



UNION HOSPITAL

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Diabetes Education Center

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Diabetes: The Future of America

For most of us here in America, diabetes is nothing that we haven't heard about before, especially for those of us that have diabetes. Even if we aren't experts on the topic, we generally know a thing or two about diabetes; we hear about it in the news occasionally or sometimes read the diabetes pamphlets while waiting in the doctor's office. According to new research from the Center for Disease Control (CDC), over the next few years we can expect to be hearing a great deal more about diabetes.

Currently in America, 1 in 10, or 10%, of our population has diabetes, but researchers at the CDC are saying that unless our nation can drastically reduce our growing obesity epidemic that number could triple to as many as 1 in 3, or 30% of Americans by 2050. Even if the American diabetes incidence was to decline, the population's diabetes prevalence would still increase to from 10% to at least 20%. There are several current trends that are thought to be causing the increase in diabetes prevalence:

- *America's aging population:* Americans are living longer today than ever before, which is good, but that means that more people will need care.
- *America's growing obesity problem:* Obesity and physical inactivity are major risk factors for type 2 diabetes.
- *Since Americans are living longer, that means that people diagnosed with diabetes are living longer too:* This is a positive aspect of the diabetes prevalence, but also means more diabetic care will be needed.
- *America is becoming a more diverse population:* Many minority groups are at a higher risk for diabetes. For example, Mexican Americans have almost double the risk for the disease than Caucasians do.

Although there are a few factors that we cannot change, there are more that we can; making healthier food choices, increasing physical activity to five sessions of thirty minutes per week, and reducing body weight by 5-7% are all part of type 2 diabetes prevention. Those that are at risk should be tested. Early treatment and good diabetes care can result in a long, problem-free life.

Cost of Diabetes

\$174 billion: Total costs of diagnosed diabetes in the United States in 2007

\$116 billion for direct medical costs

\$58 billion for indirect costs (disability, work loss, premature mortality)

After adjusting for population age and sex differences, average medical expenditures among people with diagnosed diabetes were 2.3 times higher than what expenditures would be in the absence of diabetes.

The American Diabetes Association has created a Diabetes Cost Calculator that takes the national cost of diabetes data and provides estimates at the state and congressional district level.

Factoring in the additional costs of undiagnosed diabetes, pre-diabetes, and gestational diabetes brings the total cost of diabetes in the United States in 2007 to \$218 billion.

\$18 billion for the 6.3 million people with undiagnosed diabetes

\$25 billion for the 57 million American adults with pre-diabetes

\$623 million for the 180,000 pregnancies where gestational diabetes is diagnosed

2011 Diabetes Support Group Important Dates

*1st Monday of each month,
6-8pm, POB

3rd Floor Lunchroom

01/03 A Guide to Changing Habits

02/07 National Heart Awareness
Month Program

03/07 Diabetes Police and Diabetes
Criminals

04/04 National Foot Care Prevention
Month

05/02 National Stroke Awareness
Month

06/06 Program at Clabber Girl

07/04 No meeting— Enjoy your
holiday with family and friends!

*Please remember if Vigo County Schools are closed due to bad weather, there will be no Diabetes Support Group meeting on that evening.



Diabetes Education Center

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Follow Up With Your Follow-Up!

Are you ready to start the new year off on the right foot this year? Do you want to know your numbers? Do you have a diabetes care plan? Are you counting carbs at every meal? Are you interested in starting to exercise regularly? If you've been interested in any of these areas, then it's time for you to schedule your follow-up appointment with our Certified Diabetes Educators and Registered Dietitians!

Did you know that you can complete your follow-up in less than two hours? Follow-ups are offered Monday through Friday and are simple to schedule! They are scheduled privately and individualized around your schedule. We will even call your doctor for your referral. Your follow-up appointment can create a meal and exercise plan that works for *you* and *your* needs. This is also a great time to go over carb counting, nutritional guidelines, and any health concerns you may have to ensure a healthy start to a bright new year.

Go ahead and try something new for 2011! Start the new year off right, schedule your follow-up today!

Some Diabetes Trivia....

- According to the American Diabetes Association, diabetes is the fifth-leading cause of death in the United States.
- Almost 1 in 17 people worldwide have diabetes. More than 1800 cases of diabetes are diagnosed everyday.



Union Hospital's Outpatient Nutrition Center and the Center for Fitness and Performance will be offering a 12-week exciting and transforming weight loss program to anyone who wishes to join! Through this program participants will receive nutrition and weight loss education, a personalized meal plan, and training on how to lose weight in a safe and healthy way.

Meetings begin January 17th, 2011 and will be held on Monday evenings from 5:30 to 6:30 p.m. In addition to the classes, participants will receive a personal training session each week as well as membership to the Fitness Center for the duration of the 12 week program.

Registration needs to be at least one week ahead of the start date. The last day to register is Friday, January 7th, 2011. Each participant will be scheduled a private appointment with a dietitian prior to starting the program. The total cost of the *Transform in 12* program is \$375. Payments can be paid in full or in three installments of \$125. The first payment is due when the appointment is made, the second is due at the first class on January 17th, and the third is due on February 7th, 2011. For further information or to register for the program, contact Outpatient Nutrition at 238-7577.