



Speak to Your Health! Diabetes in Genesee County

Diabetes, sometimes called “sugar,” is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. Diabetes can lead to serious health problems such as heart disease, blindness, kidney damage, nerve damage and pregnancy complications.

DID YOU KNOW?

The Speak to Your Health! Community Survey is a resource that can help us understand diabetes and other health issues in Genesee County. The survey revealed that:

- One third of Genesee County residents over 18 have a high risk of diabetes.
- 11% of Genesee County residents and 15% of Flint residents have been diagnosed with diabetes. This is higher than for the State of Michigan as a whole.
- More than 25% of people over 45 have been diagnosed with diabetes in ZIP Codes 48504, 48505, 48506, 48507, 48509, and 48529.
- More than 30% of people over 45 at high risk for diabetes have not been screened in ZIP Codes 48506, 48532, 48438, and 48439.

WHAT CAN YOU DO?

Eat healthy foods, don't smoke, stay at a healthy weight and exercise. Ask your health care provider about taking a simple diabetes test. Early detection and treatment can reduce the complications of diabetes!

WHERE CAN I GET MORE INFORMATION?

Genesys Diabetes Learning and Nutrition Center (810)762-4455

Hurley Diabetes Center (810) 239-0485

Valley Area Agency on Aging (810) 239-7671

American Diabetes Association (248) 342-2383

For statistics on diabetes in Genesee County contact the Genesee County Health Department at (810) 257-3015

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