. The group consists of three men and two women of various ethnicities. They are all dressed in casual, comfortable clothing. The background shows lush green trees and foliage, suggesting a park or a natural outdoor environment. The overall mood is warm, joyful, and supportive.

Thank you!