



Module 24: More About Type 2

Participant Guide



Session Focus



You've been working hard to prevent or delay type 2 diabetes by losing weight and being active.

In this session, we will talk about:

- The basics of type 2 diabetes
- How type 2 diabetes is diagnosed
- How type 2 diabetes is managed

You will also make a new action plan!

Tips:

- ✓ Track your eating and activity to help prevent type 2 diabetes.
- ✓ See your doctor regularly to check for diabetes.



Basics of Type 2 Diabetes

Type 2 Diabetes Basics

When you eat, your body breaks down food into glucose, a type of sugar.

A hormone called insulin helps glucose leave the blood and enter the cells. This gives the cells energy.

In people with type 2 diabetes, the body doesn't use insulin well. So, sugar builds up in the blood instead of going into the cells. And the cells don't get enough energy.



Type 2 diabetes can harm your:

- Heart and blood vessels, which can lead to heart attacks and strokes
- Nerves
- Kidneys, which can lead to kidney failure
- Eyes, which can lead to blindness
- Feet, which can lead to amputation
- Gums
- Skin

You are more likely to get type 2 diabetes if you:

- Are overweight or have obesity
- Are physically active less than 3 times a week
- Have a parent or sibling with type 2 diabetes
- Are a person who is African American, Hispanic, Native American, or Alaska Native (some Pacific Islander and Asian American persons are also at higher risk)
- Are 45 or older
- Had diabetes while you were pregnant (gestational diabetes)

How Type 2 Diabetes Is Managed

Mike and Henry's Story

Mike is at risk for type 2 diabetes. He's trying to prevent or delay it by living a healthy lifestyle. Mike's dad, Henry, has type 2 diabetes. His goal is to keep his blood sugar in a healthy range so he can prevent or minimize the health complications that can result from diabetes.

Mike and Henry have very similar eating and fitness goals. They are both trying to reach and stay at a healthy weight. And they both track their eating and activity.

Unlike Mike, though, Henry checks his own blood sugar each day, and he tracks the results. Henry also takes pills to control his blood sugar.

Mike and Henry both keep an eye on their health. But Henry visits his health care provider more often. He also has more lab tests. In addition to getting his blood sugar checked, he needs to get his blood pressure, cholesterol, kidneys, eyes, and feet checked at almost every appointment. Mike may only get his labs checked once a year.

Mike has lost weight, and his latest blood sugar numbers are normal. His provider says he's on track to prevent or delay type 2 diabetes. Henry's latest blood sugar numbers are normal too. His provider says he's doing a great job keeping his blood sugar in a healthy range.



Life With Type 2 Diabetes

How would your life change if you had type 2 diabetes?

What habits will you continue to build and what new routines will you add to prevent it?

Do you know anyone with type 2 diabetes? If so, ask that person how his or her life changed and what that person does to manage it. Write your discoveries below.

You can also share your responses and discuss the topic with other participants in our private social media group.