

facts

DIABETES

Diabetes is a disease that causes high levels of sugar (glucose) in the blood because the insulin is not working. The body needs insulin to turn glucose from food into energy.

TYPE 1 DIABETES happens when the body does **not make** insulin. It happens mostly in children and young adults.

TYPE 2 DIABETES happens when the body does **not use** insulin well. Most people (90%) with diabetes have Type 2.



1 IN 10 MAINERS HAS DIABETES

PRE-DIABETES is when blood sugar levels are higher than normal, but not high enough to be called diabetes. People with pre-diabetes are at risk of getting type 2 diabetes.

COMMON DIABETES MYTHS

MYTH	FACT
You cannot prevent diabetes - it is something that just happens.	Type 2 diabetes can be prevented, the National Diabetes Prevention Program (NDPP) can help.
Once you have diabetes, there is nothing you can do about it.	You can control Type 2 diabetes with healthy eating and exercise.
You can tell when your blood sugar is too high.	Symptoms of high blood sugar may be so mild that they are overlooked.
You can get diabetes from eating too much sugar.	Candy can increase your weight, and being overweight can lead to diabetes, however sugar is not a direct cause of diabetes.

DIABETES IN THE U.S. [2012]

1 IN 3 PEOPLE



- who have diabetes, do not know they have it.
- will have diabetes by 2050.

29 MILLION AMERICANS had diabetes. 21 million were diagnosed, while the other 8 million went undiagnosed.

86 MILLION AMERICANS had pre-diabetes, up from 79 million in 2010.

37% OF SENIOR AMERICANS had pre-diabetes. This has grown to 51% in 2014.

Do it for your family, your friends, for Maine, but mostly do it for you.
Learn more about the National Diabetes Prevention Program in Maine by visiting

www.ReThinkDiabetes.org

facts

DIABETES IN MAINE

11.4% OF MAINERS have diabetes.

7.4% OF MAINERS have pre-diabetes.

32,264 (3%) MAINERS have diabetes but don't know it.

Diabetes in Maine **TRIPLED** between 1995 and 2010.

MAINERS WITH DIABETES ARE AT RISK FOR SERIOUS HEALTH ISSUES

7TH LEADING CAUSE of **DEATH** in Maine.

More likely to die of **HEART DISEASE** or have a **STROKE**.

6 OUT OF 10 non-traumatic **LOWER LIMB AMPUTATIONS** in Maine are due to diabetes.

Leading cause of **BLINDNESS**.

Accounts for **4 OUT OF 10 KIDNEY FAILURES**.

WHAT CAN YOU DO TO PREVENT DIABETES?

AS AN EMPLOYER:

- Talk to your health insurance plan about covering the National Diabetes Prevention Program as a health benefit.
- Offer the National Diabetes Prevention Program to your employees.
- Support and promote lifestyle changes to your employees with diabetes and pre-diabetes.

AS A HEALTH INSURER:

- Include the National Diabetes Prevention Program in your suite of covered health benefits.
- Promote the National Diabetes Prevention Program to your members.

AS A HEALTHCARE PROVIDER:

- Talk to your clients about their risk of pre-diabetes.
- Refer your patients to the National Diabetes Prevention Program.
- Encourage your patients to participate in National Diabetes Prevention Program classes.

AS A MAINER:

- Talk to your doctor about your risk of pre-diabetes.
- Attend and encourage your family to attend National Diabetes Prevention Program classes.
- Eat healthy foods and become more active.



Paul R. LePage, Governor

Mary C. Mayhew, Commissioner