

# Community Health Coalition, Inc.

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Improving the health of Durham  
& NC communities since 1989

November 2017

## Healthy Sunday Topic: Diabetes and Organ Donation

### Diabetes

Diabetes has become more common in the United States in both children and adults and is more common in minorities.

#### **Did you know?:**

- 30.3 million people in the United States have diabetes
- 7.2 million people have undiagnosed diabetes
- 84.1 million people have pre-diabetes which puts them at risk for diabetes
- Potential complications from diabetes include heart disease, kidney disease, eye disease, amputations and need for organ donation.

#### **Risk factors for diabetes:**

- Older than 45 years
- Overweight/obese
- First degree relative with type 2 diabetes
- Minority groups
- History of diabetes during pregnancy

**Bryan C Batch, MD., a Duke endocrinologist states:** Changing your diet and being more physically active can decrease the risk of diabetes and lead to better health overall. Some examples of healthy dietary changes include:

1. Eat smaller portions of food.
2. Eat less carbohydrates (starches). Foods like bread, rice, potatoes and pasta are high in carbohydrates.
3. Eat less saturated fat. Some foods that are high in saturated fat include fried foods, red meat, desserts, whole fat dairy products (milk and cheese).
4. Eat more fiber by eating more whole-grain foods. Whole grains can be found in breakfast cereals made with 100% whole grains, oatmeal, whole grain rice and whole-wheat bread.
5. Eat a variety of fruits and vegetables (fresh, frozen or canned) every day.
6. Drink less juice, fruit flavored drinks, soda and tea or coffee sweetened with sugar.
7. Use less salt in cooking and eat fewer foods that are high in salt like canned and package soups, canned vegetables, pickles, processed meats.



#### **What can you DO about your diabetes?**

- Focus less on following a “diet” and focus more on making lifestyle choices that last a lifetime. Lifestyle changes include: making healthier food choices and increasing physical activity
- Take prescribed medications
- Visit your doctor on a regular basis.

## **Organ Donation**

Organ donation is the process of providing an organ, organs, or partial organ to transplant into one or more people. Organ donors can be deceased or living. Experts say that the organs from one donor can save or help as many as 50 people. African-Americans make up the largest group of minorities in need of an organ transplant and therefore more African Americans should sign up to become organ donors. Some diseases involving the kidney, heart, lung, pancreas and liver that can lead to organ failure are found more often minority populations. African-Americans have greater incidences of diabetes and hypertension which can lead to kidney failure. More than 1,800 African-Americans are waiting for transplants in North Carolina; of this number, **94% are waiting for a kidney transplant.**



You can bring hope to those waiting and their families by joining the NC Donor Registry by going to our website [www.chealthc.org](http://www.chealthc.org) or by calling (919) 470-8680

## **REMEMBER**

**A**lways exercise regularly, **B**ecome an organ donor, **C**ontrol & monitor your blood glucose & blood pressure.

### **Duke Energy Safety Tips**

- Call Duke Energy to report downed electrical lines.
- Don't touch or attempt to move any downed lines
- Don't touch anyone or anything in contact with a downed electrical line.

### **For More Information:**

- <http://www.chealthc.org>
- <https://www.donatelife.net/>
- American Association of Diabetes Educators [http://www.diabeteseducator.org\\*](http://www.diabeteseducator.org*)
- American Diabetes Association [http://www.diabetes.org\\*](http://www.diabetes.org*)
- Centers for Disease Control and Prevention <http://www.cdc.gov/diabetes>

**Please Make a Donation to Community Health Coalition through SECC or PayPal: Did you know that Community Health Coalition is an approved SECC charity? If you are a state employee or retiree, choose (Code 3770) to send your SECC gift to us! Thank you.**



Click below to make a payment ↓

<http://www.chealthc.org/makeadonation.html>

Thank you.



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



Public Health

**REMEMBER Healthy People 2020: A Clear Vision to Healthy Living!**