



Diabetes

- ▶ GEHA is **83 years** strong.
- ▶ One of the largest medical and dental plan carriers exclusively for federal employees.
- ▶ More than **2 million** members.
- ▶ Extensive nationwide network of doctors, dentists, hospitals and other providers.
- ▶ We want you to “Do Your Possible” no matter where you are in life.

Today's presenter



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Diabetes

Agenda

1. Diabetes

- What is it?
- Consequences
- Prediabetes

2. Risk factors

- Genetic
- Medical
- Lifestyle

3. Types of Diabetes

- Type I
- Type II
- Gestational

4. What to do:

- Eat healthy
- Be active
- Stay positive

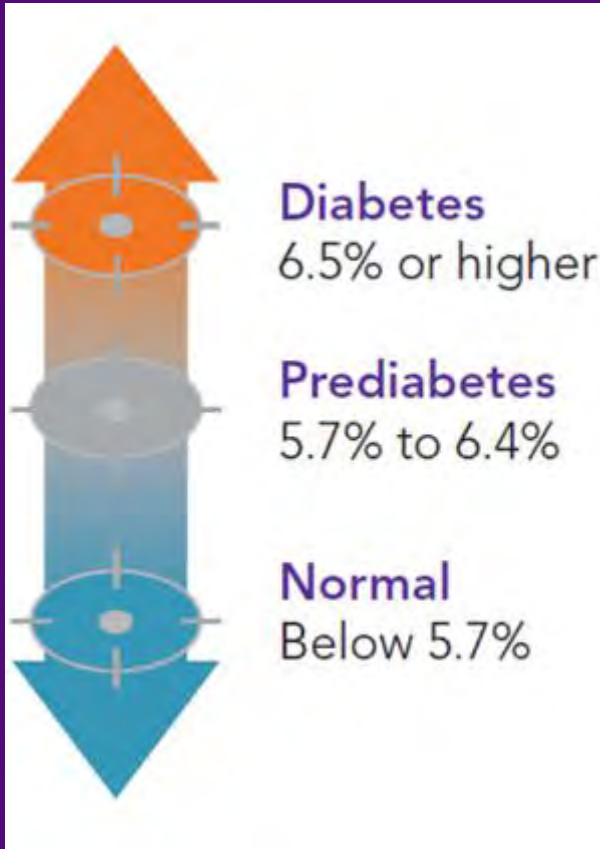
Diabetes

What is it?

Consequences

Prediabetes

What is Diabetes?



- ▶ Diabetes – A metabolic disease where the body doesn't produce or use insulin.
- ▶ Results in high blood sugar
- ▶ Determined by Hemoglobin A1C levels



Consequences

- ▶ Risk of cardiovascular disease
- ▶ Nerve damage
- ▶ Retinopathy
- ▶ Risk of kidney failure



Prediabetes

- ▶ 5.7 to 6.4% blood sugar concentration
- ▶ Lower your risk
- ▶ Get checked every year

Risk factors

Genetic



Medical



Lifestyle



Genetic risk factors

- ▶ Family history
- ▶ Ethnic background
 - Pacific Islander
 - Asian
 - African
 - Hispanic
 - Latino



Medical risk factors

- ▶ 45 years or older
- ▶ BMI \geq 25
- ▶ Blood pressure \geq 140/90
- ▶ High glucose levels
- ▶ HDL $<$ 35
- ▶ Polycystic ovary syndrome
- ▶ Triglycerides $>$ 250



Lifestyle risk factors

- ▶ Obesity
- ▶ Little to no exercise
- ▶ Poor diet
- ▶ Smoking

Types of Diabetes

Type I | Type II | Gestational



Type I

- ▶ Juvenile diabetes
- ▶ Body destroys pancreatic cells
 - These make insulin
- ▶ No known causes/prevention

Type I symptoms and treatment

▶ Symptoms:

- Excessive urination
- Excessive thirst
- Constant hunger
- Weight loss
- Vision Changes
- Fatigue

▶ Treatment:

- Daily administration of insulin
- Monitoring blood glucose





Type II

- ▶ 90% of all diabetes cases
- ▶ Adult-onset diabetes
- ▶ Body doesn't use insulin effectively
 - Pancreas overworked

Type II symptoms and treatment

▶ Symptoms:

- Frequent urination
- Abnormal thirst
- Constant hunger
- Weight loss
- Vision Changes
- Fatigue

▶ Treatment:

- Medication
- Monitoring blood glucose
- Lifestyle alterations



Gestational

- ▶ Common at end of pregnancy
- ▶ Imbalance of hormones
- ▶ Risk of complications and developing Type II

Gestational symptoms and treatment

▶ Symptoms:

- Pregnancy

diagnosed through prenatal screening

▶ Treatment:

- Insulin injections
- Medication
- Monitoring blood glucose
- Special meal plans
- Exercise schedule



What to do

Eat healthy | Be active | Stay positive

Eat healthy

- ▶ Increase fruits, whole grains, vegetables, beans
- ▶ Decrease trans and saturated fats, sugar and sodium
- ▶ Fat less than 56 grams per day
- ▶ Sodium less than 2000 milligrams per day
- ▶ Track your intake



Eat healthy: track your intake

▶ Harris Benedict Equation

- www.omnicalculator.com/health/bmr-harris-benedict-equation
- Decrease calories by 500 per day unless taking in less than 1,200 calories per day

▶ Tracking apps

- MyPlate Calorie Counter, MyFitnessPal

Be active

- ▶ Activity every day
- ▶ At least 30 min of moderate exercise 5 days/week
 - Brisk walking
 - Cycling
 - Swimming
 - Weight lifting
 - Playing with your dog



Stay positive

- ▶ **Diabetes distress**
 - Anxiety
 - Depression
 - Worsening condition
- ▶ **Mental health care**
 - Counselor
 - Support groups
 - Meditation



Overview

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Q&A



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Thank You

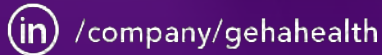
At GEHA, we exist to empower our members to be healthy and well. For all of us here at GEHA, that is our singular focus. At times like this, when your path toward health and well-being is potentially at risk, that's when it's most important that we do what it takes to be your trusted partner.

For more information

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