

The Jefferson County Diabetes Coalition was formed in 2011 by a group of Jefferson County residents who were concerned about the increasing incidence of reported cases of diabetes within Jefferson County.

Diabetes Coalition goals:

- Educate residents of Jefferson County with diabetes on how to enhance their self-management skills thus reducing further complications
- Educate residents of Jefferson County who are interested in learning about Type II Diabetes through prevention awareness programs

Diabetes Awareness

Jefferson County
Diabetes Coalition

The Jefferson County Diabetes Coalition sponsors a **Diabetic Support Group**. This group strives to provide support and education for anyone affected by diabetes. Family members are encouraged to attend.

The meeting may include a speaker and informal discussions about living with diabetes. Call (785) 863-2447 for the support group schedule.

For more information, please call one of the following:

Jefferson County Health
Department (785) 863-2447

Meadowlark Extension District,
Oskaloosa office (785) 863-2212

McLouth Medical Clinic,
Lawrence Memorial Hospital
Affiliate (913) 796-6116

Vision Statement

*"Jefferson County:
A Healthy Community
Overcoming Diabetes"*

Mission Statement

"To improve the lives of Jefferson County residents who have diabetes, are at risk for diabetes, or are affected by diabetes by providing education, self-management skills and prevention awareness programs."

There are two types of diabetes.

Type I Diabetes (formerly juvenile diabetes) results from an autoimmune disorder which causes the pancreas to stop producing insulin. Management includes dietary modification, exercise and insulin replacement.

Type II Diabetes occurs as the result of insulin resistance. The body still produces insulin, but it is no longer able to utilize it effectively. Management usually begins with dietary modification and exercise. Oral medication may be needed. Insulin is rarely needed for this type.

Prediabetes and Diabetes are major health concerns for the residents of Jefferson County, Kansas. The progression of Prediabetes to Diabetes is preventable or can be delayed.

Prediabetics have an Impaired Fasting Glucose (IFG)

A blood glucose (sugar) between 100 and 125 after fasting overnight is considered **PREDIABETES**.

A blood glucose greater than 126 after fasting overnight is considered **DIABETES**.

Over the years, diabetics that do not have good blood glucose control may develop the following conditions:

- Microvascular changes in the eye that can lead to **BLINDNESS**
- Poor circulation to legs that can lead to **AMPUTATIONS**
- Increase in blockage in heart vessels that can lead to **HEART ATTACK**
- Damage to the filtering system of the kidneys which can lead to kidney failure and the need for **DIALYSIS**

Signs and Symptoms of Diabetes:

- Increased Thirst
- Increased Urination
- Increased Hunger
- Weight Loss
- Extreme Fatigue and Irritability
- Blurred Vision
- Frequent Infections



According to the Center for Disease Control, Prediabetics who lose weight and increase their physical exercise can prevent or delay diabetes and return their blood glucose levels to normal.



Good management of daily blood sugars will help the diabetic live a long, healthy life.