

Healthy Family, Healthy Community



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A Commitment to Care

By The Honorable Alex Padilla, California State Senator
Los Angeles Leadership Council Chair, American Diabetes Association

I have witnessed firsthand the impact of diabetes on my mother and I have seen the challenges so many Californians encounter when trying to obtain access to quality health care.

This has fueled my passion for educating the community about healthcare issues and why I am honored to serve as the Chair of the American Diabetes Association's Los Angeles Leadership Council. I fully believe in empowering people to understand personal health care and how to live life to the fullest by staying active, eating right, and preventing major chronic illnesses like diabetes.

The American Diabetes Association (ADA) is dedicated to the prevention and cure of diabetes and to improving the lives of all people affected by the disease. Through education and research – and publications like this – as well as supporting local and state

policies to provide better foods, activity-friendly neighborhoods and diabetes care, the ADA strives to create healthier communities across the state for families like yours and mine.

Through this special publication and by partnering with the Amylin/Lilly Alliance, the ADA hopes to make real changes in the understanding and prevalence of the disease, which continues to disproportionately affect Latinos and other minority populations.

I encourage you to read this publication and share it with your family and loved ones. Learn the risk factors and warning signs for diabetes. If you think you or a family member may be at risk for diabetes, see a doctor. Early



detection is the best way to ensure a long and healthy life.

Beyond the doctor's office, there are numerous resources for you and your family to learn more about diabetes, including those provided on the back of this publication and at special events, like the Los Angeles

Diabetes Expo on June 16 in Long Beach and the annual Unidos Contra La Diabetes Health and Information Fair in November.

Diabetes is manageable. Together, with the right tools and the right attitude, we can make a significant difference in reducing the toll of diabetes. It is an investment in our communities and the next generation of Californians for a stronger, more vibrant future.

The State of Diabetes

Lifestyle choices, aging major contributors in California

Diabetes Prevalence in California by Age Group, 2005	
Age (years)	Prevalence (%)
18-24	0.3
25-34	1.2
35-44	4.7
45-54	6.9
55-64	15.1
65+	18.0

Diabetes Prevalence in California by Race/Ethnicity, 2005	
Race/Ethnicity	Prevalence (%)
Black	10.8
Hispanic	7.7
Other	6.7
White	6.3
Multiracial	5.0

Centers for Disease Control and Prevention website. Behavioral Risk Factor Surveillance System (BRFSS) prevalence data. Available at: <http://apps.nccd.cdc.gov/brfss/index.asp>.

The rate of diagnosed diabetes in California has grown dramatically over the past decade, increasing from 5.6% of the population in 1995 to 7.1% of the population in 2005, according to the Centers for Disease Control and Prevention. That means over 2.5 million Californians are living with diabetes, and it is estimated that 600,000 of those people remain undiagnosed.

The impact of diabetes is even greater for Latinos, African Americans, and other minority groups who have a higher prevalence for diabetes and its related health complications, including heart disease, blindness, kidney damage, periodontal disease, and nerve damage that can lead to amputation. Specialists cite three main factors for this increased prevalence: genetic makeup, diet, and physical activity levels.

Another factor contributing to the increasing number of people who have been diagnosed with diabetes is the aging population in California. Presently, 18% of people aged 65 years and older have been diagnosed with diabetes. This age group is expected to grow twice as fast as the rest of the population over the next 20 years.

While there is no cure for diabetes, it can be managed. And in some instances, it can even be prevented. Self-management of the disease through a healthful diet, physical activity, and medication, if appropriate, can help reduce related health risks and keep blood glucose levels in control.

Los Angeles County Farmers' Markets



Farmers' markets aren't just for the weekend. The following markets are open weekdays all year long. For more information on these farmers' markets and others in your area, visit www.farmernet.com/events/cfms or call the numbers provided. Asterisk (*) indicates the market accepts food-stamp electronic benefits transfer cards.

MONDAY

West Hollywood
Plummer Park, north lot
1200 N. Vista St. at Fountain Ave.
9 a.m. to 2 p.m. (323) 848-6502

South Gate
South Gate Park
Tweedy Blvd. and Pinehurst Ave.
9 a.m. to 1 p.m. (323) 774-0159

TUESDAY

Pasadena (Villa Park)*
East Villa St. at Garfield Ave.
8:30 a.m. to 12:30 p.m. (626) 449-0179

Norwalk
North side of Alondra Blvd., west of Pioneer Blvd.
9 a.m. to 1 p.m. (562) 921-2321

Torrance
Wilson Park on Crenshaw Blvd., between Carson St. and Sepulveda Blvd.
8 a.m. to 1 p.m. (310) 328-2809

WEDNESDAY

Gardena*
1670 W. 162nd St.
9 a.m. to 1 p.m. (310) 217-9537

Hollywood*
Sears, 5601 Santa Monica Blvd.
12 p.m. to 5:30 p.m. (323) 463-3171

Los Angeles (Adams and Vermont)*
Saint Agnes Church
W. Adams Blvd. at Vermont Ave.
2 p.m. to 6 p.m. (323) 777-1755

Santa Monica*
Arizona Ave. at Third St.
8:30 a.m. to 1:30 p.m. (310) 458-8712

THURSDAY

East Long Beach*
2525 Grand Ave.
4 p.m. to 7:30 p.m. (866) 466-3834

El Segundo
Main St. between Holly and Pine avenues
3 p.m. to 7 p.m. (310) 615-2649

FRIDAY

San Pedro
Old Town, Mesa and 7th streets
9 a.m. to 2 p.m. (310) 832-7272

Venice*
Venice Way and Venice Blvd.
7 a.m. to 11 a.m. (310) 399-6690

Fresh From the Farmers' Market

State and local programs help increase access to fruits and vegetables

Spring is warming into summer and the seasons are apparent at farmers' markets across Southern California. Mounds of apricots and blood oranges pile high next to neatly packed squares of strawberries and bundles of green onions where apples, yams, and artichokes were stacked earlier in the year.

"Everything's fresher and appealing," said shopper Marion Lumber at the Beverly Hills Farmers' Market (BHFH).

Farmers' markets have been popping up in Southern California's small communities and city centers for decades, enticing both serious shoppers and weekend wanderers looking for good

"We know that [farmers' markets] are popular, they bring the community together...and you can get fresher, tastier food with greater variety."

- Howell Tumlin, Southland Farmers' Market Association

deals and fresh local produce. Farmers' markets also provide a place to see familiar faces to catch up on neighborhood news or simply sit back and people-watch.

"In all my markets I have regular customers," said Arturo Reyes from McGraph Family Farms about shoppers who come by every week for their favorite produce picks at the BHFH.

For many Californians, accessing the bounty offered at farmers' markets is a challenge, especially in low-income and underserved communities. These obstacles include not having transportation to the markets, uncertainty about food stamp programs, and a lack of awareness of the importance of fresh fruits and vegetables to a person's health.

Numerous local and state programs tackle these problems, including the California 5 a Day Campaign. Their goal is to empower Californians to consume the recommended amount of fruits and vegetables and enjoy physical activity every day in an effort to reduce the risk of chronic diseases, such as diabetes, heart disease, stroke, cancer, hypertension, and obesity.

Blanca Melendrez, California 5 a

Day Latino Programs Manager, said some of the biggest problems with increasing access to fresh produce have fairly clear solutions that can be reached by working with their partners in the community.

Melendrez is part of a team that helps coordinate Southern California farmers' market site visits with health educators who provide cooking demonstrations, hand out free cookbooks, and provide tools and resources so people can learn to incorporate fresh produce "in a fun way."

A current project Melendrez is working on to overcome the lack of transportation will bring a farmers'

market to a local community by coordinating with the local American Red Cross WIC (Women, Infant Children) Program and other WIC agencies.

"If a farmers' market is near a WIC office or low-income neighborhood there is a higher rate of participation," Melendrez said.

California 5 a Day also works in partnership with WIC offices to promote food stamp programs that are accepted at local farmers' markets, through funding from the California Nutrition Network and USDA Food Stamp Program. On-site events at the WIC offices give community members an opportunity to not only pick up food vouchers but also learn about how and where to redeem them. According to Melendrez, many people don't realize they qualify for food stamps, which can open the door for a number

of programs that help families eat more healthfully.

Educating individuals about the importance of eating fresh fruits and vegetables can be a greater problem because it requires shifting their daily habits and mind-set.

"Families say they don't have enough money to buy fruits and vegetables, but they go across the street to buy a hamburger," Melendrez said.

The solution?

"We teach people that they can afford fruits and vegetables by buying what's in season and how to cook this food when they get home," she said.

Fortunately, progress is being made in cities throughout California, and people are getting the message that increasing servings of fresh produce and daily physical activity are vital steps to improved health.

"It's challenging but we've seen success," Melendrez said.

Local Collaboration

Market vendors also play a role to increase access to fresh produce in communities that otherwise wouldn't have the means to support a market's presence.

"We've learned that if a farmer has an opportunity to provide produce in an area that is lacking, it's a benefit for everyone," said Howell Tumlin, Executive Director for the Southland Farmers' Market Association (SFMA).

The SFMA is the oldest and largest association of small farmers in Southern California, and their work to increase farmers' markets in underserved areas and increase participation in food stamp programs is beginning to blossom.

This year, SFMA opened on-site farmers' markets at Kaiser Permanente medical centers in Fontana, Riverside, and Woodland Hills, and will open three more locations in the next 12 months.

"The partnership is a larger effort to get produce into cafeterias and support changing habits," Tumlin said.

The SFMA is also partnering with the Los Angeles Unified School District to bring farmers' markets on campus. The first will open at Carson High School this year.

"We know that [farmers' markets] are popular, they bring the community together, they are fun, and you can get fresher, tastier food with greater variety."

While a primary goal of the SFMA is to support small farmers and their family businesses through opportunities to sell directly to customers, Tumlin said there is more to it than selling produce. "Our small farmers can bring in produce they've grown themselves and they can price for affordability."

The SFMA hopes that through their continued work they can bring truly nutritional, tasty foods to people who otherwise would not be able to enjoy the fruits of their labor.



Above: Arturo Reyes of McGraph Family Farms sells produce at the Beverly Hills Farmers' Market. Right: Michael Fanelli reaches for freshly picked oranges at the Studio City Farmers' Market.



Mother Becomes Role Model for Family, Community

Long Beach woman leads by example

Gilma Campos knows the importance of managing diabetes firsthand – not only as a *Promotora* (community health educator) for the City of Long Beach Department of Health and Human Services, nor as the mother of a child with diabetes, but as a woman who is living with the disease.

Twenty-five years ago Campos, now 55, was diagnosed with type 2 diabetes. At that time she was uninsured and received treatment from a small clinic. Because two decades ago diabetes was not understood as it is today, all Campos was told was simply to cut carbohydrates from her diet. This meant not only a lifestyle change for herself but also for her family.

“Diabetes has a huge impact on one’s life; no one ever wants to accept that they have a disease like this,” Campos said.

Over time, and as the understanding of diabetes increased, Campos realized that she must work with her physician to manage her disease. Her doctor referred her to disease management

classes where she learned that recognizing her symptoms, eating healthy balanced meals, and exercising were important ways to taking care of herself.

Diabetes has impacted Campos’ life in many ways. The most visible change has been in her physique.

“I lost 50 pounds in about a year, simply by eating sensibly,” she said.

Losing the weight has made a tremendous impact on her daily life; she would still like to lose 10 to 15 pounds, but she has seen a definite improvement in her day-to-day life since she achieved a healthy weight.

Another change has been her view of the disease and the way she looks at herself. “Becoming a person with diabetes, and not a diabetic, has led to an increase in my self-esteem,” she said.

When Campos was diagnosed, she still had two of her sons and a daughter living at home. She had to make changes to their daily habits to ensure they were eating correctly. Most difficult for her was getting her then 15-year-old daughter to understand



Above: Gilma Campos and her family. Right: Gilma Campos and her sister enjoy neighborhood walks together.



WHAT IS DIABETES?

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone needed to convert sugar, starches, and other food into blood glucose, which is your energy source for daily life.

Symptoms are frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability, and blurry vision.

Diagnosis can only be determined by your healthcare provider. According to the National Institute of Diabetes and Digestive and Kidney Diseases

(NIDDK), the following tests are used for diagnosis:

- **Fasting plasma glucose test.** Measures your blood glucose after you have gone at least 8 hours without eating.
- **Oral glucose tolerance test.** Measures your blood glucose after you have gone at least 8 hours without eating and 2 hours after drinking a glucose-containing beverage.
- **Random plasma glucose test.** Your doctor checks your blood glucose without regard to when you ate your last meal.

TYPES OF DIABETES

Pre-Diabetes is a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. This condition almost always occurs before developing type 2 diabetes.

Type 1 Diabetes

- Most often appears in children and young adults, but can appear at any age.
- An autoimmune disease where the body’s own immune system attacks insulin-producing cells.
- Attributed to genetic and environmental factors.

- Accounts for 5% to 10% of diabetes diagnosed in the United States.
- Requires daily doses of insulin.
- Previously known as “juvenile diabetes.”

Type 2 Diabetes

- Most often attributed to obesity, physical inactivity, and poor diet.
- A pancreatic problem where the body produces insulin but does not use this insulin effectively.
- Accounts for 90% to 95% of diagnosed diabetes in the United States.
- Previously appeared in adults but is now frequently appearing in children and young adults.

"I love getting together with my family. I love to come together and have carne asada, fresh fruits, salads, and vegetables."

- Gilma Campos



that she needed to take steps to manage her own diabetes.

As a teenager, Campos' daughter ended up in the hospital several times when her blood glucose reached a dangerous level on more than one occasion. When it became obvious that her daughter didn't understand the severity of her disease and the importance of managing it, Campos decided to take her to the same disease management classes that she had been attending.

Through her daughter's experience, Campos realized the importance of caring for herself as well.

"I have learned that diabetes isn't something you can cure, but is something that can be managed," Campos said.

Since her victory in managing the disease through weight loss, exercise, and eating right, and helping her daughter manage her own diabetes, Campos has become a *Promotora* for the City of Long Beach Department of Health and Human Services. Her sister is also a *Promotora* and they both spend their time going to individuals' homes, teaching them about exercise and nutrition to ensure their diabetes is managed.

It is now Campos' goal to teach others how to live a healthy life with diabetes as she continues to work with her family to make life changes that she hopes will prevent her grandchildren from one day having diabetes.

- May not require insulin to maintain blood sugar levels.
- Previously known as "adult onset" diabetes.

Gestational Diabetes occurs in pregnant women who have never had diabetes before but have higher than normal blood sugar (glucose) levels during pregnancy.

Treatment is given to keep blood glucose levels as close to normal as possible, and both type 1 and type 2 diabetes may require daily oral medication and/or insulin. Lifestyle changes such as diet and physical activity are also components of treat-

ment. Self-management can help people with diabetes take charge of the disease.

Prevention is possible. According to studies by the National Diabetes Education Program, people at high risk for type 2 diabetes can prevent or delay the onset of the disease by losing 5% to 7% of their body weight. A person can do so by incorporating mild exercise and/or physical activity into his or her daily life and eating healthy balanced meals.

ARE YOU AT RISK FOR DIABETES?

Take the quiz below to find out if you are at risk for diabetes.

Write in the points next to each statement that is true for you. If a statement is not true, write a zero. Then add all the points to get your total score.

	Yes	No	Score
1. My weight is equal to or above that listed in the chart below.	5 pts	0 pts	
2. I am under 65 years of age and I get little or no exercise during a usual day.	5 pts	0 pts	
3. I am between 45 and 64 years of age.	5 pts	0 pts	
4. I am 65 years or older.	9 pts	0 pts	
5. I am a woman who has had a baby weighing more than 9 pounds at birth.	1 pt	0 pts	
6. I have a sister or brother with diabetes.	1 pt	0 pts	
7. I have a parent with diabetes.	1 pt	0 pts	
TOTAL POINTS			

Scoring

3-9 points - You are probably at low risk for having diabetes now. But don't just forget about it – especially if you are Hispanic/Latino, African American, American Indian, Asian American, or Pacific Islander. You may be at higher risk in the future.

10 or more points - You are at greater risk for having diabetes. Only your healthcare provider can determine if you have diabetes. At your next office visit, find out for sure.

WATCH YOUR WEIGHT

Look at the table below and determine your risk. If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes. Talk with your doctor.

Height	Weight	Height	Weight
4'10"	129	5'8"	177
4'11"	133	5'9"	182
5'0"	138	5'10"	188
5'1"	143	5'11"	193
5'2"	147	6'0"	199
5'3"	152	6'1"	204
5'4"	157	6'2"	210
5'5"	162	6'3"	216
5'6"	167	6'4"	221
5'7"	172		

Height in feet and inches, without shoes. Weight in pounds, without clothing. Quiz developed by the American Diabetes Association. Available at: <http://www.diabetes.org/risk-test.jsp>

MAKING TIME FOR ACTIVITY

Not enough time to exercise. Having too many priorities. Feeling too tired. These are all common barriers that stand in the way of physical activity. Think about what's keeping you from being active and then look to ways to overcome those barriers:

I don't have time to exercise for 30 minutes a day

Do as much as you can and remember every step counts. If you're just starting out, try 10 minutes a day and add more little by little. You can also break up your daily exercise throughout the day into 10-minute segments.

I'm too tired after work

Plan to do something active before work or during the day. Even a 10-minute walk or stretching between long periods of sitting will help.

I don't have the right clothes

Wear anything that's comfortable as long as you have shoes that fit well and socks that don't irritate your skin.

I'm afraid I'll get low blood glucose or my condition will get worse

Talk to your doctor before starting a fitness routine. If you're taking a medication that could cause low blood glucose, talk to your healthcare provider about ways to exercise safely.

It's too hot outside

If it's too hot, too cold, or too humid, walk inside a school or a shopping center.

It's not safe to walk in my neighborhood

Find an indoor activity, such as an exercise class at a community center or try an aerobic program on TV in your own home.

I can't afford to join a fitness center or buy equipment

Do something that doesn't require fancy equipment, such as walking, jumping rope, or using cans of food for weights.

Eating Healthy, Being Active, Living Life

Changing daily habits can be challenging for many people, especially when it comes to the food you eat and making time for physical activity. But even small changes can make a difference when it comes to preventing diabetes and diabetes-related health complications, especially if you are at risk for raised blood glucose levels.

Eating Healthy

Eating healthy is a simple concept but can be harder than it seems, especially when healthful food choices aren't always the most convenient and everywhere you turn there is news about what is or isn't good for you. However, some basic facts have stood the test of time and don't require an extra trip to a special market. Here are a few suggestions on making healthful food choices for you and your entire family.

- Fruits are a good choice for snacks between meals and can help satisfy a sweet tooth. Try picking from the rainbow of colors available to maximize variety.
- For vegetables, go for non-starchy choices such as spinach, carrots, broccoli, or green beans with meals.

- Whole grain foods have increased nutritional content compared to processed grain products. You can enjoy whole grains in brown rice, whole wheat pasta, or bread, which taste great with your everyday meals.
- Choosing low or nonfat dairy products is a smart way to reduce fat and calories without losing nutritional value.
- Lean meats like cuts of beef and pork that end in "loin," such as pork loin and sirloin, are another easy way to reduce fat in your diet.
- Removing the skin from chicken and turkey will help with your healthful food goals.
- How you cook your foods can also make a difference. Choose liquid oils (like vegetable oil) for cooking instead of solid fats (like lard or butter) that can be high in saturated and trans fats.
- Remember, eating too much of even healthful foods can lead to weight gain so be sure to watch your portion sizes.

Being Active

The benefits of physical activity are not just for people with expensive gym

memberships or fancy equipment, or who compete with sports teams. Exercise or physical activity includes anything that gets you moving, such as walking, dancing, playing with your children, or working in the yard. When you are physically fit, you have the strength, flexibility, and endurance needed for your daily life, which can help you feel better both physically and mentally.

For your health, physical activity can lower your blood glucose (sugar), blood pressure, and cholesterol. It also reduces your risk for heart disease and stroke, relieves stress, and strengthens your heart, muscles, and bones. In addition, regular activity helps insulin work better, improves your blood circulation, and keeps your joints flexible. If you're trying to lose weight, a combination of physical activity and wise food choices can help you reach your target weight and maintain it. All of these benefits can be yours even if you haven't been very active before.

Adapted from the American Diabetes Association's Nutrition and Exercise program information.

The following recipes plus healthy cooking tips are available on the American Diabetes Association website, available at www.diabetes.org.

Blackberry Lemonade

- 2 cups fresh blackberries or unsweetened frozen blackberries, thawed
- 1 cup fresh lemon juice
- 1 cup Splenda® No Calorie Sweetener, Granular (or 24 packets)
- 4 cups cold water

Combine blackberries, lemon juice, and Splenda in a blender; process until smooth, stopping to scrape down sides. Press mixture through a sieve into a pitcher; discard solids. Stir in water. Serve over ice.

Crispy Baked Chicken

Serves 2

- Boneless, skinless chicken breast split
- ¼ cup low-fat milk (1%)
- ¼ cup cornflakes crumbs
- ¼ tsp chopped fresh rosemary or coriander
- 1 pinch of pepper

Rinse and dry chicken pieces thoroughly. Dip in milk. Mix cornflake crumbs with rosemary or coriander and pepper. Roll chicken in the seasoned crumbs. Place on microwave-safe roasting rack. Cover with paper towel. Microwave 4-6 minutes on high or until done.



Diabetes Awareness is All in the Family

By Aliza A. Lifshitz, MD

You may have heard the alarming statistics about the link between diabetes and cardiovascular disease. Two out of every three people with diabetes die from heart disease and stroke. Hispanic women – who have a high incidence of diabetes – have an increased risk of heart disease that makes prevention, early detection, and control very important. Understanding this is key; taking action is critical, and you can make a difference through leading by example.

I have charged myself with making the road easier for people living with diabetes and the associated health complications. I am here to tell you that you can have an impact. When I speak with patients, they share their frustrations about how diabetes is a challenging and often misunderstood disease. I assure them there are many things they can do to ensure risks and symptoms are minimized.

This is what I tell them: Be a role model for family and friends. Eat more vegetables and fruit. Drink milk. Consume whole grains. Exercise daily. Don't

smoke, and if you do, seek help to quit because it also affects those around you. But most important, see your doctor regularly if diabetes runs in your family or you have any of the symptoms listed within this publication.

Given the high incidence of obesity among Californians – in particular minority populations – it is important that mothers focus on demonstrating healthy behaviors to their children. Include youngsters in preparing meals. Go on walks together. A healthy lifestyle can delay and in some cases prevent diabetes, even among families that are predisposed. Recent studies have shown that by exercising regularly and eating healthy, the risk of getting type 2 diabetes can be reduced by up to 50%. Starting these behaviors early will also help reduce your risk.



Your example will show your children, grandchildren, cousins, nieces, nephews, and friends and all of your loved ones that eating healthy and being active is fun and feels good.

By making positive lifestyle changes with proper nutrition, daily exercise, and by seeking advice and treatment from a physician – and teaching those habits to others – you can protect your body and live a longer, healthier life.

Aliza A. Lifshitz, M.D. (Doctor Aliza), born in Mexico City, is a widely known medical expert and is in private practice at Cedars-Sinai Medical Center, Los Angeles. Come hear her speak about diabetes and the related health complications for free at the Los Angeles Diabetes Expo on Saturday, June 16, at the Long Beach Convention Center.



Stepping Up Activity

Walking is an easy, convenient activity you can enjoy on your own or with friends and family to reduce your risk of diabetes or diabetes-related complications. Best of all, there's no special equipment or gym membership required. Here are a few tips to help get you moving:

1) Get in the walking habit

Make walking a regular part of your life – park a few spaces further from the store or take a flight of stairs instead of the elevator. If you can incorporate just 5 minutes of walking each day, you can burn nearly 9000 calories each year.

2) Happy feet

Good shoes will help you prevent blisters, help ensure proper circulation, and avoid foot sores. The right socks are also a critical defense against blisters. Try to use synthetic fabrics instead of cotton to wick

away moisture and let your feet breathe. This is especially important for people with diabetes.

3) Check your blood sugar levels

If you have diabetes, check your blood sugar levels before and after walking; and if you're going for a long walk, it is wise to check your blood sugar levels at regular intervals, especially if you are new to walking. Bringing along a healthy snack can help you avoid emergency situations.

4) Drink water

Drink plenty of water before and after your walk to prevent dehydration, which you may not notice until you are well into your routine. Consider bringing a water bottle along to keep you well hydrated.

5) Buddy up

Finding a walking partner is a great idea to help keep you motivated and

safe. Bring along friends, family, your pet, or join a community walking program.

6) Talk to your doctor

For people with diabetes, your insulin requirements may change with exercise. When starting a walking program or increasing your amount of exercise, talk with your physician on how to adjust your medications.

Adapted from Diabetes in Control, "Diabetes And Walking As Your Physical Activity" by Carol Birch, RN, MS. Available at: www.diabetesincontrol.com.

Living With Diabetes – Questions to Ask Your Doctor

Time with your doctor can be limited, and it is important that you are prepared to get the most out of your visit. Make sure you describe all your symptoms to the doctor, even those that may not seem relevant to you. You may want to write down your questions before your appointment to be sure you ask them all. Below are 10 questions you should ask during your visit:

- 1) Should I check my blood sugar levels at home with a glucose monitor?
- 2) What are my goals regarding blood sugar levels?
- 3) What are the warning signs or symptoms that my blood sugars are too high?
- 4) What are the warning signs or symptoms that my blood sugars are too low?
- 5) How can I change my lifestyle and diet in a way that will be healthy?
- 6) What are the side effects of my current course of treatment?
- 7) Do I need medications/insulin now or in the future?
- 8) What are the long-term complications of diabetes, and how can I avoid them?
- 9) How do other factors, such as high cholesterol and high blood pressure, affect me if I have diabetes?
- 10) How often should I see my doctor to optimize my diabetes management?

Where to Go for Help

The following is a partial list of national and local resources available to help you learn more about diabetes care, prevention, treatment, and risk assessment.

Southern California

California Diabetes and Pregnancy Program (CDAPP)

Information about the diagnosis and management of women at risk for diabetes during pregnancy
<http://www.mch.dhs.ca.gov/programs/cdapp/>

California Diabetes Program

Information about monitoring diabetes and access to care and treatment
<http://www.caldiabetes.org/index.cfm>
Greater San Diego Area
(619) 434-7182
Greater Los Angeles Area
(909) 825-5500

Free Educational Events

American Diabetes Association Los Angeles Diabetes EXPO

Saturday, June 16, 2007
Long Beach Convention Center
10 a.m. to 4 p.m.

Diabetes EXPO is everything you want to know about diabetes and its management and prevention, under one roof. Healthy cooking demonstrations, free food and product samples, exhibits featuring the latest products and services, Ask the Experts, and Youth Zone. Also, free health screenings for blood glucose, A1C, blood pressure, cholesterol, dental, vision, and feet.

Exciting Workshops:

11:00 a.m. to 12 noon

- Diabetes and Your Child
- Food, Diabetes and You*

12:30 p.m. to 1:30 p.m.

- How Exercise Affects Your Body
- Diabetes Complications-Heart and Stroke*

2:00 p.m. to 3:00 p.m.

- Psychological Secrets for Managing Diabetes
- Foot and Wound Care*

*Workshops also held in Spanish

19th Annual Unidos Contra La Diabetes Health and Information Fair

Sunday, November 11, 2007
Olvera Street Plaza, Downtown Los Angeles
10 a.m. to 3 p.m.

Health screenings, diabetes-care product samples, and general health information on the prevention and treatment of diabetes.

Latino Diabetes Association

Culturally relevant information about diabetes, nutrition, exercise, and obesity prevention in the Latino and other high risk communities
<http://www.sclda.org/index.html>
200 West Mines Ave., Montebello, CA 90640
(323) 837-9869

South Orange County Diabetes Collaborative

Information on improving access to diabetes education, self-management, treatment, prevention, and detection for South Orange County residents
www.southocdiabetes.com
Mission Hospital
27700 Medical Center Rd., Mission Viejo, CA 92691
(949) 364-1400

The Whittier Institute for Diabetes

Information about diabetes research, education, and patient care
<http://www.whittier.org/>
9894 Genesee Avenue, La Jolla, CA 92037
(877) WHITTIER

National Resources

American Association of Diabetes Educators

Information about the self-management of diabetes
<http://www.aadenet.org/>
(800) 832-6874

Diabetes Exercise and Sports Association (DESA)

Information about exercise and physical fitness for persons with diabetes
<http://www.diabetes-exercise.org/index.asp>
(800) 898-4322

Diabetes Eye Care Program

Information about free annual dilated eye exams and care for persons aged 65 and older
<http://www.eyecareamerica.org/eyecare/public/diabetes.cfm>
(800) 272-EYES

National Alliance for Hispanic Health

Information about preventing, diagnosing, and treating diabetes
<http://www.hispanichealth.org/diabetes.lasso>
(866) SU-FAMILIA

National Center for Chronic Disease Prevention and Health Promotion

Information about prevention and control of diabetes
<http://www.cdc.gov/diabetes/>
(877) CDC-DIAB

National Diabetes Education Program (NDEP)

Information about prevention and control of diabetes
<http://www.ndep.nih.gov/index.htm>

National Diabetes Information Clearinghouse

Information about all aspects of diabetes
<http://diabetes.niddk.nih.gov/index.htm>
(800) 860-8747

US Department of Health and Human Services Diabetes Detection Initiative (DDI)

Information about detection and diagnosis of diabetes
<http://www.ndep.nih.gov/ddi/index.htm>

US Food and Drug Administration (FDA)

Information about management of diabetes
<http://www.fda.gov/diabetes/>
(888) INFO-FDA

Insurance/Prescription Assistance Programs

Access for Infants and Mothers

A state low-cost health coverage program for pregnant women and their newborns
www.aim.ca.gov
(800) 433-2611

Healthy Families

Offers low-cost insurance for children and teens up to age 19 who meet the program rules and do not qualify for free Medi-Cal
www.healthyfamilies.ca.gov
(800) 880-5305

Medi-Cal

A state insurance program for limited or low-income individuals or families
www.medi-cal.ca.gov
(800) 541-5555

Medicare

A federal health insurance program for people aged 65 and older and for individuals with disabilities
www.medicare.gov
(800) MEDICARE

Partnership for Prescription Assistance/ Rx Help for Californians

A free service for people who are uninsured, are underinsured, or have a limited income that matches qualified patients with prescription assistance programs
www.helpingpatients.org and www.rxhelpforCA.org
(888) 4PPA-NOW



Special thanks to the American Diabetes Association for helping to provide content. For more information about diabetes prevention and management, please call (800) DIABETES or visit www.diabetes.org. Information from both sources are available in English and Spanish.