

Diabetes Management and Prevention Toolkit

Resources for our NFP clients and their employees

November is Diabetes Awareness Month! This month is dedicated to spreading awareness and education about **diabetes** management and prevention. Preventative measures for **diabetes** include healthy eating, as well as daily exercise. Often diabetes does not have symptoms, so early screenings and timely medical care is crucial.

This **Diabetes** Management and Prevention toolkit includes information about screening for **diabetes**, signs and symptoms of diabetes, tips for preventing **diabetes**, as well as external websites, podcasts, and resources designed to support your employees' who may already have diabetes.



Screening for Diabetes

Who should get screened for Diabetes? ([Mayo Clinic](#))

- **Anyone with a body mass index higher than 25 (23 for Asian Americans), regardless of age**, who has additional risk factors, including high blood pressure, non-typical cholesterol levels, an inactive lifestyle, a history of polycystic ovary syndrome or heart disease, and having a close relative with diabetes.
- **Anyone older than age 35** is advised to get an initial blood sugar screening. If the results are normal, they should be screened every three years after that.
- **Women who have had gestational diabetes** are advised to be screened for diabetes every three years.
- **Anyone who has been diagnosed with prediabetes** is advised to be tested every year.
- **Anyone who has HIV** is advised to be tested.

Why should people get screened for diabetes? ([CDC](#))

- Prediabetes and type 2 diabetes often don't have any symptoms.
- Catching prediabetes early and taking action can help prevent or delay type 2 diabetes and other serious health complications.
- Getting tested is easy and quick!
- Type 1 diabetes is different from type 2 as it usually appears during childhood or adolescence with symptoms developing quickly.

Common symptoms of Type 1 diabetes ([CDC](#)):

- Urinate a lot, often at night
- Increased thirst
- Weight loss
- Blurred vision
- Have numb or tingling hands or feet
- Very dry skin
- Feeling tired and weak
- Have sores that heal slowly



Preventing Diabetes

According to the [American Diabetes Association](#), small changes can lead to big results. **Nutrition** and **fitness** are two changes you can make to help prevent type 2 diabetes.

Nutrition: “Healthy eating for prediabetes and diabetes not only helps to manage your blood glucose (blood sugar), but it also helps you have a better relationship with food. Intentional food choices like eating more non-starchy veggies, opting for lean meats or plant-based proteins, choosing quality carbohydrates, and low-fat versions of cheeses and dressings, will all help you meet your health goals”([ADA](#)).

Healthy eating tips:

- Meal plan: Having nutritionally balanced meals planned out reduces your chances of impulse buying or eating fast food.
- Cook at home: This allows you to have control over the ingredients you are eating.
- Stay hydrated throughout the day.

Fitness: Regular exercise can help put you in control of your life. “Along with your diet and medications, regular physical activity is an important part of managing diabetes or dealing with prediabetes” ([ADA](#)).

Fitness tips:

- Aim for 150 minutes a week, or 30 minutes, 5 days a week ([CDC](#)).
- Walk 8,000 or more steps a day ([NIH](#)).
- Workout with a friend, it is fun and helps to hold you accountable.
- Stay consistent: schedule your workout for the same time each day to stay in a routine.

Resources for Managing Diabetes

Website and Articles



[Screen for type 1](#)
[American Diabetes Association](#)
[World Health Organization \(WHO\)](#)
[Mayo Clinic](#)
[Center for Disease Control \(CDC\)](#)

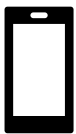


Podcasts



[Juicebox Podcast – Type 1 Diabetes](#)
[Diabetes Digital Podcast by Food Heaven](#)
[Diabetes Connections Type 2](#)
[Taking Control Of Your Diabetes- The Podcast!](#)

Apps



[Glucose Buddy](#)



[mySugr](#)



[MyFitnessPal](#)



[DiabetesPal](#)