Do You Know About...

Diabetes in Cleveland County

Diabetes

"Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy. Most of the food you eat is broken down into sugar (also called glucose) and released into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy. If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease" (CDC).

Types of Diabetes

- Prediabetes is a condition in which individuals have blood glucose levels that are higher than normal, but not high enough to be classified as having diabetes.
- Type 1 diabetes is thought to be caused by an autoimmune reaction (the body attacks itself by mistake) that stops your body from making insulin (CDC).
- Type 2 diabetes, your body doesn't use insulin well and can't keep blood sugar at normal levels. About 90-95% of people with diabetes have type 2. Type 2 diabetes can be prevented, delayed, and managed with healthy lifestyle choices such as: losing weight, eating healthy, and being active (CDC).

Statistics on Diabetes

- In 2018, 34.2 million Americans, or 10.5% of the population, had diabetes..
- Diabetes is the seventh leading cause of death in Cleveland County (2014-2018).
- 12.97% of participants in the Cleveland County Community Health Assessment reported having a diagnoses of diabetes
- North Carolina is ranked 13th highest nationally for adult diabetes prevalence
- In Cleveland County, 12.2% of the population has diabetes and another 36.7% qualify as having prediabetes
- 1.5 million Americans are diagnosed with diabetes every year.
- https://www.clevecoymca.org/Diabetes
- https://www.diabetes.org

2014-2018 Race/Ethnicity for Diabetes in Cleveland County (per 100,000):

- White males: 42.8
- While females: 27.8
- Black males: 100.2
- Black females: 43.8

sugarmds.com

Resources

YMCA Diabetes Prevention Program
The YMCA's Diabetes Prevention Program is a community-based lifestyle
improvement program for adults with prediabetes. Participants gather in a
 relaxed classroom setting and work together in small groups to learn
how to incorporate healthier eating and moderate physical activity into
their daily lives. Its purpose is to empower adults with lasting
lifestyle changes that will improve their overall health and reduce
their chance of developing type 2 diabetes.

- Phone: 704-669-3630
- Website: https://www.cdc.gov/diabetes/data/index.html

Diabetes and Nutrition Program Atrium Cleveland
Recognized by the American Diabetes Association, our program helps
you understand your diabetes, its effects on your body and the lifestyle
 adjustments needed to help manage it.

- Phone: 980-487-3953

Atrium Cleveland Endocrinology

- Address:2202 Carolina's Place, Suite 100 Kings Mountain, NC 28086
- Phone: 980-487-2270
- Website: https://atriumhealth.org/locations/cleveland-endocrinology

Online Resources

- https://www.diabetes.org/
- https://www.cdc.gov/diabetes/data/index.html
- https://www.clevecoymca.org/Diabetes

This resource guide contains information about local services in Cleveland County. The inclusion of any organization, agency or service in this guide does not imply an endorsement or recommendation, nor does the exclusion of any group imply disapproval.

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