

FOR IMMEDIATE RELEASE

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What is Diabetes and How to Effectively Manage It

Diabetes is a chronic condition that you can learn how to self-manage. Diabetes is caused by the bodies' improper handling of the carbohydrates we eat and the amount of insulin our pancreas releases in response to our meals or stress.

Kansas State University Research and Extension Wildcat District will be co-leading a Dining with Diabetes online course beginning January 4, 2022. Online registration deadline is December 31, 2021. The link to register is: <https://bit.ly/30PYEkn> The class is 4 weeks long with a follow up session the first week of May. For more information, follow the Wildcat Extension District Facebook page.

There are three types of diabetes: pre-diabetes, Type 1, and Type 2.

Pre-diabetes is a condition in which blood sugar is higher than normal, with proper intervention blood sugar levels can return to normal.

Type 1 diabetes is when the body does not produce any insulin and a person is dependent on external insulin.

Type 2 diabetes is when the body either is resistant to insulin's effects or doesn't produce enough insulin to properly manage blood glucose levels. Insulin is made in our pancreas and is the hormone that regulates the movement of blood glucose into our cells. The online course will focus on managing Type II Diabetes.

Once you know what type of diabetes you have, you can form a plan for management with your healthcare provider. There are many ways to monitor diabetes. One way is through testing. This includes blood glucose testing at home and physician-ordered lab testing. Testing blood glucose allows you the opportunity to make better self-management healthcare decisions surrounding food, medications, and physical activity. Work with your healthcare provider to determine individual blood sugar levels and management practices.

Blood sugar fluctuates throughout the day and is influenced by many factors: medication, food intake, physical activity, stress, and more. There are two ways to check your blood sugar: daily blood glucose meter checks and Glycated hemoglobin (A1C) twice per year. A1C measures how much glucose is stuck to your red blood cells, reflecting the average blood sugar level for the past two to three months. A1C testing is a great management determination tool. Blood sugar goals are individual, and you should consult your healthcare provider for specific recommendations.

The American Diabetes Association suggests the following blood glucose goals.

Home testing before a meal 80-130 mg/dl

One to 2 hours after a meal less than 180mg/dl

Physician ordered tests A1C: less than 7 percent or estimated average glucose (eAG): less than 154mg/dl

Physical activity is an integral part of managing diabetes. Strive for 30 minutes each day five days a week for a total of 150 minutes' minimum weekly. Exercise can be in 10 or 30-minute increments. Try taking the stairs, parking farther away and walking instead of driving short distances. Or go out and play a game with your children or grandchildren. Use small hand weights for arms and knee curls or chair sit and stands for in place exercise. And be sure to warm up before and stretch after exercising. And as always talk to your healthcare provider before starting any new exercise program.

Sign up now to join the Wildcat Extension District and KSRE as we co-lead the Dining with Diabetes Program online each week in January. With a few alterations to your normal routine, you can have an active role in managing your diabetes.

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