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

**TYPE 2 DIABETES IN NORTH CAROLINA**

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.

www.diabetesnc.com