

Speak to Your Health! Diabetes in Genesee County

November is National Diabetes Month. Currently there are almost 26 million people with diabetes in the United States and 79 million people who are at risk for getting type 2 diabetes.¹ By eating health foods and managing your weight, you can decrease your risk of developing diabetes.²

DID YOU KNOW?

The Speak to Your Health! Community Survey is a resource that provides information about diabetes and healthy living in Genesee County. The results of the 2009 survey found that people generally do a good job of eating healthy, but making simple changes could decrease the number of people with diabetes in Genesee County:

- 75% of Genesee County residents do not eat fruits and vegetables at least 5 times per day.
- 15% of Genesee County residents have been diagnosed with diabetes, and 34% have had a conversation with their doctor about their risk for developing diabetes.
- 39% of Flint residents have had a conversation with their doctor about their diabetes risk.

WHAT CAN YOU DO?

Eat healthy foods and exercise on a regularly. Maintaining a healthy weight will decrease your risk for getting diabetes.
Drink water instead of fruit juice. Fruit juice has a lot of sugar in it that can put you at greater risk for developing diabetes.
Exercise regularly. Exercise can help you maintain a healthy body weight.

WHERE CAN YOU GET MORE INFORMATION?

Genesee County Commodities Food Program

<http://www.gc4me.com/resident/gccard/mcaaa.php>

Genesee County Senior Nutrition Program

http://www.gc4me.com/resident/gccard/senior_foods.php

American Diabetes Association Detroit Office (248) 433-3830

American Diabetes Association <http://www.diabetes.org/>

Genesys Diabetes Learning and Nutrition Center (810) 606-7720

National Diabetes Education Program <http://ndep.nih.gov/index.aspx>

CDC Features—Diabetes <http://www.cdc.gov/features/livingwithdiabetes/>

Please take time to Speak to Your Health!

Visit www.gchd.us/survey to complete the 2011 survey

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¹American diabetes month—American Diabetes Association. (n.d.). Retrieved from <http://www.diabetes.org/in-my-community/programs/american-diabetes-month/>

²U.S. Department of Health and Human Services, National Diabetes Education Program. (n.d.). National diabetes month. Retrieved from <http://ndep.nih.gov/partners-community-organization/national-diabetes-month/?redirect=true>

Percent of respondents consuming at least 5 servings of fruit and vegetables per day

