

Some Facts About Diabetes

- There is no such thing as “borderline” diabetes.
- Eating sugar does not cause diabetes.
- Adjusting to living with diabetes is often an emotional experience.
- Experiencing feelings of anger, sadness, and depression is common in persons with diabetes.
- You can “feel good” and still have diabetes.
- There is no cure for diabetes, but it can be controlled.
- Diabetes runs in families, but you can reduce your risk of getting it.
- Maintaining a healthy weight, limiting the amount and kind of food you eat, and being physically active regularly can help reduce your risk for diabetes.



Community Voices



Metro Denver Black Church Initiative

An association of black churches working together
to build strong and healthy communities

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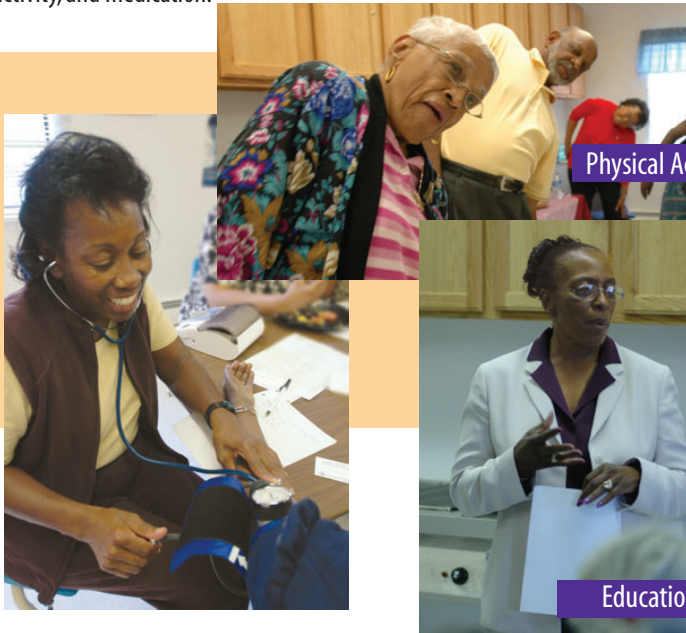
Learn to Live Well with Diabetes

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Focus on Diabetes
A diabetes self-management program of the
Metro Denver Black Church Initiative

Did You Know?

- There is no such thing as “borderline” diabetes. Before people develop type 2 diabetes, they almost always have “pre-diabetes” — blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.
- Approximately 2.7 million or 11.4% of all African Americans aged 20 years or older have diabetes. However, one-third of them do not know it.
- African Americans experience higher rates of serious complications of diabetes like cardiovascular disease, blindness, amputation, and kidney failure.
- While there is no cure for diabetes, it can be controlled with proper diet, physical activity, and medication.



Physical Activity

Education

Focus on Diabetes offers:

A six-week class, offered weekly, which includes:

- basic facts about diabetes
- emotional aspects of dealing with diabetes
- cooking demonstrations and nutrition information
- suggestions for improving your health with physical activity
- controlling your diabetes with medications
- preventing and treating diabetes-related complications
- blood glucose monitoring
- getting the most from your health-care visits



Support Groups

Focus on Diabetes

The Metro Denver Black Church Initiative, in a partnership with Denver Health, offers a diabetes self-care program that provides education and support to help you manage your diabetes. Our goal is to help you prevent potential complications of diabetes.

Whether you've just been diagnosed with diabetes or have had it for years, you'll learn a wealth of information from the Focus on Diabetes program to help you live a healthier, happier life. All activities are free of charge and held at churches throughout northeast Denver and Aurora.

Diabetes support groups

Many people with diabetes find the fellowship of a support group very helpful. Being able to talk with other people with diabetes not only can help you feel less alone, but can help you develop new ways of dealing with the day-to-day challenges. Support groups also can be helpful for spouses and caregivers who might not have anyone else to talk to.

Walking groups and other physical activities

Physical activity is important for managing diabetes because it lowers blood glucose levels and can also help lower blood pressure. Focus on Diabetes' participants receive a step counter and help in identifying physical activities that meet their needs, interests, and abilities. Organized walking programs and other physical activity programs are offered.

For a schedule of classes, support groups and locations, or for more information about diabetes, contact the Metro Denver Black Church Initiative at 303-355-3423. Call today. *Have the faith to be healthy.*