

# PREVENTION WEDNESDAY

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City of Baltimore

Health Department

## Diabetes Alert Day! March 23, 2010

### What is Diabetes?

♥ Diabetes is a group of diseases marked by **high levels** of blood **sugar**.

#### ♥ Type 1 Diabetes

The body does not produce insulin.

#### ♥ Type 2 Diabetes

The body does not use insulin properly.

### Warning Signs

- ♥ Frequent thirst
- ♥ Frequent hunger
- ♥ Frequent urination
- ♥ Extreme weakness & fatigue
- ♥ Blurry vision

### Risk Factors

- ♥ Being over age 45
- ♥ Being overweight
- ♥ Family history of diabetes
- ♥ Smoking
- ♥ High blood pressure

### Prevention TIPS

#### Tip 1: Know Your Risk

Take the American Diabetes Association's Diabetes Risk Test: <http://www.stopdiabetes.com>

Join the movement  
and help put an end  
to a deadly disease.



#### Tip 2: Exercise Regularly

Call Recreation and Parks at **410-396-7900** for activities near you

#### Tip 3: Eat Healthy

Call **1-800-DIABETES** for local support groups focused on Nutrition

#### Health Disparities in Baltimore:

- ♦ Blacks are **1.5 times more likely** than Whites to report having diabetes
- ♦ Diabetes mortality for residents with a high school education or less is **over 2.5 times higher** than that for residents with more than a high school education
- ♦ Residents of the lowest income (<\$15k) are **over 4 times more likely** than residents of the highest income (>\$75k) to report having diabetes
- ♦ Obese residents are **over 3 times more likely** than non-obese residents to report having diabetes

## Resources and References

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Are you at risk? Take the American Diabetes Association's test  
<http://www.diabetes.org/risk-test.jsp>

American Diabetes Association  
<http://www.diabetes.org/home.jsp>

Centers for Disease Control and Prevention's Diabetes and Me  
<http://www.cdc.gov/diabetes/consumer/index.htm>

The National Institutes of Diabetes and Digestive and Kidney Diseases  
<http://diabetes.niddk.nih.gov/dm/pubs/overview/index.htm>

Baltimore City Health Department Health Disparities Initiative  
[www.baltimorehealth.org/disparities](http://www.baltimorehealth.org/disparities)

ProVision Eye Care  
<http://www.jhuccp.org/na/provision/>

Baltimore Health Care Access  
<http://www.hbca.org/>

1-800-QUIT-NOW  
<http://1800quitnow.cancer.gov/>

Baltimore City Recreation and Parks  
<http://www.ci.baltimore.md.us/government/recnparks/>

MD Dept. Health & Mental Hygiene, Chronic Diseases Prevention \*  
Diabetes Prevention & Control Program  
<http://fha.maryland.gov/cdp/diabetes.cfm>