

Community Health Coalition, Inc.

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Healthy People
2030

Improving the health of Durham
& NC communities since 1989

November 2019 Diabetes & Organ Donation Awareness

Diabetes according to the Centers for Disease Control ¹:



- More than 30 million people in the United States have diabetes, and 1 in 4 of them don't know they have it.
- Diabetes is the 7th leading cause of death in the United States
- In the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the American population has aged and become more overweight or obese.
- People with diabetes are twice as likely to have heart disease or a stroke as people without diabetes—and at an earlier age.
- Diabetes is the leading cause of Chronic Kidney Disease in the United States in 2019.
- The good news is you can prevent diabetes with some simple lifestyle changes including changing your diet, losing weight and increasing physical activity, according to Dr. Bryan Batch.

Some easy ways to move towards a healthier diet are to choose these foods less often:

- 1) Processed foods such as packaged snacks, packaged meats, chips, granola bars, sweets, and fast foods
- 2) Trans-fat, found in things such as margarine, snack foods, packaged baked goods, and many fried foods
- 3) Sugary drinks such as fruit juice, sports drinks, and sodas
- 4) Alcohol

How can you achieve the goals you set?

Use SMART GOALS. That means make your goals

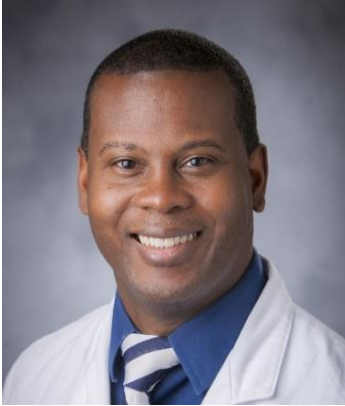
- 1) Specific
- 2) Measurable
- 3) Achievable
- 4) Realistic
- 5) Time limited



**Bryan Batch, MD, MHS – Associate
Professor and Endocrinologist at Duke**

Organ Donation

In the United States, the most commonly transplanted organs are the kidney, liver, heart, lungs, pancreas and intestines. Diabetes is one of the major diseases that sometimes damages kidneys so badly that they no longer work. When kidneys fail, one option is a kidney transplant. However, there is a large gap between the need for organs and what's available.



Julius Wilder, MD, PhD
Assistant Professor &
Gastroenterologist at Duke

Minority populations are overrepresented among individuals who need an organ transplant. People of African American/Black, Asian/Pacific Islander, Hispanic/Latino, American Indian/Alaska Native and multiracial descent currently make up nearly 58% of individuals on the national organ transplant waiting list, but are underrepresented in terms of being organ donors.

Dr. Julius Wilder, says, "We can bring hope to those waiting and their families by joining the NC Donor Registry. This issue is even more crucial for minority populations because of the improved outcomes in many circumstances when receiving an organ from an individual of the same race or ethnicity."



REMEMBER YOUR ABC's & D's

A - Always exercise regularly.

B - Become an organ donor.

C - Control your risk factors for Diabetes. Stop Smoking. Monitor your blood glucose & blood pressure.

FOR MORE INFORMATION

- American Diabetes Association <http://www.diabetes.org>
- Centers for Disease Control and Prevention <http://www.cdc.gov/diabetes>
- Register to become an organ donor at www.organdonor.gov or www.chealthc.org or (919-470-8680 or donatelifenc.org)
- View "Precious Gift of Life" Documentary on organ donation, click link below https://www.youtube.com/watch?v=u_u_kxYvvuY

PLEASE DONATE: Community Health Coalition provides **FREE** health tips, blood pressure checks, glucose screenings, community health education workshops, and a library of brochures and pamphlets about chronic diseases. Without donations from individuals like you, the Coalition will be forced to limit its current outreach efforts.

You can Make a Donation to Community Health Coalition through SECC or PayPal. If you are a state employee or retiree, choose (Code 3770) to send your SECC gift to us!



Click below to make a payment ↓
<https://www.chealthc.org/donate>



Thank you.

Health Tip is a message from Community Health Coalition, Inc. and is written in partnership with



ADOPT Healthy People 2030!