

## What is diabetes?

Diabetes is a disease that keeps your body from making or using insulin. Insulin helps turn the food you eat into energy your body needs. When you have diabetes, the process of changing food into energy doesn't work well and sugar builds up in your blood.

If blood sugar stays too high, it can slowly cause problems to your heart, kidneys, eyes, and feet. Diabetes can lead to many serious health conditions, including heart disease, stroke, high blood pressure, blindness, amputation, and even death.

## There are two types of diabetes:

- 1. Type 1 Diabetes:** Occurs when your body does not make insulin.
- 2. Type 2 Diabetes:** Occurs when your body does not make enough insulin or it does not work well.

## Who is at risk for diabetes?

More than 90 percent of people with diabetes have Type 2 diabetes. Risk factors include:

- Older age
- Being overweight or obese
- Family history of diabetes
- Having diabetes during a pregnancy (gestational diabetes)
- Higher than normal levels of blood sugar
- Not exercising enough

Risk factors for Type 1 diabetes are less clear than they are for Type 2 diabetes. Family history, genetics, and problems with the body's system for fighting infection give a higher risk.

## How does diabetes affect our community?<sup>i</sup>

- About one out of 15 Oregon adults has been diagnosed with diabetes, higher than the national average.
- In 2006, diabetes hospitalizations costs in Oregon were over \$1.1 billion, and total estimated medical costs for diabetes were over \$2 billion.
- Asian/Pacific Islanders, African Americans, Hispanics, and American Indians/Alaska Natives are more likely to have diabetes; low income Oregonians are also more likely to have diabetes.

## What is the recommended care for diabetes?

Everyone with diabetes needs regular medical care that includes certain types of tests and exams – including an A1C blood sugar test, eye exam, cholesterol test, and test for kidney disease. Getting this recommended care helps patients and their doctors know how well a patient's diabetes is being controlled. It also helps find new health problems at an early stage when problems are easier to treat.

You can use *Partner for Quality Care* quality scores to compare how well Oregon doctors' offices give recommended care at [www.PartnerForQualityCare.org](http://www.PartnerForQualityCare.org).

## Diabetes Symptoms:

- ✓ Blurry vision
- ✓ Urinating often
- ✓ Being more tired than usual
- ✓ Losing weight when you are not on a diet
- ✓ Extreme fatigue and being irritable

High-quality care is the **care you need when you need it** – no less and no more. High-quality diabetes care starts with having a doctor who respects you, communicates clearly with you, and involves you in decisions about your care. Quality care is care that works, care that is safe, and care that’s recommended for diabetes:

STAGE OF CARE	YOUR DOCTOR SHOULD
Diagnosis & Every Visit	<ul style="list-style-type: none"> <li>✓ Check your weight and blood pressure. The blood pressure goal for most people is less than 130/80.</li> <li>✓ Look at your feet.</li> <li>✓ Develop an action plan to manage your diabetes.</li> </ul>
Every 3-6 Months	<ul style="list-style-type: none"> <li>✓ Give you an A1C test to check your blood sugar levels for the last three months. It lets you and your doctor know if your blood sugar levels have been close to normal, too high or too low. The goal for most people is less than 7 percent.</li> <li>✓ Review your self-management goals and action plan.</li> </ul>
At Least Once a Year	<ul style="list-style-type: none"> <li>✓ Check your cholesterol levels. The LDL (bad) cholesterol goal for most people is less than 100. The HDL (good) cholesterol goal for most people is above 40.</li> <li>✓ Give you a test to check your triglycerides, which are a type of blood fat.</li> <li>✓ Give you a urine and blood test to check for problems with your kidneys.</li> <li>✓ Arrange for a dilated eye exam to check for eye problems, and a dental exam to check your teeth and gums.</li> <li>✓ Give you flu/pneumonia shots as needed.</li> </ul>

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<sup>i</sup> \*Source: Oregon Diabetes Coalition. Oregon Progress Report on Diabetes. Department of Human Services, Health Services, Oregon Diabetes Program, Portland, Oregon, 2008.