

HEALTH & SAFETY: DIABETES OVERVIEW

Description of Issue and Importance

Diabetes is the leading cause of blindness, heart disease, chronic kidney disease, amputation, and stroke.

Type 2 Diabetes is growing at an alarming rate. It is linked to obesity and inactivity. The prevalence of processed food, junk food, and fast food is a contributing factor. Type 2 Diabetes, formerly called “Adult Onset diabetes,” is being diagnosed at earlier ages due to obesity and inactivity in children.

Prolonged use of antipsychotic medications and steroids may contribute to diabetes.

Type 2 Diabetes is controlled with diet, exercise, and/or oral medications. Complications of diabetes such as skin, kidney, eye, and neurovascular changes may be prevented with good diabetes management.

Recommended Action and Prevention Strategy

- **Steps to take to avoid developing Type 2 Diabetes:** Eat healthy, exercise, and control your weight. If you are taking antipsychotic medications or steroids, discuss how to manage the risk with your doctor.
- **Steps to take to avoid developing complications if you are diabetic:** Check and document your blood sugar levels routinely. If you feel funny or have symptoms, take action per doctor recommendation. Try to maintain your blood sugar levels at the pre-determined target range. Eat healthy, maintain a healthy weight, and exercise (consult with doctor on an exercise regimen). Take medications as prescribed. Check your skin often for open areas or sores. Report changes in health or vision to the physician.

Related Resources

Hyperglycemia Protocol

Hypoglycemia Protocol

Outreach Services

outreach@fssa.in.gov • DDRSOutreach.IN.gov

For related reminders and resources, please visit DDRSOutreach.IN.gov.



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