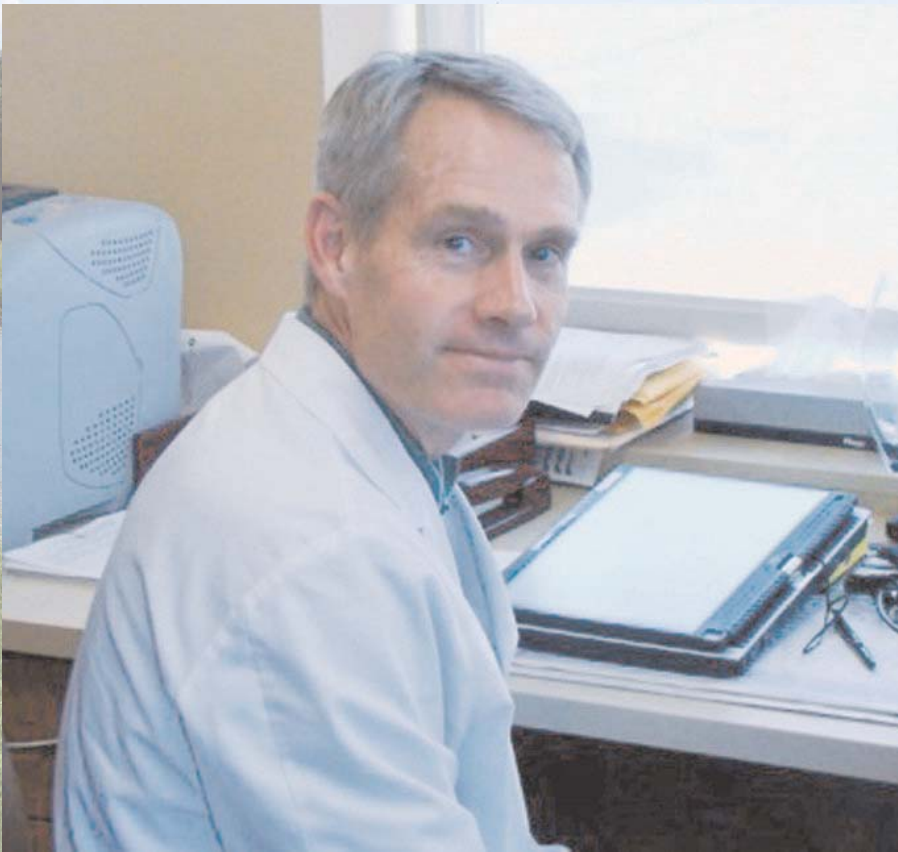


# Outrunning Diabetes

***“Fitness is the most powerful tool in my arsenal.”***

*Terry W. Cochran, MD*



An estimated 14.6 million people have been diagnosed with diabetes, while 6.2 million Americans – more than one third of people with diabetes – are unaware that they have the disease. And the Center for Disease Control predictions for the future are alarming.

***“Diabetes is a disease that impacts numerous people in Jefferson County. Diabetes can lead to a variety of health problems and complications. The key is early detection and prevention.”***

*Chris Estle-Tedrow, RN, BSN  
Jefferson County Public Health Administrator*

# Diabetes

## The Facts:

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes.

### Symptoms of Type 1 Diabetes

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and irritability

### Symptoms of Type 2 Diabetes

- Any of the type 1 symptoms
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections

**If you have one or more of these diabetes symptoms, see your health care provider right away.**

## What can I do?

If you are concerned about your risk factors for diabetes, see your health care professional.

If you have already been diagnosed with diabetes, the Jefferson County Health Center can help you. Learn how to live a healthier life with diabetes at the **Jefferson County Health Center Diabetes Self-Management Program, Diabetes Educator Marty Chandler at 641-469-4292.**



# Jefferson County Health Center Diabetes Self-Management Program

## How does our program work?

- It begins with an appointment with a registered nurse and a registered dietitian.
- Classes provide in-depth information about diabetes.



## Who will benefit?

- Individuals who are newly diagnosed with diabetes.
- Individuals starting insulin or a new oral medication.
- Individuals having problems managing diabetes.

## What will I learn?

Instruction in blood glucose monitoring and insulin administration is available.

- Overview of Diabetes
- Nutrition
- Blood sugar monitoring and the benefits of blood sugar control
- Medication
- Exercise
- Coping strategies
- Improving long term health
- Sick day management



## Where do I start?

Contact your health care provider for a referral or call the Diabetes Educator, Marty Chandler, RN at 641-469-4292 for assistance with the referral process.

## When are the classes?

The classes are held in two parts with the first session on Tuesday and the second on Thursday of the same week. A new class is scheduled each month. Classes are held in the conference room at Jefferson County Health Center. Lunch is provided at the first session with the Dietitian's assistance in food selection.

*Contact Marty Chandler about other diabetes prevention programs at Jefferson County Health Center, such as "how to shop healthy" grocery tours and nutritional information to make sense of food package labels.*

**EASY WAY TO START WEIGHT LIFTING:**  
Use a 16 oz. plastic bottle of water (full) and do some curls while you watch TV. Then drink the water.





## For people who are at risk of developing diabetes, increased physical activity and healthier food choices can prevent or delay type 2 diabetes.

**REDUCE SODIUM**  
Eliminate 380 mg of sodium from your meal by switching from canned green beans to fresh or frozen.

**REDUCE FAT**  
by changing your milk selection. Whole milk has 8 grams of fat per cup, 2% milk has 5 grams and skim has .06 grams.

**Healthy Eating** — Eating healthy is one of the most important things you can do to lower your risk for type 2 diabetes and heart disease.

**High Blood Glucose** — Managing your blood glucose (sugar) can help you prevent and manage type 2 diabetes.

**High Blood Pressure** — High blood pressure raises your risk for heart disease, stroke, and other problems. Managing blood pressure can help prevent these problems.

**Overweight** — Staying at a healthy weight can help you prevent and manage problems like type 2 diabetes, heart disease, high blood pressure, unhealthy cholesterol, and high blood glucose.

**Physical Activity** — Staying active helps manage your blood glucose, blood pressure, and cholesterol and lowers your risk for pre-diabetes, type 2 diabetes, heart disease and stroke.

**Smoking** — Smoking can raise your risk of heart attack or stroke.

**Cholesterol** — Unhealthy cholesterol levels can raise your risk for type 2 diabetes and heart disease. Talk to your health care provider about how often you should have your cholesterol checked and what numbers you should aim for. For most people, here are the LDL, HDL, and triglycerides numbers to aim for:

- LDL Cholesterol: Less than 100 mg/dL
- HDL Cholesterol: Greater than 60 mg/dL
- Triglycerides: Less than 150 mg/dL

Cholesterol is also affected by blood pressure and blood glucose. If your blood glucose and blood pressure are high, your cholesterol numbers may be high as well.



*Information provided by the American Diabetes Association.*



# PREVENTION AND LOCAL JEFFERSON COUNTY RESOURCES

Diet and exercise are the first steps you can take toward a healthier future.

But how much exercise do you need?

You need both **Aerobic Activity** and **Muscle Strengthening** activity.

## Aerobic Activity

*Two hours and 30 minutes  
a week at a moderate intensity,  
or 1 hour and 15 minutes at  
a vigorous intensity.\**

### Moderate Intensity

- Walking briskly (3 miles per hour or faster, but not race-walking)
- Water aerobics
- Bicycling slower than 10 miles per hour
- Tennis (doubles)
- Ballroom dancing
- General gardening

### Vigorous Intensity

- Racewalking, jogging, or running
- Swimming laps
- Tennis (singles)
- Aerobic dancing
- Bicycling 10 miles per hour or faster
- Jumping rope
- Heavy gardening (continuous digging or hoeing, with heart rate increases)
- Hiking uphill or with a heavy backpack



## Muscle Strengthening Activity

- Work these muscles at least 2 days a week.
- Include all major muscle groups such as the legs, hips, back, chest, stomach, shoulders and arms.
- Repeat each exercise 8 to 12 times per session.

*\*Source: 2008 Physical Activity Guidelines for Americans. Do not start an exercise program without first consulting with your health care provider.*

## Local Resources

**Jefferson County Health Center**  
2000 South Main Street, Fairfield, IA  
[www.JeffersonCountyHealthCenter.org](http://www.JeffersonCountyHealthCenter.org)

**Jefferson County Public Health and Home Care**  
200 West Briggs, Fairfield, IA • 472-5929  
[www.jeffersoncountyiowa.com/publichealth](http://www.jeffersoncountyiowa.com/publichealth)

**Jefferson County Wellness Action Coalition**  
*Visit our website for local resources and information.*  
[www.JeffCoWAC.org](http://www.JeffCoWAC.org)

**Fairfield Parks and Recreation**  
1000 West Burlington Ave., Fairfield, IA • 472-6159  
[www.CityofFairfieldIowa.com/public/recreation](http://www.CityofFairfieldIowa.com/public/recreation)

**Jefferson County Trails**  
*Take advantage of  
our beautiful trail system —  
perfect for a moderate  
or vigorous walk  
or bike ride.*  
[www.JeffersonCountyTrails.org](http://www.JeffersonCountyTrails.org)

**Exercise  
is a deposit  
in your own  
health care  
account.**



# Sneaky Exercises

*Sneaky Exercise Tips by Ken Daley, Executive Director,  
Jefferson County Wellness Action Coalition*

***It may not seem like much  
but these incidental exercise  
sessions make real contributions  
to an active lifestyle.***

- Stand up to do what you normally do sitting down.
- Can you walk while doing your present task? i.e. waiting for a photocopy – try walking around while waiting or do your favorite stretch.
- Talking on the phone? Use a phone that allows you to walk. Research shows that your brain works better if you move while thinking or talking.
- Walk your dog, better yet - run your dog!
- Doing the dishes? Do toe raises at the sink. Try standing on one leg while you dry the dishes – improves balance and strength at the same time. Do equally on both legs.
- Watching TV? Use the commercials to do some stretches or even exercises.
- House cleaning or gardening? Don't think of it as a chore but a chance to exercise. Attack it with gusto and vigor. Can you work up a sweat doing it? The chores will get done faster and give you more free time.
- Take a walking meeting with a colleague or client. You will get their full attention and they will remember the meeting as something different and significant. Remember we are hard wired to think best when we are moving.

## A soda a day?

**That's not so bad—a 150-calorie blip, burned off with a brisk half-hour walk. But it's not only your waistline that's at stake. A study in the journal *Diabetes Care* found that people with a daily habit of just one or two sugar-sweetened beverages — anything from sodas and energy drinks to sweetened teas and vitamin water — were more than 25 percent likelier to develop type 2 diabetes than were similar individuals who had no more than one sugary drink per month. One-a-day guzzlers in the study also had a 20 percent higher rate of metabolic syndrome, a collection of indicators such as high triglyceride levels suggesting that**

**diabetes is not far off.\***

*\*US News and World Report. October 27, 2010.*

*This pamphlet was produced and paid for by the  
Jefferson County Board of Health, Community Wellness Grant.*