



Blaine County Health Department  
Creating a State of Health

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## **World Diabetes Day: Are You at Risk?**

Join the Oklahoma State Department of Health (OSDH) and the Blaine County Health Department as we recognize World Diabetes Day 2017. Diabetes is a leading cause of blindness, kidney failure, cardiovascular disease, and death. World Diabetes Day promotes the importance of monitoring your risk for developing Type 2 diabetes as well as managing Diabetes for those living with it.

In Oklahoma, more than a quarter of the population has prediabetes. Nine out of ten do not know that they have the condition. Around 90 percent of cases of diabetes are Type 2 diabetes which can be prevented or delayed through intervention.

According to the American Diabetes Association (ADA), almost every person who develops Type 2 diabetes has a condition known as prediabetes. This means a person's A1C levels are elevated and that person is at a higher risk of developing Type 2 diabetes.

Working with partners around the state, the OSDH put together a series of videos highlighting the importance of early detection and participating in a diabetes prevention program.

The video tells the story of three participants in the program who experienced positive life changes on their journey to a healthier lifestyle. The participants speak about how the program helped them understand what it means to eat better, move more, be tobacco free and reduce their risk of developing Type 2 diabetes. They shared how the program not only improves their health numbers, but those of their family and friends.

Participants in the National Diabetes Prevention Program in Oklahoma have an average weight loss exceeding the percentage recommended by the Centers for Disease Control (CDC).

This program coaches participants about healthy eating and drinking as well as increasing physical activity. Participants work together with a lifestyle coach to achieve their goals. Participants are encouraged to explore new and exciting ways to increase their activity level and maintain a healthy lifestyle.

For those at risk for developing Type 2 diabetes, the American Medical Association recommends an intervention such as the National Diabetes Prevention Program. Participants in this program have reduced their risk for developing Type 2 diabetes by 58 percent. Currently, there are 16 diabetes prevention programs in Oklahoma.

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