



#38 in a series of Health Bulletins on issues of pressing interest to all New Yorkers

Diabetes Is Epidemic

But it *can* be prevented and controlled.

- Diabetes is a serious illness that is increasing rapidly in New York City and around the country. In just the past 10 years, the number of people with diabetes has *doubled*.
- 1 in 8 adult New Yorkers — about 800,000 people — has diabetes. A third of them *don't know it yet*.
- People can often prevent diabetes by getting regular physical activity and maintaining a healthy weight.
- People with diabetes can successfully manage their illness — and lead longer and healthier lives.

- Available in Spanish, Chinese, and other languages: call 311 or visit nyc.gov/health
- Disponible en español: llame al 311 o visite nyc.gov/health
- 需要中文服務 - 可電 311 或造訪網址 nyc.gov/health



Diabetes Is a Serious, Life-Long Illness

People with diabetes have trouble making or using insulin, causing glucose (sugar) to build up in the blood.

There are three major types:

Type 1 diabetes

- Type 1 can develop at any age. It can be successfully managed, but not prevented or cured.
- About 5% of people with diabetes have Type 1.

Type 2 diabetes

- Most people with diabetes have Type 2.
- Physical activity and a healthy diet can often prevent or delay Type 2 diabetes.

Diabetes in pregnancy (gestational)

- In New York City, gestational diabetes occurs in about 4% of pregnant women. About half of these women will develop Type 2 diabetes within 10 years.
- If untreated or poorly controlled, gestational diabetes can harm a developing baby.



“Pre-diabetes” is a wake up call.

- People with pre-diabetes have higher-than-normal blood sugar levels.
- They are more likely than those with normal blood sugar levels to have a heart attack or stroke.
- Unless they take steps to control weight and increase physical activity, most people with pre-diabetes will develop type 2 diabetes.



Major Risk Factors

Overweight and lack of physical activity are the biggest risk factors. Others include:

- *Older age.* The risk for Type 2 diabetes increases with age especially, among people 65 and older. Overweight and inactivity can also lead to Type 2 diabetes in younger people, even kids.
- *A family history* of diabetes.
- *Having gestational diabetes* or having a baby who weighs more than 9 lbs.
- *Low levels of HDL (“good”) cholesterol* or high levels of triglycerides (fats) in the blood.
- *Race/ethnicity.* African Americans, Latinos, Native Americans, Asian Americans, and Pacific Islanders are at higher risk.

Diabetes Often Has No Symptoms

Many people with diabetes have no symptoms, symptoms that develop slowly over months or even years, or symptoms so mild they go unnoticed. *These may include:*

- Frequent urination.
- Excessive thirst and hunger.
- Weight loss.
- Weakness and fatigue.
- Nausea and vomiting.
- Sudden vision changes.
- Tingling or numbness in hands or feet.
- Frequent or slow-healing sores or infections.
- Recurring vaginal yeast infections in women.

Diabetes Can Be Controlled

Unless they control their illness, people with diabetes are at risk for serious complications, including:

- Heart disease
- Stroke.
- Eye problems and blindness.
- Kidney disease.
- Poor circulation.
- Nerve damage.
- Foot and leg problems, which can lead to amputation.
- Skin problems (infections, boils, scaly skin, itching).
- Gum disease and other oral health problems.
- Sexual dysfunction.
- Depression.
- Premature death.

LEARN MORE

For free diabetes materials, call 311 or visit: nyc.gov/health/diabetes

- Diabetes Checkbook
- Healthy Eating Fact Sheet
- Physical Activity Fact Sheet



BEAT DIABETES



Be physically active.



Eat a healthy diet.



ABCS (Know & Control)

A1C, Blood Pressure, Cholesterol
& Smoking.



Take your medicine.



Know Your 'ABCS'

People with diabetes can prevent complications and live longer and healthier lives by knowing and controlling their 'ABCS':

- **A**1C (3-month average blood sugar level): *Less than 7%.*
- **B**lood pressure: *Less than 130/80.*
- **C**holesterol: *LDL ("bad") cholesterol less than 100.*
- **S**moking: *If you smoke, quit now. (For help, call the Smokers' Quitline at 311.)*
 - Smoking contributes to early development of diabetes-related complications, especially heart disease.
 - Exposure to second-hand smoke can also worsen diabetes-related complications.

More Information

- **New York City Department of Health and Mental Hygiene:** nyc.gov/health/diabetes or call 311
- **American Diabetes Association:** www.diabetes.org or 1-800-DIABETES (1-800-342-2383)
- **Centers for Disease Control and Prevention:** www.cdc.gov/diabetes or 1-877-CDC-DIAB (1-877-232-3422)
- **National Institutes of Health:** www.diabetes.niddk.nih.gov or 1-800-860-8747



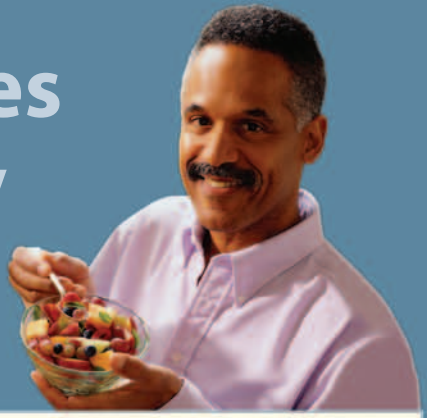
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BEAT Diabetes With Healthy Eating



TAKING JUST ONE OF THESE STEPS CAN MAKE A REAL DIFFERENCE.

- ✔ Eat smaller servings — bigger is not better!
- ✔ Drink water or try diet drinks, seltzer, or 1% milk.
- ✔ Eat fruits or vegetables or both at every meal.
- ✔ Eat less fast food — no more than once a week.
- ✔ Prepare more meals at home.
- ✔ Try healthier snacks.
- ✔ Switch to 1% or non-fat milk, yogurt, cheese, and frozen yogurt.
- ✔ Try chicken, fish, or turkey instead of red meat.
- ✔ Switch to healthier oils like olive and canola. Look for oils, spreads, and food with low or no saturated fat and “0 grams trans fat.”



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**DIAL
311**

**For Non-Emergency NYC Services
Telephone Interpretation in 170 Languages**