

# Women and Diabetes

## Prediabetes

is when a person's blood sugars are higher than normal, but not high enough for that person to be diagnosed with diabetes

## Diabetes

is a disease where the body does not make enough or use insulin properly.

**10.3%**

of women in Indiana have been told by their doctor that they have diabetes.



**7<sup>th</sup>**

Diabetes is the 7<sup>th</sup> leading cause of death in Indiana.



CDC/ Amanda Mills

## Women and Diabetes

- When you have diabetes, your body has a hard time keeping your blood sugars (blood glucose) at the normal level. This can happen when your pancreas does not make enough insulin.
- Type 2 diabetes can happen when your body does not make enough or use insulin very well.
- About 10.4% of White women have been told they have diabetes by their doctor.
- About 13.5% of Black women have been told they have diabetes by their doctor.
- Women who are Asian, Black, Hispanic, Native American or Pacific Islander are more likely to get gestational diabetes.
- If you plan to have a baby, talk to your doctor or nutritionist about ways to keep yourself and your baby healthy.

## Are you at risk for getting diabetes?

You may be at risk for getting diabetes if:

- You have been told you have prediabetes by a doctor. (Take the [prediabetes risk text](#))
- You have someone in your family with type 2 diabetes.
- You are overweight.
- You have been told that you have polycystic ovarian syndrome by your doctor.
- You have high blood pressure or higher levels of bad cholesterol.
- You have a lot of tummy fat.
- You don't get a lot of exercise.
- You smoke.
- You take certain medications.

## Breastfeeding and diabetes

- Breastfeeding your baby has many health benefits.
- If you had gestational diabetes, breastfeeding may help reduce your risk of developing type 2 diabetes.<sup>3</sup>
- Breastfeeding can reduce your baby's risk of cardiovascular disease, diabetes and other health problems.<sup>4</sup>

### References:

1. [Indiana State Department of Health. \(2014\). Behavioral Risk Factor Surveillance System.](#)
2. Centers for Disease Control and Prevention. About Prediabetes & Type 2 Diabetes. (2016). Retrieved June 29, 2016, from <https://www.cdc.gov/diabetes/prevention/prediabetes-type2/index.html>
3. Indiana State Department of Health. Vital Records, 2014.

## Take action

- See your doctor once a year for check-ups—more often if you have a chronic disease, like hypertension.
- Maintain a healthy blood pressure and cholesterol level. If you've been told that you have high blood pressure or cholesterol, ask your doctor about the [DASH diet](#).
- At mealtime, make half your plate fruits and veggies.
- Take a walk after lunch and dinner. Just 15 minutes can make a difference.
- Don't smoke or chew tobacco. If you do, talk to your doctor about the benefits of quitting.
- Get at least eight (8) hours of sleep a night.
- If your health changes or you aren't feeling well, talk to your doctor.
- Talk to your doctor or a dietitian about lifestyle changes that could help improve your health.
- Go to [www.choosemyplate.gov](http://www.choosemyplate.gov) to find recipe ideas, online tools and resources to help you eat healthier and move more

## Chronic disease resources

- Diabetes Self-Management Education and Support. Learn to live with diabetes. Find classes through the [Indiana Diabetes Education and Support Program Directory](#).
- [Diabetes Prevention Program \(DPP\)](#) is a lifestyle change program that helps to delay and/or prevent type 2 diabetes for individuals who are at risk.
- [Indiana's Community Health Centers](#) provide local primary health care services from a community perspective.
- [Indiana Perinatal Network](#) is a group of providers that seeks to improve the health of all mothers and babies.
- For problems with depression, addiction or other mental health services: [Community Mental Health Services Locator](#).
- [WISEWOMAN](#): (Well-Integrated Screening and Evaluation for Women Across the Nation Program) provides cardiovascular screening for women ages 40-64 who are participants in the Indiana Breast and Cervical Cancer Program (IN-BCCP) .
- [Indiana Tobacco Quitline](#) is a free phone service to help Indiana smokers quit. For support call: 800-Quit-Now (800-784-8669).
- [Indiana Women, Infants and Children \(WIC\)](#) is a program helping mothers and babies improve access to nutritious food and achieve a healthier lifestyle.