

DIABETES AWARENESS



Diabetes Awareness-Take Control of your Wellness

November is National Diabetes Awareness Month. Diabetes is the 7th killer in the United States. The statistics of those who have diabetes is staggering. 11.3 % (37.3 million people) of the adult US population has diabetes.

38% (96 million people) of the adult US population has prediabetes. Over thirty four million or one and five people in the United States do not even know that they have diabetes, this is why Diabetes Awareness month is so necessary. In order to be aware that one has Diabetes or even prediabetes one must understand exactly what Diabetes is and how to prevent it.

There are three types of diabetes, Type 1, Type 2, and Gestational Diabetes. Type 1 diabetes is an autoimmune disorder that is generally known to begin before adulthood. The immune system destroys the beta cells in the pancreas that make insulin, the hormone that regulates blood sugar. Type 2 diabetes usually begins at middle age, although now more young adults are prediabetic. The pancreas still produces insulin but the body cannot regulate blood sugar. This is called insulin resistance. Gestational Diabetes has similar insulin properties but the condition occurs during pregnancy and is generally transitory. Greater than 95% of Diabetics are Type 2 Diabetes, the rest are generally Type 1 Diabetes. Type 1 Diabetes is not a disease that is due to modifiable risk factors so this article will focus on Type 2 Diabetes and the prevention of it.

What does it mean when we say modifiable risk factor? Modifiable risk factors are the things that you can control, like diet and exercise. When planning a lifestyle change having a plan is the first step. Set a weight loss goal that is achievable. Start out by losing 5-10% of your current weight which is more manageable and achievable than saying you want to lose a larger amount of weight. Follow a healthy eating plan and increase your fluid intake by following a reduced-calorie eating plan and being more active each day. Get active. Make a plan to be more active, a body in motion stays in motion. Track your progress. There are many apps like My Fitness Pal, that can help you set goals, identify your food and water intake and activity. Talk with your health care team to help devise a lifestyle change plan. TRICARE covers a limited set of services from a nutritionist or registered dietitian. Your base Health Promotion Personnel will have other information and courses that can provide you with the tools you need to live an energetic happy life.

A healthy diet with fiber and whole foods combined with exercise will boost your energy levels and help you feel more energetic and healthy. Use the link to find more information on how to prevent Diabetes, it will be a game changer: <https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-type-2-diabetes/game-plan>.

Centers for Disease Control and Prevention (2022). *National diabetes statistics report website*. <https://www.cdc.gov/diabetes/data/statistics-report/index.html>.
Streit, L. (2022). 11 Ways to prevent type 2 diabetes. Healthline. <https://www.healthline.com/nutrition/prevent-diabetes#Prevention-tips-for-parents>



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See calendar on other side to see what is going on this week

Prevent Type 2 Diabetes

Know the Risk Factors for Prediabetes and Type 2 Diabetes:

1. Overweight
2. 45 years or older
3. A parent or sibling that has Type 2 Diabetes
4. Physically active fewer than 3 times/week
5. Having Diabetes while pregnant

Know the Consequences of Diabetes

- o Heart Attack
- o Stroke
- o Blindness
- o Kidney failure
- o Loss of toes, feet, or legs

Type 2 Diabetes is the most common form of Diabetes that can be prevented.

1. Reduce your total carb intake
2. Exercise regularly
3. Drink water as your primary beverage
4. Try to lose excess weight
5. Quit smoking
6. Reduce your portion sizes
7. Cutback on sedentary behaviors
8. Follow a high fiber diet
9. Optimize your Vitamin D levels
10. Minimize your intake of highly processed foods
11. Drink Coffee or Tea

Take the big step to change your lifestyle to prevent Diabetes. It is never too late.

Mayo Clinic Staff (2021). Diabetes prevention: 5 tips for taking control. <https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/in-depth/diabetes-prevention/art-20047639>

A Personal Message From Your Health Promotion Health Myth Busting Team



Dear Health Mythbusters,

I heard that it is healthier to eat at least 6 small frequent meals per day, is this true?

Sincerely,
I Gotta Have My Meals and Snacks

Dear I Gotta Have My Meals and Snacks,

Thank you for your question, it is a good one. It is not healthier to eat 6 small frequent meals per day. It was once believed eating to keep one's energy up was the best way to stay healthy. It was also understood that the most important meal of the day was breakfast. Ground breaking research is being released daily that shows this theory is incorrect. However, if one has difficulty controlling diabetes, is a child or adolescent, greater than 70 years old, has an eating disorder, or has a low weight, eating fewer meals per day would not be wise. Studies show that those who eat three or less meals a day had much more improved blood sugar levels than those who ate greater than 3 meals per day.

The latest studies show that eating more meals per day generally does more harm than good. The calories in and calories out model that states eat when and what you want, just make sure you work it off, is not effective. Eating three meals a day then snacking all day long overtaxes the pancreas and the digestive system. This makes the digestive system ineffective. Meal timing and the frequency of eating is crucial for a healthy digestive system. Studies have identified that eating fewer meals and only eating in a shorter time window is healthier because it allows the cells in the pancreas to regenerate. Eating fewer meals per day can reduce caloric intake and tap into food stores (fat) because insulin levels are low. Eating fewer times during the day has also been found to lower blood pressure, improve cholesterol levels, and lower the incidence of Alzheimer's disease.

The bottom line is research by the National Institute of Health (NIH) has found through extensive research, that eating less meals per day and exercising for an extended period of time the body will adjust and become healthier and thus more productive.

Sincerely,
Health Myth Busters

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you "Bust The Myths!" Send your questions to usaf.jbsa.afmsa.mbx.afmra-hpo@mail.mil. Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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Air Force Health Promotion HQ

Community Events

HERE'S WHAT'S GOING
ON WHERE YOU LIVE

Your Local Health
Promotion Office



Contact:

Phone:

Email:

Monday	Tuesday	Wednesday	Thursday	Friday