

For more information on available resources **call 2-1-1**.  
Cell phone, TTY users and Charlotte County residents in Englewood, call 941.205.2161.

## Diabetes in Florida By the Numbers!



**1.7 MILLION**  
adults in Florida reported  
they have been diagnosed with diabetes<sup>1</sup>

**49.7%**  
of adults with diabetes in Florida received Diabetes  
Self-Management Education (DSME)<sup>1</sup> even though  
DSME is covered by insurance in Florida<sup>1</sup>

**1.3 MILLION**  
adults in Florida reported they have been diagnosed with  
prediabetes<sup>1</sup>

**5–7%**  
Losing just 5–7% of your body weight (10–15 pounds for  
a 200-pound person) can decrease your risk for diabetes  
and its complications

**2 TO 4 TIMES**  
Diabetes increases the risk of heart disease by  
2 to 4 times

**A1c**  
Hemoglobin A1c test—measures your average blood  
glucose for the past 2–3 months  
Normal—below **5.7%**  
Prediabetes—**5.7 to 6.4%**  
Diabetes—**6.5% or above**



## Educate Yourself About Diabetes

Diabetes is a disease in which blood glucose levels are above normal. A person with prediabetes has a blood sugar level higher than normal, but not high enough for a diagnosis of diabetes.<sup>2</sup>

### WHAT CAN YOU DO Know the symptoms of diabetes<sup>3</sup>

- Frequent urination
- Excessive thirst
- Extreme hunger
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss (Type 1)
- Tingling, pain or numbness in hands/feet (Type 2)

Find out if you are at risk. Visit [www.floridahealth.gov/diabetes](http://www.floridahealth.gov/diabetes)



Have regular physician  
visits to keep your  
diabetes under control.

Talk to your health care provider about when you should get  
tested and which test is right for you.

If you have prediabetes, take a diabetes prevention class.  
Find programs at:

[https://nccd.cdc.gov/DDT\\_DPRP/Registry.aspx?STATE=FL](https://nccd.cdc.gov/DDT_DPRP/Registry.aspx?STATE=FL)

If you have diabetes, take an accredited or  
recognized DSME class.

Find programs at: [www.flhealth.gov/diabetes/type-2/dsme.html](http://www.flhealth.gov/diabetes/type-2/dsme.html)



### LOWER YOUR RISK

**Stay active!** Physical activity can help control  
blood glucose, weight, and blood pressure

**Maintain a healthy diet** by eating smaller  
portions and less fat

**Lose weight** through a healthy lifestyle  
change program

For more information:  
<http://www.flhealth.gov/diabetes/>

### SOURCES

1. FL Dept. of Health (October 2015). Florida Behavioral Risk  
Factor Surveillance System (BRFSS) 2014 Data Book.  
[www.flhealth.gov/BRFSS-FL-2014](http://www.flhealth.gov/BRFSS-FL-2014)

2. American Diabetes Association (ADA). Diagnosing Diabetes and Learning about Prediabetes.  
[www.diabetes.org/diabetes-basics/diagnosis/](http://www.diabetes.org/diabetes-basics/diagnosis/)

3. ADA. Diabetes Symptoms. [www.diabetes.org/diabetes-basics/symptoms/referre=](http://www.diabetes.org/diabetes-basics/symptoms/referre/)  
<https://www.google.com/>

