



*Sedgwick County...  
working for you*

# fastFACTS

about Sedgwick County Government

## Diabetes

March 2014

### What is diabetes?

Diabetes means that your blood glucose (often called blood sugar) is too high. Your blood always has some glucose in it because your body needs glucose for energy to keep you going, but too much glucose in the blood can cause health problems.

### How can I get diabetes?

Diabetes is caused by high blood glucose. Glucose comes from the food you eat, and is made in your liver and muscles. Glucose is carried to all of the cells in your body by your blood. Insulin, which is made by the pancreas, is released into your blood. This helps the glucose from food get into cells. If your body doesn't produce enough insulin or if the insulin doesn't work the way it should, glucose is unable to enter the cells and instead stays in your blood. Your blood glucose levels can then get too high, which can cause diabetes.

### Are there different types of diabetes?

Yes. There are three main types of diabetes.

**Type 1 diabetes:** This is usually first diagnosed in children, teenagers or young adults. In this form of diabetes, the beta cells of the pancreas no longer make insulin because the body's immune system has attacked and destroyed them.

**Type 2 diabetes:** This is the most common form of diabetes. People can develop type 2 diabetes at any age, even during childhood. Type 2 diabetes usually begins with insulin resistance, a condition where fat, muscle and liver cells do not use insulin properly. At first, the pancreas keeps up with the added demand for more insulin, but, it eventually loses the ability to secrete enough insulin in response to meals.

**Gestational diabetes:** Some women develop this form of diabetes during the late stages of

pregnancy because of hormones or the shortage of insulin. This form of diabetes usually goes away after the baby is born.

### What are the signs of type 1 diabetes?

The signs of diabetes are:

- Being very thirsty
- Urinating often
- Feeling very hungry or tired
- Losing weight without trying
- Extreme irritability

### What are the signs of type 2 diabetes?

- Any of the type 1 symptoms
- Frequent infections
- Blurred vision
- Tingling/numbness in the hands/feet
- Recurring skin, gum or bladder infections

Often people with type 2 diabetes have no symptoms. If you have any of these symptoms, see your doctor right away.

### Who is at risk for getting diabetes?

Though it is not clearly defined, autoimmune, genetic and environmental factors are involved in developing type 1 diabetes.

The risk factors of type 2 diabetes include:

- Older age (over 45)
- Being overweight or obese
- Family history of diabetes
- Prior history of gestational diabetes
- Impaired glucose tolerance
- Physical inactivity
- Race/ethnicity
- Low HDL cholesterol or high triglycerides
- High blood pressure

### Are you at risk?

To find out if you are at risk for diabetes, use the score sheet on the back side of this sheet.



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Health Department

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### How is diabetes treated?

Type 1 diabetes is normally treated with insulin shots, a healthy diet, exercise, and controlling blood pressure and cholesterol.

Type 2 diabetes is treated with medications, a healthy diet, exercise, and controlling blood pressure and cholesterol.

### Protect yourself by knowing your risk for diabetes.

Diabetes means your blood sugar (glucose) is too high. How would you know? Are you often thirsty, hungry, or tired? Do you urinate often? Do you have sores that heal slowly, tingling in your feet, or blurry eyesight? Even without these signs, you could still have diabetes. Diabetes is a serious disease. It can cause heart attack or stroke, blindness, kidney failure, or loss of feet or legs, but diabetes can be controlled.

### For More Information:

Contact the Sedgwick County  
Health Department  
at 316-660-7300 or visit the  
Sedgwick County website at  
[www.sedgwickcounty.org](http://www.sedgwickcounty.org).

### Type 2 Diabetes Risk Test

- 1 How old are you?  
Less than 40 years (0 points)  
40-49 years (1 point)  
50-59 years (2 points)  
60 years or older (3 points)
- 2 Are you a man or a woman?  
Man (1 point) Woman (0 points)
- 3 If you are a woman, have you ever been diagnosed with gestational diabetes?  
Yes (1 point) No (0 points)
- 4 Do you have a mother, father, sister or brother with diabetes?  
Yes (1 point) No (0 points)
- 5 Have you ever been diagnosed with high blood pressure?  
Yes (1 point) No (0 points)
- 6 Are you physically active?  
Yes (0 points) No (1 point)
- 7 What is your weight status?

Write your score  
in the box.

1.

2.

3.

4.

5.

6.

7.

Total  
Score:

Height	Weight (lbs)		
	119-142	143-190	191+
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	(1 point)	(2 points)	(3 points)

You weigh less than the  
amount in the left column (0  
points)