

Fayette County

December 2008

Health Beat

Healthy Choices • Healthy People • Healthy Communities

6 Good Ways to Lower Your Risk of Diabetes

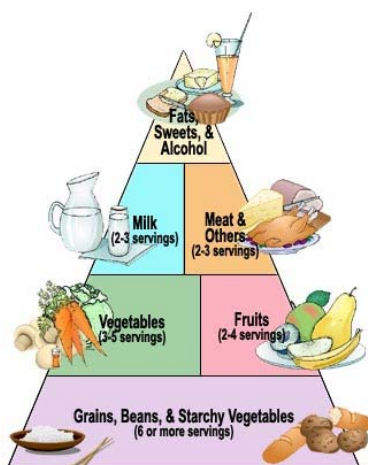
Diabetes is a serious condition. When a person has diabetes, his or her body does not have enough insulin or does not use insulin the way it should. Without enough insulin, glucose (sugar) can build up in the blood. Too much glucose in the blood can lead to serious health problems like heart disease, stroke, eye problems, kidney disease and nerve damage. Diabetes is one of the leading causes of death and disability in the U.S. About 18 million people in the U.S. have diabetes. About 41 million more have a conditions called pre-diabetes and are at risk for developing diabetes.

Recent studies have shown that type 2 diabetes - the most common form of the disease - can be prevented or delayed by simple lifestyle changes. The following six steps can help lower your risk.

Lose weight if you need to. Too much body fat interferes with the body's ability to use insulin. You don't have to lose a lot of weight to lower blood glucose (sugar) levels. Even losing five to ten percent of your body can help.

Eat a healthy diet. Healthy food choices can lower your risk of diabetes. Eat a balanced diet that includes vegetables, whole grains and lean protein. Limit sweets, fats and "junk foods."

Diabetes Food Pyramid



Stay physically active. Regular physical activity helps your body use insulin. Plus, it will help you maintain a healthy weight and reduce your risk of heart disease and stroke. To lower your risk of diabetes, exercise for at least 30 minutes on most days.

If you smoke, plan to quit. Studies suggest that smoking increases your risk of getting diabetes. Smoking also increases your risk of problems associated with diabetes such as hear disease and stroke. Plan a quit date today.

Learn about your risk. The major risk factors for diabetes include being overweight, not getting enough physical activity, being older than 45 and having a close family member who has diabetes.

Talk to your doctor or health care provider. Ask about your risk. Ask about lifestyle changes that may lower your risk. Ask if you should be screened for pre-diabetes or diabetes.

Sources: ndep.nih.gov/diabetes

November 2008 Statistics

FAMILY & CLINICAL SERVICES

WIC

Active WIC Clients.....	878
WIC Services.....	268
Breast Feeding Women.....	36
Breast Feeding Peer Counseling.....	26

Family Case Management

Active Families.....	340
EPSDTs.....	54
Pregnancy Tests.....	10
ASQ:SEs.....	66
Edinburghs.....	42
Denvers.....	82
Home Visits.....	17
APORS Visits.....	7
Healthwork Clients.....	16

Healthy Families Illinois

Families Served.....	46
Home Visits.....	88
Assessments.....	6

Doula

Families Served.....	14
Home Visits.....	33
Doula Assisted Deliveries.....	1

TPS

Clients.....	20
Graduated High School/GED.....	0

Genetics

Screenings.....	40
Clinics.....	0
Patients Seen In Clinic.....	0

Immunizations

Children.....	424
Adult.....	28
Lab Draws.....	10
Adult Injections.....	9

Lead

Lead Screenings.....	38
Active Lead Cases.....	3

Flu

Clinics.....	4
Flu Vaccinations.....	373
Pneumonia Vaccinations.....	24

Diabetes

Diabetes Participants.....	336
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Smoking Cessation

New Break the Habit Smoking Cessation Clients.....	1
Tobacco Quitline Calls.....	4

Communicable Disease

New Cases.....	0
Cases Closed.....	2

Sexually Transmitted Diseases

STD Cases Received & Reported.....	3
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Tuberculosis

Investigations.....	0
New Prophylactic Patients.....	0
New Active Cases.....	0
TB Tests.....	36
TB Screenings.....	16

HOME HEALTH

Number of Current Patients.....	45
Total Served.....	60
Total Number of Visits.....	348
Foot Care.....	34

HOSPICE

Number of Patients.....	11
Number of Volunteers.....	7
Families in Bereavement.....	133

ENVIRONMENTAL HEALTH

Food Safety

Inspections.....	5
Re-Inspections.....	1
Spot Checks.....	5
Complaints.....	1
Certifications.....	0
Re-Certifications.....	8
Pre-Openings.....	1

Tanning

Inspections.....	1
Re-Inspections.....	0

Private Sewage

Plan Approvals.....	2
Installations.....	3

Potable Water

Wells Permitted.....	0
Wells Constructed.....	3
Water Samples.....	1
Non-Community.....	3

Complaints

Sewage Complaints.....	0
Nuisance Complaints.....	0
Resolved Complaints.....	0
Referred Complaints.....	0

Wells Sealed.....

Real Estate Surveys.....

Sewage Compliance-

Vandalia Lake.....

West Nile Bird Submission.....

Subdivision Review.....

Rabies Specimen Submission.....

Clinics

By Appointment Only

Tuesdays 8:30-4:30

- Lab Clinic
- Adult and Adolescent Immunizations
- TB testing

Fridays (schedule varies)

- Children's immunizations
- TB
- Lead screening