



Diabetes and Clean Eating

*Awareness and Importance of
Understanding Diabetes*

- Type 1 Diabetes
- Type 2 Diabetes
- Pre-Diabetes
- Diabetes in Kids
- Gestational Diabetes Treatment
- Clean Eating Exercise





ABOUT THE HFA WELLNESS GUIDE

We care about your health and wellness

This publication is intended for educational purposes only and is not a substitute for medical advice, diagnosis, or treatment. If you have questions about your health, please consult a qualified healthcare professional.

If you are experiencing a medical emergency or are in immediate danger, call 911.

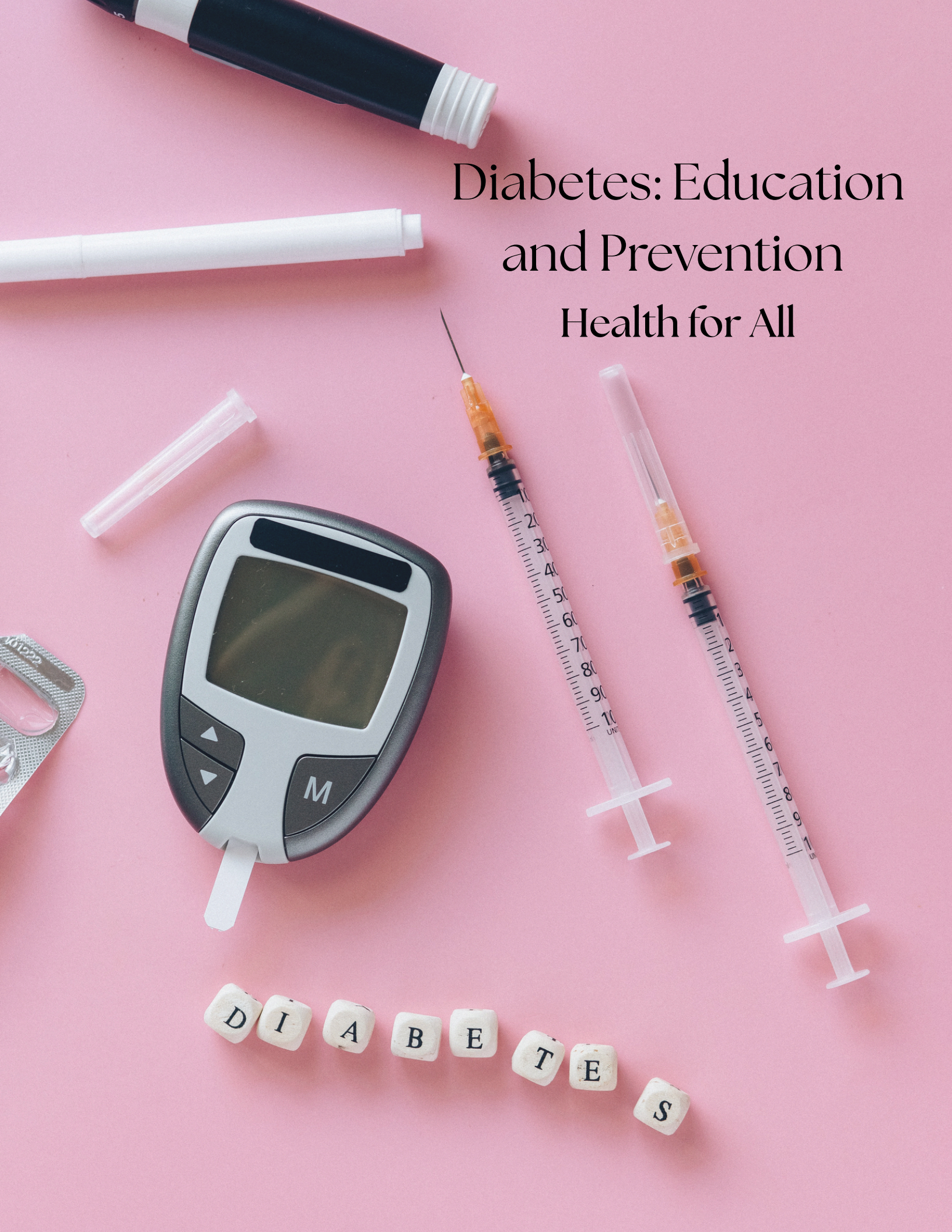
Crisis Hotlines

- 24/7 Mental Health and Substance Abuse Crisis Hotline – MHMRABV – [\(888\) 522-8262](tel:(888)522-8262)
- Suicide and Crisis Lifeline – Call or text [9-8-8](tel:988)
- Texas 211 – [2-1-1](tel:211) option 8
- National Human Trafficking Hotline – [\(888\) 373-7888](tel:(888)373-7888)
- Veterans Crisis Line – [9-8-8](tel:988), option 1
- Sexual Assault Resource Hotline – [\(979\) 731-1000](tel:(979)731-1000)

RESOURCES

For more resources, please visit the HFA website at www.hlth4all.org

If you are experiencing stress, anxiety, depression, grief, relationship challenges, or other emotional concerns, Health for All Behavioral Health Services are available. We encourage you to call and schedule an appointment to learn more about the support and resources available to you. **Clinic: 979-774-4176**

A collection of medical supplies for diabetes management is arranged on a solid pink background. At the top left, a black and white insulin pen is partially visible. Below it is a white insulin pen. To the left of the center is a grey and black glucometer with a small screen and buttons, with a white test strip inserted. To the right of the glucometer are two insulin syringes with orange needles and markings. At the bottom, the word 'DIABETES' is spelled out using white letter tiles. On the far left, a small blister pack of pink tablets is partially visible.

Diabetes: Education and Prevention Health for All

D I A B E T E S

Know T1D

Type 1 Diabetes is an autoimmune disorder caused by your immune system indentifying B cells in your pancreas as a threat and killing them off

This results in no insulin in the body, which means the sugar being put into your body cannot be converted into energy, resulting in dangerously high blood sugar levels

DIABETES
TYPE 1



Know the Signs

Symptoms include:

- Severe and frequent thirst
- Nausea and unusual,
- severe fatigue
- Irritability
- Frequent urination
- Rapid, unexpected weight loss

Treatments:

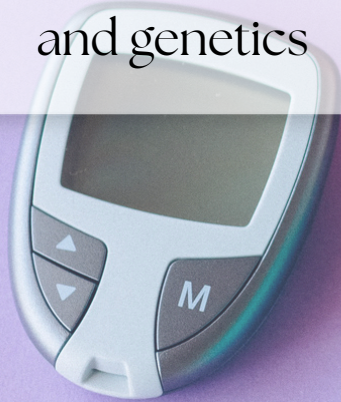
- Insulin injections via a shot
- Insulin pump, which pumps rapid acting insulin into the body
- Continuous Glucose Monitors which monitor the blood sugar 24/7
- Doctors are currently researching islet transplantation as a cure



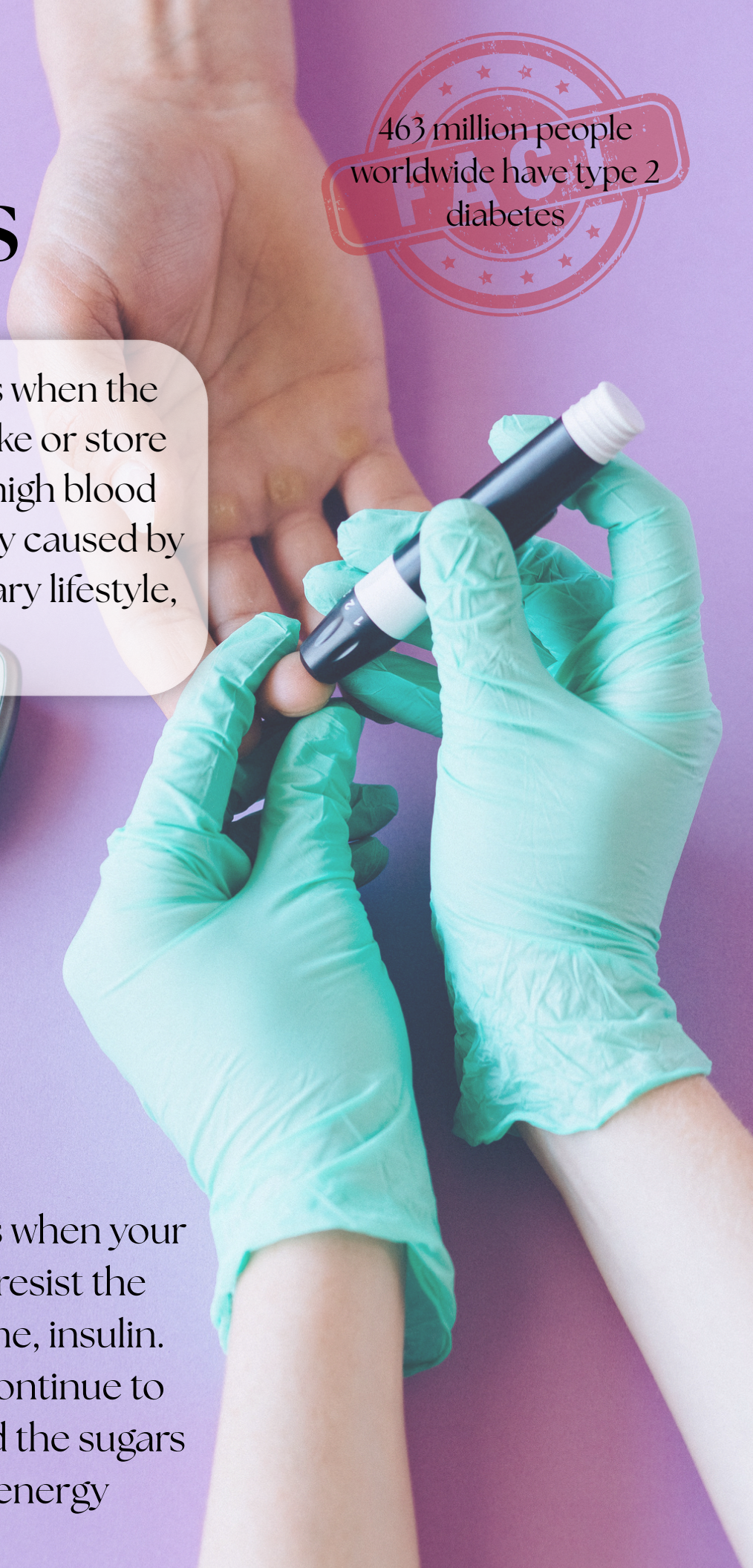
Type 2 Diabetes

463 million people
worldwide have type 2
diabetes

Type 2 Diabetes occurs when the body can no longer make or store enough insulin due to high blood sugar levels, this is usually caused by improper diet, a sedentary lifestyle, and genetics



Insulin resistance occurs when your body's cells ignore or resist the signal from the hormone, insulin. This means sugar will continue to build up in the blood and the sugars cannot be used for energy



Know The Signs



Symptoms are much like the early stages of type 1.

- Frequent urination
- Frequent thirst
- Constant fatigue
- Increased hunger
- Blurred vision
- Slow healing sores and cuts



These symptoms often overlap with other everyday occurrences and illnesses, so they go unnoticed. Untreated T2D can cause nerve damage, pain or numbness, and changes in the eyes of kidneys

Treatment

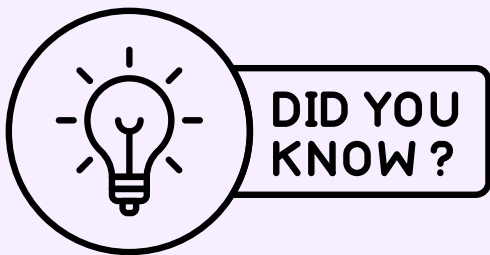
A collage of medical and lifestyle items related to diabetes treatment. At the top left is a red donut with colorful sprinkles. Below it is a syringe with a needle. In the center is a glucose meter with a screen and buttons. To the right is a measuring tape. A blue ribbon is draped across the middle. Various pills and sugar cubes are scattered around. The background is a light blue surface.

Unlike T1D, type 2 diabetes can be reversed with proper treatment. These treatments include increasing activity levels, diet, and losing weight.

In addition to lifestyle changes, doctors may also prescribe medication to help manage Type 2 Diabetes. These medications are designed to filter out excess glucose in the body. Such as through the kidneys or liver.

Pre-Diabetes

Pre-diabetes refers to when you have a higher than normal blood sugar, but not high enough to be diagnosed with Type 2 Diabetes yet. Pre-diabetes is the final chance and the biggest wake up call to make a change.



More than 2 in 5 Americans have pre-diabetes. Many people have pre-diabetes for years and have no idea



If you are

- Over 45
- Have PCOS
- Overweight
- Live a sedentary lifestyle
- Have/had gestational diabetes

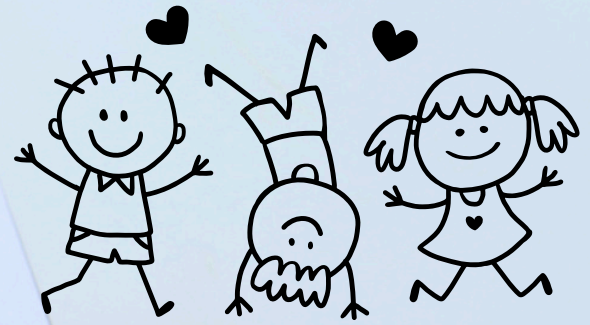
You may be at risk for pre-diabetes



Type 2 and Pre Diabetes in Kids

Type 2 and Prediabetes in kids can stem from weight, lack of physical activity, family history, and diet.

Keeping your kids active, involved, and eating healthy is the best way to prevent T2D and prediabetes in kids.



Gestational Diabetes

Gestational diabetes is when a mother who is pregnant develops diabetes due to the placenta producing new hormones that cause insulin resistance. A pregnant woman must produce up to three times its normal amount of insulin. If the pancreas can not keep up, the sugar begins to sit in the blood, making blood sugar higher.



Healthy Eating

An effective way to combat
Type 2 Diabetes and
prediabetes is through diet.

- Lean meats
- Beans
- Chickpeas
- Avocados
- Oats
- Quinoa
- Artichokes
- Broccoli
- Sweet Potatoes
- Raspberries
- Apples
- Blackberries
- Olive Oil
- Nuts
- Seeds
- Salmon
- Chia seeds
- Eggs



Are all great,
nutritious options to
managing T2D



Exercise



This can be a nature walk, a run, a bike ride, lifting weights, using an elliptical, and so forth! There's so many options!

Exercise is another great way to tackle T2D and pre-diabetes. You should strive for 150 minutes of physical activity per week, 30 minutes per day.

YOU can do this!
Stay motivated and keep working
towards your goals.

↑
START

