



**Gail Devers**

*Featured in the  
accompanying  
video.*

**Art Shell**

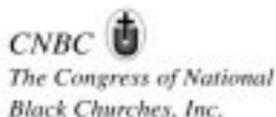


**Living With**

# Diabetes

A Guide  
for African Americans

Supported by a grant from:



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**Did you know  
that about 1 out  
of every 12  
African-American  
men and women  
has diabetes?**

# Introduction

Diabetes is one of the most serious health problems facing African Americans. Did you know that more than 2.2 million African Americans have diabetes? That's about 1 out of every 12 African-American men and women.

African Americans are at higher risk for diabetes than most other Americans, but you can fight back. Many people with diabetes can lead a healthy and active life. African Americans have supportive families, close communities, and the strength to stay healthy.

*Living with Diabetes* will help you manage type 2 diabetes. To use this two-part program, first watch the video. Enjoy watching it with your family and friends. Discuss what inspires you.

Next, look through this booklet. It will answer many of your questions about nutrition, exercise, working with your healthcare provider, and living with diabetes.

# What is diabetes?

Diabetes means that your **glucose** is too high. Glucose is a type of sugar in the blood.

Your body makes **insulin** to help turn glucose into energy. If you don't have enough insulin, too much glucose stays in your blood.

There are **three** main types of diabetes:

## Type 1

1

The body doesn't make any insulin, so a healthcare provider will prescribe insulin. If you have **type 1** diabetes, you need to take insulin to stay alive.

## Type 2

2

The body doesn't make enough insulin, or the insulin doesn't work right. Most people with diabetes have **type 2**.

## Gestational diabetes

Some women get diabetes during pregnancy. It often goes away after the baby is born. Many women who have had gestational diabetes develop type 2 diabetes later in life.

# What causes diabetes?

Scientists don't know exactly what causes type 2 diabetes, but certain things can raise a person's risk.

- ▶ **Genetics.** Type 2 diabetes often runs in families.
- ▶ **Obesity.** Being overweight can increase a person's risk for diabetes. Did you know that more than 3 out of every 4 African-American women are overweight? About 3 out of every 5 African-American men are overweight.
- ▶ **Lifestyle.** Unhealthy eating habits and not getting enough exercise can also raise a person's risk of diabetes.



# Diabetes warning signs

How did you find out that you have diabetes? Is there anyone else in your family who might have diabetes? **Many people have diabetes without any warning signs, but some people do experience warning signs.** Do you know the warning signs of diabetes?

- ➔ **Tired all the time**
- ➔ **Often thirsty**
- ➔ **Often hungry**
- ➔ **Need to urinate often**
- ➔ **Blurry vision**
- ➔ **Sudden weight loss**
- ➔ **Vaginal infections**
- ➔ **Wounds that won't heal**
- ➔ **Tingling or numbness in hands or feet**

Protect yourself and the people close to you. **Anyone who experiences any of the above warning signs should ask his or her health-care provider about having a diabetes test.**

# Protect your children from diabetes

Type 2 diabetes usually begins during adulthood, but more and more young people are getting this disease – even children. Help protect your children from diabetes!

—▶ **Encourage active play.** If possible, find a safe place where your children can spend plenty of time outdoors, away from television and video games. Take them to the park. Encourage sports, bicycling, running, dancing, jump rope, gymnastics and other fun ways to stay active. An active lifestyle helps protect children from becoming overweight and helps keep them from developing heart disease and diabetes.



→ **Serve healthy meals and snacks.** Serve fruits and vegetables your children enjoy. Offer whole wheat bread instead of white bread. Choose foods that are low in sugar, fat, and salt. Encourage children to drink water or low-fat milk instead of soft drinks or high-sugar fruit drinks.

→ **Bring your children for health checkups.** The doctor will measure their blood pressure, weight, and other health indicators. Did you know that more than 1 out of every 8 African-American girls over age 5 is overweight?

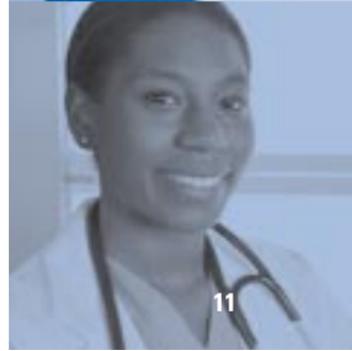


# Managing diabetes

African Americans with diabetes are at especially high risk for complications such as heart attack, stroke, kidney disease, blindness, amputations, or even death. Fortunately, you can do a lot to help prevent these complications just by controlling diabetes.

You can lead a full and active life with diabetes, but you need to:

- Check your blood glucose (sugar)
- Protect your heart
- Check your feet
- Eat healthy
- Exercise
- Manage your weight
- Cope with stress
- Take your medication
- Get checkups



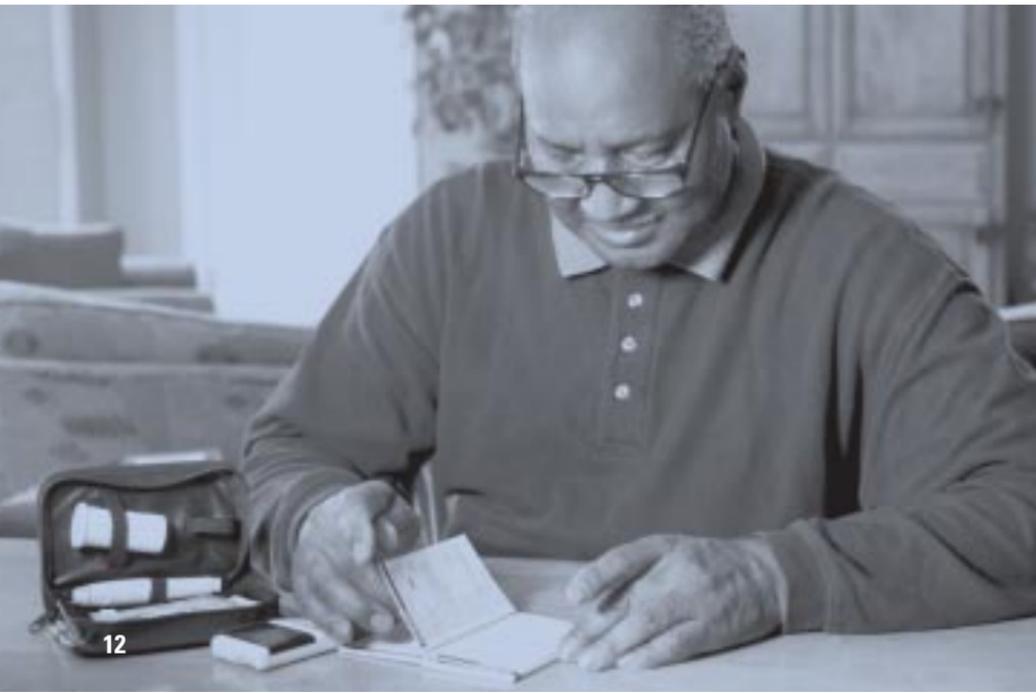
# Check your blood glucose (sugar)

If you have diabetes, your healthcare provider will show you how to use a glucose meter and tell you how often to check your blood glucose each day.

Blood glucose can become too low if you skip a meal, take too much insulin, or are more active than usual.

High blood glucose can occur if you eat more than usual, are less active than usual, or skip a dose of medicine.

When your blood glucose is in control, you may feel better, have more energy, and reduce your risk of diabetes-related health problems.





## The A1C test

In addition to checking your blood glucose at home, you should have an A1C test at least twice a year, given by your healthcare provider. This test is a very accurate measure of how well you are managing your diabetes over time.

Ask your healthcare provider how often you should have an A1C test. Most people with diabetes have this test every 3 to 6 months.

If your A1C is below 7%, your blood glucose is within the expected range. Discuss your results with your healthcare provider to determine what they mean for you.

# Protect your heart

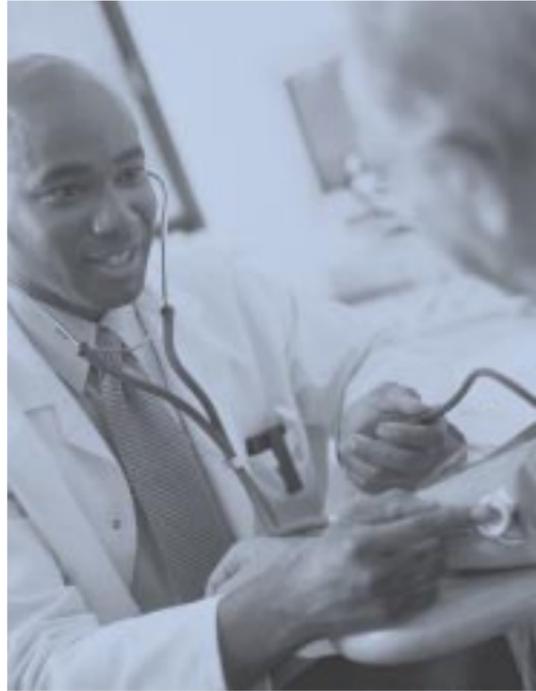
Having diabetes increases your risk for heart disease. Help protect your heart by controlling your blood pressure and lipids (cholesterol and triglycerides), and by not smoking.

## How's your blood pressure?

Did you know that more than 1 out of every 3 African-American adults has high blood pressure? It's true! That's a higher rate than nearly any other culture in the world.

High blood pressure raises the risk of heart disease. So does diabetes. So, if you have diabetes, it's especially important to

control your blood pressure. Ask your healthcare provider what your blood pressure goal is and what you can do to help control your blood pressure.



## —▶ **What are your lipid levels?**

Your healthcare provider should measure your lipid levels once a year, including:

- Total cholesterol
- LDL, or “bad” cholesterol
- HDL, or “good” cholesterol
- Triglycerides

Talk with your healthcare provider about what the results mean for you. Find out what levels you should aim for to help protect yourself from heart disease.

## —▶ **Do you smoke?**

Diabetes can increase your risk for heart disease. Smoking also increases your risk for heart disease. If you smoke, quit now! Smoking can kill you. If you’ve tried to quit before, you know that it isn’t easy to stop smoking. You need to be motivated. Do it for yourself and for those you love!

If you need help quitting, talk with your healthcare provider.



# Check your feet

People with diabetes are more likely to have problems with their feet caused by poor blood circulation, nerve damage, or infection. If not treated, these problems can cause you to lose a toe, foot, or leg.

Each time you go for a diabetes exam, your healthcare provider should examine your feet.

Also inspect your feet each day. Call your healthcare provider if you find any of these warning signs:

- ➔ Pain, numbness, or swelling in the feet or legs
- ➔ Sores that won't heal
- ➔ Redness or other changes in skin color
- ➔ A cut, bruise, or other foot injury



# Eat healthy

Eating healthy meals is very important for managing diabetes. Do you know the basics of healthy eating?

- ➔ Eat whole grains, vegetables, and fruits.
- ➔ Limit foods that are high in fat, sugar, and salt.
- ➔ Don't eat too much.
- ➔ Find out what portion sizes are right for you. Instead of eating a large amount at one time, eat smaller amounts throughout the day



Changing your eating habits may be easier than you think. Which of these healthy food choices appeal to you?

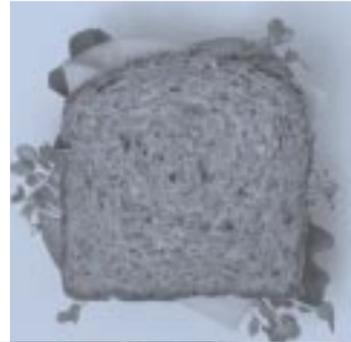


## Breakfast

- Whole-grain cereal with low-fat milk
- Low-fat oatmeal muffin
- Scrambled egg-substitute with low-fat cheese and whole wheat toast

## Lunch

- Whole grain bread
- Lean cold cuts (turkey or chicken breast, extra lean roast beef)
- Tuna or turkey breast sandwich with whole wheat bread
- Salad with low-fat dressing
- Bean salad with fat-free or low-fat dressing



## Snack

- Carrot sticks or other veggies with low-fat dip
- Low-fat cheese and crackers
- A handful of peanuts or nuts

## Dinner

### *Entree*

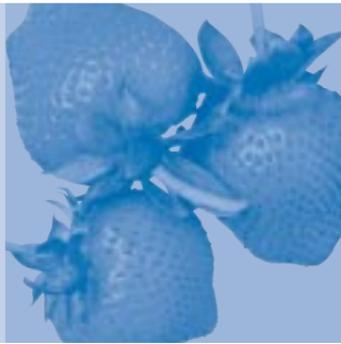
- Broiled chicken or turkey breast with salt-free seasoning
- Grilled marinated pork chops
- Broiled or baked fish

### *Vegetables*

- Black-eyed peas cooked with onion and crushed black pepper
- Corn-on-the-cob
- Greens with fresh green pepper and basil
- Steamed broccoli or carrots

### *Grains*

- Cornbread
- Whole-grain bread or rolls
- Brown rice





## Dessert

- Strawberries or other berries
- Low-fat yogurt with fresh fruit

## Beverages

- Water, sparkling water, or ice water
- Unsweetened iced tea

## Limit your portions

Remember to talk with your healthcare provider or a diabetes educator about what portion sizes are right for you. Eating healthy foods in the right portions will help you manage your diabetes successfully.

Follow these tips to help control the amount you eat:

- When offered boneless chicken, turkey, or pork, select a serving no larger than the palm of your hand.
- Eat slowly and enjoy every bite.
- Limit second helpings to low-fat vegetable dishes.
- Focus on activities other than eating.
- Eat only foods that are part of your meal plan.

## Hot 'N Spicy Seasoning

*from Chef Johnny Rivers*

Use a little of this tasty seasoning when cooking fish and lean meats.

1/2 cup paprika

2 Tablespoons dried oregano, crushed

2 teaspoons chili powder

1 teaspoon garlic powder

1 teaspoon black pepper

1/2 teaspoon red (cayenne) pepper

1/2 teaspoon dry mustard

Mix together all ingredients. Store in airtight container.

Makes about 1/3 cup.



## → **Special meals**

You may find a lot of tasty, tempting foods at holiday meals, birthdays, and other special events. Remember to control your portions! Sometimes one or two bites of a rich dessert can be as satisfying as a whole plateful.

## → **Eating out**

Remember to choose healthy meals when you eat out, too. To help avoid fatty foods and fried foods, look for salads and foods that are grilled, baked, or broiled. Some restaurants include “heart-healthy” or “lite” meals on the menu.

If you eat at fast-food restaurants, try to select low-fat food choices. Many restaurants offer a selection of salads and other low-fat choices.

Many restaurants serve oversized portions. To avoid overeating, you may choose to share your meal with someone else or take part of it home.



# Exercise

Staying physically active is one of the best ways to help control blood glucose and prevent diabetes complications. An active lifestyle and regular exercise can help you:

- ➔ Feel better
- ➔ Manage blood glucose
- ➔ Help insulin work better
- ➔ Lower your blood pressure
- ➔ Reduce your risk for heart attack and stroke
- ➔ Manage your weight
- ➔ Increase energy and relieve stress
- ➔ Strengthen bones, tone muscles, and improve flexibility



## —▶ **Choose your favorite activities**

What types of exercise do you enjoy? Many people like taking brisk walks, and walking is not expensive. All you need is a pair of supportive shoes and a place to walk. Dancing, swimming, bicycling, and jogging are also great ways to exercise. Maybe you enjoy playing baseball, playing basketball, or going fishing.

Try to exercise for at least 4 or 5 days per week. Aim for a total of at least 30 minutes per day.

Talk with your healthcare provider about what types of exercise are best for you, and find out how often you should exercise.



Look for ways to add more physical activity to your daily routine. Which of these ideas appeal to you?

- ➔ Use the stairs instead of the elevator.
- ➔ Visit with your friends by walking around together in the neighborhood or in a shopping mall.
- ➔ Keep a pair of walking shoes at your workplace and take walks during your breaks.
- ➔ Get up early and work out with an exercise video before breakfast.
- ➔ Dance to your favorite music. Have fun adding new moves.
- ➔ Walk on a treadmill while watching TV.



# Manage your weight

Being overweight is not healthy for anyone, and it may be especially harmful for people with diabetes. Many people with type 2 diabetes are overweight and need to lose weight to help manage their diabetes. Maintaining a healthy weight can help control blood sugar and help protect your heart.

Do you know if you are overweight? Your health-care provider can calculate your body mass index (BMI) to help determine if you are overweight and help you set a weight goal.



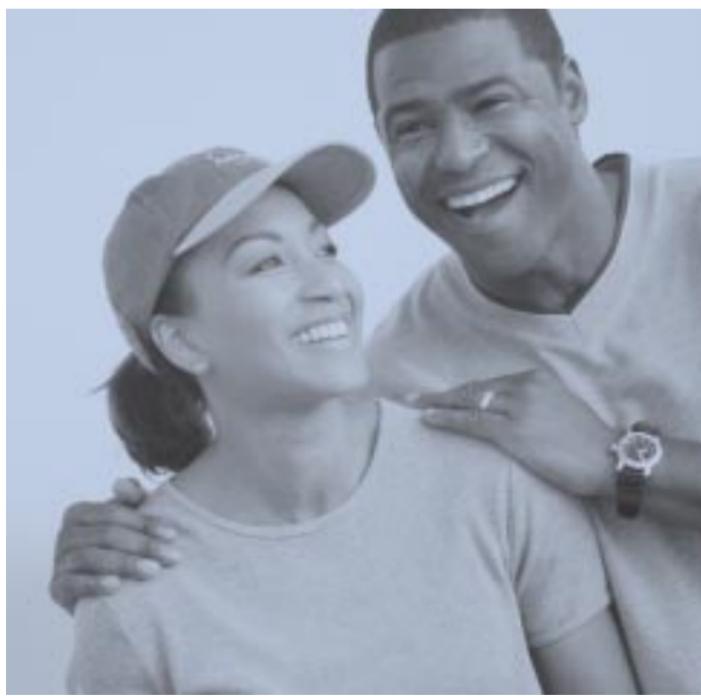
**BMI**  
**BMI**  
**over 25 = over weight**

A blue background with a grid pattern and a line graph showing an upward trend. The text 'BMI over 25 = over weight' is overlaid on this background.

## ➔ **Weight-loss tips**

Shedding pounds is no easy task, but it may be the best thing you can do for your health.

- ➔ If you lose weight slowly, it will be easier to keep the weight off over time.
- ➔ Follow the healthy eating and exercise tips in this book.
- ➔ Drink a glass of water before each meal to help reduce your appetite.
- ➔ Work with your dietitian to plan a weight-loss program that works well for you.



- ➔ Keep a food diary to help track your eating patterns. This will also help you and your healthcare provider or dietitian examine how your eating habits affect your blood glucose levels.

## Food Diary

Date: *January 7*

Time	Amount & Type of food	Activity During Meals	Comments
<i>7:00 am</i>	<i>1 cup cereal 1 cup skim milk 1 cup coffee 1/2 cup blueberries</i>	<i>read newspaper</i>	<i>feeling good</i>
<i>10:30 am</i>	<i>ten almonds 1/2 cup yogurt</i>	<i>none</i>	<i>focused on eating, relaxing</i>

# Cope with stress

Everyone needs tools to help cope with life's everyday challenges. Coping can be more stressful when you also have to manage diabetes every day. Sometimes you may feel angry, frustrated, or worried about having diabetes.

Blood glucose changes can also cause stress. When blood glucose is too low, it can make you feel irritable or nervous. High blood glucose can make you feel tired or depressed.



## → Coping strategies

- ➔ Stay active. Find activities that you enjoy.
- ➔ Reach out to others. Volunteer in your community or help a family member or friend in need. Caring for a pet can be helpful, too.
- ➔ Don't hold feelings inside. Talk with family members, close friends, or a diabetes support group about the stress in your life.
- ➔ Maintain a positive attitude.
- ➔ Don't expect yourself to be perfect. Set realistic goals.
- ➔ Get plenty of sleep.
- ➔ Eat healthy foods.
- ➔ Exercise regularly.



# Take your medication

For some people, making lifestyle changes is enough to keep their diabetes under control. However, many people with diabetes also need to take diabetes pills or insulin to help manage their blood glucose levels.

People who have type 1 diabetes need to take insulin to stay alive. A person with type 2 diabetes might need to take diabetes pills or insulin, or both, to control blood glucose.

There are several different types of diabetes pills and insulin.



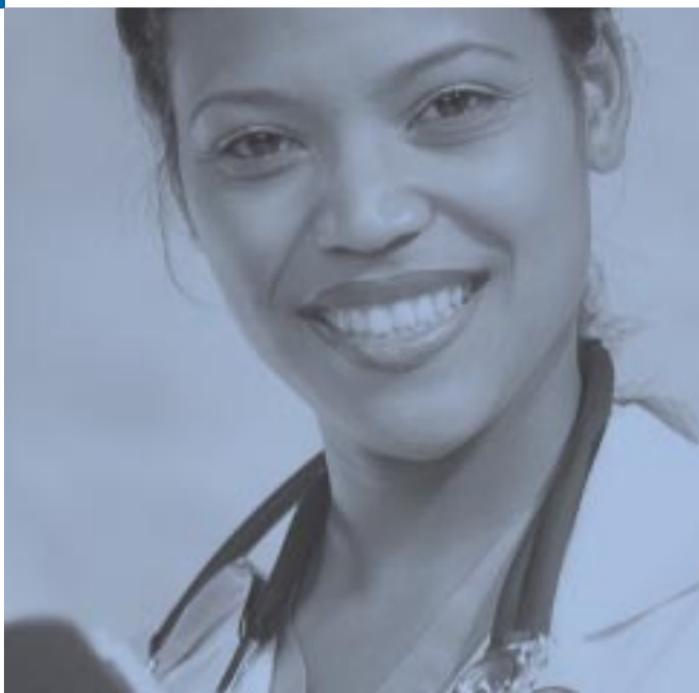
Some diabetes pills help the body release more insulin to handle the glucose that comes from food. Other types of diabetes pills keep blood glucose levels from rising too high after a meal or snack. A third category of diabetes pills can help the body use insulin better.

There are also several types of insulin. Some work rapidly for short periods of time, while others are designed to last longer.

You and your healthcare provider will decide what type of medicine is right for you. If you have any questions, call your healthcare provider. Never stop taking your medication without first talking with your healthcare provider.



# Get regular checkups



If you have diabetes, you need to visit your doctor or clinic at least 2 to 4 times a year for a diabetes checkup.

In addition to your regular diabetes checkup, have an annual health exam once a year.

Bring this book to your exams and record your results on the following pages.

## Regular diabetes checkup (1)

---

Date of exam \_\_\_\_\_

Weight \_\_\_\_\_ Weight goal \_\_\_\_\_

A1C \_\_\_\_\_ Aim for \_\_\_\_\_  
*ADA recommends aiming for below 7%. \**

Blood pressure \_\_\_\_\_ Aim for \_\_\_\_\_  
*ACP recommends aiming for less than 135/80 mm Hg. \**

- Daily home blood glucose test reviewed
- Feet examined
- Exercise plan reviewed
- Discussed eating habits and meal plan

Also get an annual diabetes checkup. Use the chart on page 38 to record your results.

*\* Talk with your healthcare provider about what A1C and blood pressure levels you should aim for.*

## Regular diabetes checkup (2)

---

Date of exam \_\_\_\_\_

Weight \_\_\_\_\_ Weight goal \_\_\_\_\_

A1C \_\_\_\_\_ Aim for \_\_\_\_\_  
*ADA recommends aiming for below 7%. \**

Blood pressure \_\_\_\_\_ Aim for \_\_\_\_\_  
*ACP recommends aiming for less than 135/80 mm Hg. \**

- Daily home blood glucose test reviewed
- Feet examined
- Exercise plan reviewed
- Discussed eating habits and meal plan

Also get an annual diabetes checkup. Use the chart on page 38 to record your results.

*\* Talk with your healthcare provider about what A1C and blood pressure levels you should aim for.*

## Regular diabetes checkup (3)

---

Date of exam \_\_\_\_\_

Weight \_\_\_\_\_ Weight goal \_\_\_\_\_

A1C \_\_\_\_\_ Aim for \_\_\_\_\_  
*ADA recommends aiming for below 7%. \**

Blood pressure \_\_\_\_\_ Aim for \_\_\_\_\_  
*ACP recommends aiming for less than 135/80 mm Hg. \**

- Daily home blood glucose test reviewed
- Feet examined
- Exercise plan reviewed
- Discussed eating habits and meal plan

Also get an annual diabetes checkup. Use the chart on page 38 to record your results.

*\* Talk with your healthcare provider about what A1C and blood pressure levels you should aim for.*

## Annual diabetes checkup

---

Date of exam \_\_\_\_\_

Weight \_\_\_\_\_ Weight goal \_\_\_\_\_

A1C \_\_\_\_\_ Aim for \_\_\_\_\_

*ADA recommends aiming for below 7%.\**

Blood pressure \_\_\_\_\_ Aim for \_\_\_\_\_

*ACP recommends aiming for less than 135/80 mm Hg.\**

Total cholesterol \_\_\_\_\_

LDL ("bad" cholesterol) \_\_\_\_\_

HDL ("good" cholesterol) \_\_\_\_\_

Triglycerides \_\_\_\_\_

- Daily home blood glucose test reviewed
- Feet examined
- Exercise plan reviewed
- Discussed eating habits and meal plan

*\* Talk with your healthcare provider about what A1C and blood pressure levels you should aim for.*

## *Annual diabetes checkup, continued*

- Urine protein test
- Eye exam (done by an eye doctor)

Immunizations:

- Flu shot
- Pneumococcal
- Other \_\_\_\_\_

Talk with your healthcare provider about how well you are doing at staying healthy and controlling your diabetes.

If you smoke, talk with your healthcare provider about quitting.

### **Certified diabetes educators**

Have questions? A Certified Diabetes Educator can be a great resource for answering your questions and helping you manage diabetes. Many diabetes educators are nurses, dietitians, or pharmacists. They can discuss your medication, your eating habits, and much more.

For help finding a diabetes educator near you, call the American Association of Diabetes Educators at 1-800-338-3633 or go to the AADE Web site, [www.aadenet.org](http://www.aadenet.org).

# Ask your healthcare provider these questions:

How often should I check my blood glucose?

---

---

What is a good blood glucose range for me?

Before meals \_\_\_\_\_

Two hours after meals \_\_\_\_\_

What is my A1C? \_\_\_\_\_

What is my blood pressure? \_\_\_\_\_

What is my blood pressure goal? \_\_\_\_\_

Do I need to lose weight? \_\_\_\_\_

If so, what's a good weight goal  
for me? \_\_\_\_\_

---

What are my cholesterol levels?

LDL\_\_\_\_\_

HDL\_\_\_\_\_

Total cholesterol\_\_\_\_\_

What are my cholesterol goals?

LDL\_\_\_\_\_

HDL\_\_\_\_\_

Total cholesterol\_\_\_\_\_

What types of exercise are best for me?

\_\_\_\_\_

\_\_\_\_\_

How do I need to change what I eat? \_\_\_\_\_

\_\_\_\_\_

How can I keep track of what I eat? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Ask your healthcare provider these questions, continued*

---

What medications do I need?

---

---

Do I need to take insulin?

*When do I take it?* \_\_\_\_\_

---

*How do I inject it?* \_\_\_\_\_

---

*Why do I need it?* \_\_\_\_\_

---

How often do I need to come for diabetes exams? \_\_\_\_\_

Where can I go for an eye exam? \_\_\_\_\_

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Other questions:

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# Credits

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# Sponsor



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Novo Nordisk is a focused healthcare company. With the broadest diabetes portfolio in the industry, including innovative insulin delivery systems, Novo Nordisk is a world leader in diabetes care. In addition, Novo Nordisk has a leading position within such therapeutic areas as hemostasis management, growth hormone therapy, and hormone therapy.

Novo Nordisk manufactures and markets pharmaceutical products and services that make a significant difference to patients, the medical profession, and society. With U.S. operations centered in Princeton, NJ, and a state-of-the-art insulin production facility located in Clayton, North Carolina, Novo Nordisk employs nearly 1,400 people from coast to coast. Worldwide, Novo Nordisk employs an estimated 18,500 people in 68 countries and markets its products in 179 countries. Novo Nordisk is headquartered in Denmark, where the company began more than 80 years ago.

For further information, visit the Novo Nordisk USA web site at [www.novonordisk-us.com](http://www.novonordisk-us.com), [Keepingwellwithdiabetes.com](http://Keepingwellwithdiabetes.com) or call Customer Care at 1-800-727-6500.



## American College of Physicians

The American College of Physicians is the nation's largest medical specialty organization and second-largest physician group. Its membership comprises more than 115,000 internal medicine physicians and medical students.

Internists are specialists in the prevention, detection and treatment of illnesses that primarily affect adults.

For more information about internal medicine physicians, please visit: [www.doctorsforadults.com](http://www.doctorsforadults.com).



## Congress of National Black Churches, Inc.

The Congress of National Black Churches, Inc. (CNBC) is an ecumenical coalition of eight historically Black denominations representing more than 65,000 churches.

Through these local congregations, CNBC works to respond to community needs through collective action, technical assistance, training, and the development of replicable social and community service models. CNBC offers a variety of national programs to help strengthen, support and serve the African-American community.

# Resources

For more information about diabetes, contact the following organizations or find them on the Internet.

## **American Association of Diabetes Educators**

Chicago, IL

1-800-338-3633

[www.aadenet.org](http://www.aadenet.org)

*Offers diabetes information and help finding a diabetes educator in your area.*

## **American Diabetes Association (ADA)**

Alexandria, VA

1-800-DIABETES (1-800-342-2383)

[www.diabetes.org](http://www.diabetes.org)

## **Calorie Control Council**

P.O. Box 420187

Atlanta, GA 30342

[www.caloriecontrol.org](http://www.caloriecontrol.org)

## **National Diabetes Education Program (NDEP)**

National Institutes of Health

Bethesda, MD

1-800-438-5383

<http://ndep.nih.gov>

## **National Diabetes Information Clearinghouse**

Bethesda, MD

1-800-860-8747

[www.nddk.nih.gov](http://www.nddk.nih.gov)

## **National Medical Association**

Washington, DC

202-347-1895

1-888-662-7497

[www.nmanet.org](http://www.nmanet.org)

*Physician Locator Service provides referrals to African-American physicians in your local area.*

**DISCLAIMER:** This video and guidebook program is intended for informational purposes only, with the understanding that no one should rely upon this information as the basis for medical decisions. Anyone requiring medical or other health care should consult a medical or health care professional. Any actions based on the information provided are entirely the responsibility of the user and of any medical or other health care professionals who are involved in such actions. Anyone who uses this program should consult a health care provider before starting a diet or exercise program.

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