ActiveYou

ActiveHealth® Management: Tips for well-being
November 2019

What is diabetes?

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy.

Most of the food you eat is broken down into sugar (also called glucose) and released into your bloodstream.

When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health prolems, like heart disease, vision loss, and kidney disease.

Unfortunately, there isn't a cure yet for diabetes. But, losing weight, eating healthy food, and being active can really help. Taking medicine as needed, getting diabetes self-management education and support, and keeping health care appointments can also reduce the impact of diabetes on your life.

Could you have prediabetes?

In the U.S. 84.1 million adults have prediabetes. That's more than one in three. And 90 percent don't even know it!

- Prediabetes means your blood glucose (sugar) is higher than normal.

- Most people who get type 2 diabetes have prediabetes first.

The good news is that lifestyle changes may help you get your blood sugar back to normal and avoid or delay diabetes.

The keys to success? Keeping a healthy weight, choosing healthy foods, and staying active.

A blood test can tell if you are at risk for diabetes. Talk to your doctor to learn more about screening for prediabetes and diabetes.

Upcoming events

Wellness Webinar Series

"Get the details on diabetes"
November 26, 2019

9:00 am, 11:30 am and 3:30 pm CT

http://go.activehealth.com/wellness-webinars

What can you do if you have diabetes?

It can be hard to accept that you have diabetes. It's totally normal to feel sad or angry. Talking about your feelings with your doctor or health care provider can really help you cope.

Try making healthy food choices. And try to lose weight if you're overweight. It's also good to get regular exercise.

If you have diabetes:

- See your doctor or health care provider. Regular checkups are important to monitor your health.
- Test your blood sugar levels. You have a better chance of keeping your blood sugar in your target range if you know what your levels are from day to day.
- Keep high blood pressure and high cholesterol under control. This can help you lower your risk of heart and large blood vessel disease.
- Quit smoking. This can help you reduce your risk of heart disease and stroke.

This can all seem like a lot to do, especially at first. So, ask for help if you need it!

Coach's corner

Meet Linda, a Health Coach Dietitian and Certified Diabetes Educator for ActiveHealth. As a dietitian, Linda enjoys educating and motivating others towards a healthier lifestyle. Her passion is to help each and every person find their own highest level of wellness.

Linda's "healthy eating" tips:

Whether you have prediabetes, diabetes, or even if you don't, everyone feels better when they eat healthy!

Here are some tips:

- Get a variety of foods from each food group
- Make ½ of your plate vegetables or fruit
- Include whole grains like oatmeal, barley, quinoa, buckwheat, and bulgur in your diet
- Eat healthy fats like nuts, seeds, olives, olive or canola oils, and avocados
- Choose leaner meats and eat fish more often
- Try low fat dairy products

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MyActiveHealth.com is a digital gateway to help you manage your health and well-being. Best of all, it's designed around you. You choose your goals, and you set the pace. And, it's easy and fun to use.

You'll find many items, such as a health assessment, online learning tools, healthy recipes, and more!

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