

TYPE 2 DIABETES IN NORTH CAROLINA

North Carolina faces one of the highest diabetes rates in the country

Diabetes is now the seventh leading cause of death in North Carolina

DIABETES COMPLICATIONS

28%

Will suffer vision loss or blindness

71%

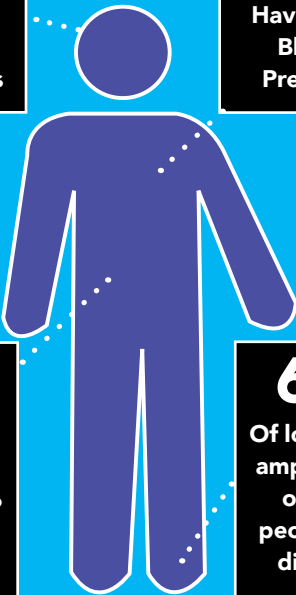
Have High Blood Pressure

44%

Diabetes is the primary cause of 44% of new cases of kidney failure

60%

Of lower-limb amputations occur in people with diabetes



REFER YOUR PATIENTS TO A DIABETES SELF-MANAGEMENT EDUCATION CLASS

During classes the diabetes educator will spend time with your patient developing a plan that helps them overcome the barriers they face in managing their diabetes, develop problem-solving and coping skills and adopt healthy behaviors.

Patients learn about:

Healthy eating: how food affects blood sugar and how to make food choices.

Being active: developing a plan that balances food and medication with their level of activity.



Monitoring: equipment selection, timing and frequency of testing, target values, and interpretation and use of test results.

Taking medication: how to inject insulin, how diabetes pills work and when to take them.

Problem solving, Reducing risks and Healthy coping: an important part of the diabetes educator's work is identifying patient's motivation to change, helping them set achievable behavioral goals and guiding them through multiple obstacles.

