



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES...WORDS OF WHIZ-DOM
Brought to you by Health and Wellness Promotion in the Center for Health and Well-Being November 16, 2020



Diabetes Awareness

According to Centers for Disease Control and Prevention (CDC), Diabetes is a chronic health condition that affects how your body turns food into energy. If you have Diabetes, your body either doesn't make enough insulin or cannot use the insulin it makes as well as it should. When there is not enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream, which can cause health serious health problems.

<https://www.cdc.gov/Diabetes/basics/>

Types of Diabetes

Type 1

Type 1 Diabetes is caused by an autoimmune reaction that stops your body from making insulin. Approximately 5-10% of the people who have Diabetes have type 1. Symptoms of type 1 Diabetes often develop quickly. It's usually diagnosed in children, teens, and young adults. If you have type 1 Diabetes, you'll need to take insulin every day to survive. Currently, no one knows how to prevent type 1 Diabetes.

Risk Factors

- Family History—Having a parent, brother, or sister with type 1 Diabetes.
- Age—You can get type 1 Diabetes at any age, but it's more likely to develop when you're a child, teen, or young adult.

Type 2

Type 2 Diabetes is when your body does not use insulin well and cannot keep blood sugar at normal levels. About 90-95% of people with Diabetes have type 2. It develops over many years and is usually diagnosed in adults. You may not notice any symptoms, so it's important to get your blood sugar tested if you're at risk. Type 2 Diabetes can be prevented or delayed with healthy lifestyle changes, such as losing weight, eating healthy food, and being active.

Risk Factors

- Have Prediabetes
- Are overweight
- Have a parent, brother, or sister with type 2 Diabetes
- Are physically active less than 3 times a week
- Have ever had gestational Diabetes
- Are African American, Hispanic/Latino American, American Indian, or Alaska Native (some Pacific Islanders and Asian Americans are also at higher risk)

Symptoms of Diabetes

- Urinate often
- Are very thirsty
- Lose weight without trying
- Are very hungry
- Have blurry vision
- Have numb or tingling hands or feet
- Feel very tired
- Have very dry skin
- Have sores that heal slowly
- Have more infections than usual

NUTRITION CONNECTION CAN HELP YOU.

Prediabetes

Before developing type 2 Diabetes, most people have Prediabetes; their blood sugar is higher than normal but not high enough yet for a Diabetes diagnosis. Prediabetes is really common—more than 88 million US adults have it, though more than 84% of them don't know they do. The good news is that Prediabetes can be reversed.

The Nutrition Connection, located in Suites on Maple East room G-12, is offering **FREE** nutrition counseling in person, or via HIPAA compliant zoom if you are taking virtual classes and not on campus! The counselors are IUP dietetic interns who can help you in managing your Diabetes with food choices along with offering so much more. Please email nutrition-connection@iup.edu for more information and to set up an appointment!