

Approximately 25.8 million children and adults in the United States have diabetes. An additional 79 million people have pre-diabetes, which puts them at a greater risk for developing type 2 diabetes. Diabetes is a growing problem, and if current trends continue, one in three children born today will develop diabetes during their lifetime.

What is diabetes?

Diabetes occurs when the body does not make or correctly use insulin, which is a hormone that converts sugar and other foods into energy for daily activity. If it is not present, sugar stays in the bloodstream, causing diabetes. More than 90 percent of diabetics have type 2 diabetes, also known as adult onset diabetes. As its name suggests, type 2 diabetes generally develops as we get older, and its onset is generally due to lifestyle factors that can be changed. Unfortunately, as our society continues to get more overweight and less active, more and more children are developing type 2 diabetes.

Are you at risk for diabetes?

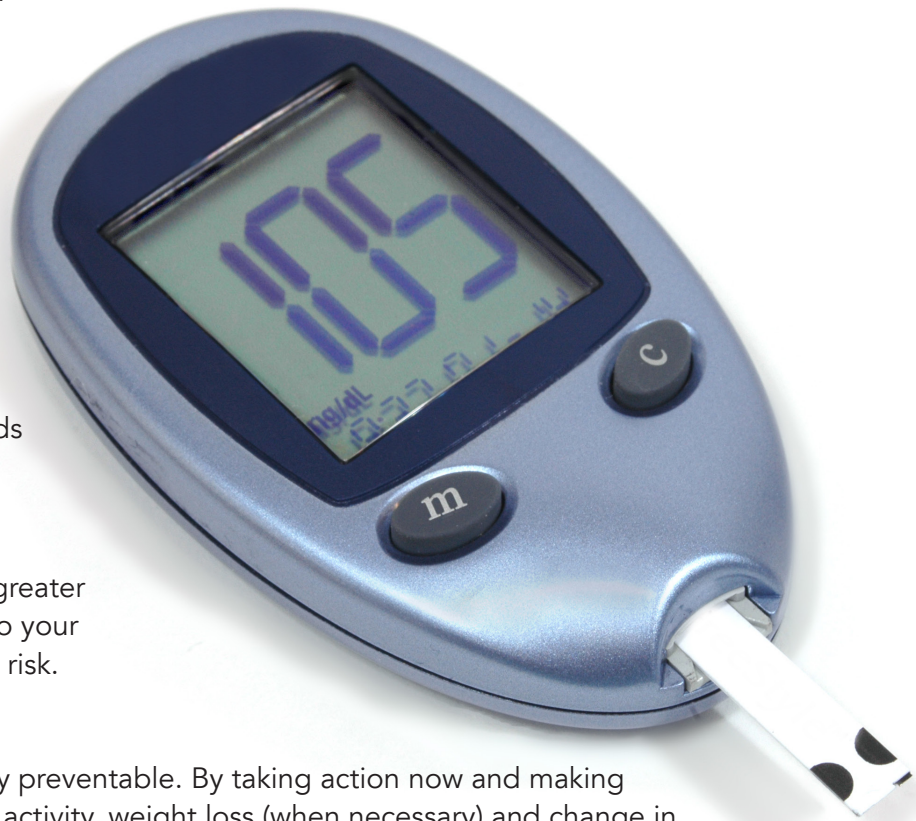
Listed below are the major risk factors for developing pre-diabetes and type 2 diabetes:

- Overweight or obese
- Physically inactive
- Age 45 or older
- High blood pressure, low HDL cholesterol, or high triglycerides
- Family history of diabetes
- History of gestational diabetes or gave birth to a baby weighing more than 9 pounds
- Latino, African American, Native American, Asian American or Pacific Islander

If two or more of these apply, you may be at greater risk for developing diabetes and should talk to your doctor about what you can do to reduce your risk.

Preventing type 2 diabetes

There is good news – type 2 diabetes is highly preventable. By taking action now and making lifestyle changes that include regular physical activity, weight loss (when necessary) and change in diet, most cases of type 2 diabetes can be prevented.



Success Stories

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Success Story

I used to be a very active person and I actually loved to exercise. About four years ago I was diagnosed with a chronic illness. The treatments were hard on my body and I wasn't able to exercise as much; as a result I gained about 50 pounds. This was really hard for me to take because I had never had to worry about my weight before that point in my life.

I decided to join this program because I knew I needed some help figuring out what to do. My coach was wonderful. Together we adjusted my eating plan so I was actually eating the right number of calories for my activity level. Even though I have a chronic illness, there are still some activities I can do. My coach gave me some great suggestions on various ways to increase my exercise, despite my condition. And guess what... it worked. I am losing weight and I once again feel in control of my life.

My entire lifestyle has drastically changed because of this program. It has made me realize that yes, while I have support, the motivation for me to change has to come from within – I have to do the work. I feel so very grateful to have this program. Thank you for all you do!

Susan

Coach Highlight

I enjoy being a Health Coach because it gives me the opportunity to say, "I changed a life today!" I believe that people need tools and resources to be successful in achieving their personal wellness goals. As a Health Coach, I am able to provide resources to help them be successful. Each day, I seek the opportunity to have a positive impact on someone's life. If I can do that, I feel like I have accomplished something. I have researched behavior change for over 10 years, and it is an electrifying experience to be able to put research into practice and see changes in people first hand.

Patti

