

Exercise is important in controlling and preventing diabetes. It is recommended that everyone (men and women, young and old) exercise at least 3 times every week for 30 minutes. You can be more active by playing soccer (football), basketball, handball, jumping rope, taking the stairs or going on family walks.

If you have diabetes, you should:

- Take medicine as directed by a doctor
- Check your blood sugar as directed
- Carry ID that gives your name, address, medical condition, and medications
- Wear comfortable clothing and shoes
- Drink plenty of water
- Exercise regularly
- Carry hard candy, fruit juice, raisins, or other snacks high in sugar in case your blood sugar gets low

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For more information about diabetes on the Internet, please visit:

American Heart Association
www.aha.org

The Centers for Disease Control and Prevention
www.cdc.gov

The U.S. Department of Agriculture
www.usda.gov

American Diabetes Association
www.diabetes.org



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American Diabetes Association

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What is Diabetes?



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Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that converts food into the energy the body needs to function. Diabetes can cause the body to have too much sugar in the blood, which can hurt one's heart, brain, kidneys, blood vessels, and teeth. Diabetes can cause loss of sight, loss of sexual function, or death.

MAJOR TYPES OF DIABETES

Type 1 diabetes is found in children and young adults. It was formerly known as juvenile diabetes.

Type 2 diabetes is the most common form of diabetes. Until recently, type 2 diabetes was found mainly in adults. Today it is being diagnosed in children more often because of the growing number of children who are obese, overweight, and inactive.

Gestational diabetes is found in some pregnant women.

HOW IS DIABETES MANAGED?

There is no cure for diabetes, but it can be controlled with:

- Healthy eating
- Physical activity (exercise)
- Stopping smoking
- Medication (if needed)

Healthy eating tips:

- Eat a variety of foods each day to get the vitamins and minerals your body needs to grow and be healthy.

- Eat less or smaller portions of chips, cookies, treats, candies, butter, margarine, mayonnaise, salt, fried foods, ice cream, sherbet, and sodas.
- Eat fewer foods that are fried or have high-fat starches (pastries, biscuits, or muffins).

OTHER WAYS TO MAKE MEALS HEALTHIER:

- Try whole grain breads and cereals such as whole wheat bread and brown rice.
- Eat lots of fruits and vegetables.

- Use very little fat, oil, or butter when cooking.
- Use vegetable cooking oil spray instead of oil, shortening, butter, or margarine.
- Try baking, broiling, roasting, steaming, or grilling instead of frying.
- Eat low fat cuts of meat such as chicken, turkey, or lean beef.
- Use fat free (skim) or low-fat (1%) milk, cheese, and yogurt.

Family and friends can help you control your diabetes by helping you to get more exercise and choosing healthier foods.

