

Diabetes North Carolina



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This site provides resources and information for the community, employers and health care providers to reduce the impact of diabetes in North Carolina. Learn to manage diabetes or target risk factors that lead to diabetes.

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Diabetes Management
Overview

For You

For Health Professionals

Diabetes Self-Management
Education and Support

Facts



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▶ FOR YOU

▶ FOR HEALTH PROFESSIONALS

▶ DIABETES SELF-MANAGEMENT EDUCATION AND SUPPORT

▶ DIABETES MANAGEMENT FACTS

Type 2 diabetes accounts for about

90% to 95%

of all diagnosed cases of diabetes in adults.

[Find a Diabetes Management Program](#)





Diabetes Management for You



What is diabetes?

Diabetes is a condition in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. Genetics, lifestyle and environmental factors appear to play roles in people developing diabetes.

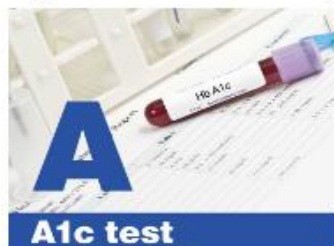
Types of diabetes

- 
[Pre-diabetes](#) – A condition in which blood glucose levels are higher than normal but not high enough to be classified as diabetes
- 
[Type 1 Diabetes](#) – a condition in which the body produces little or no insulin
- 
[Type 2 Diabetes](#) – a condition in which the body does not use insulin properly. Click here for information about [risk factors for type 2 diabetes](#).
- 
[Gestational Diabetes](#) – occurs in some pregnant women with high glucose levels during pregnancy

Managing diabetes

Managing diabetes requires lifestyle changes. The following resources are for you to help manage the disease.

If you have diabetes, you should know your ABCs:



Every 3 months
(Ideal: less than 7)



Healthy blood pressure
(Ideal: less than 120/80)



Ideal: LDL less than 100, HDL
greater than 40



Stop smoking, if you
are a smoker

Diabetes Management for Health Professionals

Managing diabetes requires lifestyle changes that may be difficult for patients. The following resources are for you, the health professional, to help your patients develop a plan to manage their disease.



Clinical Guidelines

- 2019 Standards of Medical Care in Diabetes
- Gestational Diabetes Guidelines
- National Adult Clinical Guideline Updates, June 2014



DSMES Programs

- You Can Manage Diabetes Handout
- Diabetes Self-Management Education and Support (DSMES) Locator
- Diabetes Self-Management Education and Support Video
- DiabetesSmart, a Diabetes Self-Management and Education and Support Program
- Physician brochure for Eastern North Carolina (front, back)
- Physician brochure for Western North Carolina (front, back)



Legislation

- Diabetes at School



National Organizations

- American Association of Diabetes



Research and Reports

- Coordination of Diabetes Programs Bi



Toolkits

- AMA/CDC Preventing Type 2 Diabetes

Diabetes Facts



1 out of 10 adults in North Carolina is diagnosed with diabetes.



For every 10 people diagnosed with diabetes, only 5 have taken a class to manage their diabetes.

Type 2 diabetes accounts for about **90% to 95%** of all diagnosed cases of diabetes in adults.

Diabetes is the **7th leading cause of death** in both the United States and North Carolina.

Healthy eating, physical activity and prescribed medication can help you manage your diabetes.

[Diabetes Fact Sheet](#)

[Gestational Diabetes Fact Sheet](#) ([English](#)) ([Spanish](#))

[NC American Indian Diabetes Disparities Fact Sheet](#)

Complications from diabetes can include:

- [amputations](#)
- [cardiovascular disease](#)
- [erectile dysfunction](#)
- [foot problems](#)
- [hearing loss](#)
- [heart attack/stroke](#)
- [hypoglycemia](#)
- [kidney disease](#)
- [low birth weight](#)
- [oral health](#)
- [sleep apnea](#)
- [vision loss](#)
- [and possibly Alzheimer's disease](#)

Diabetes Self-Management Education and Support Programs

Click the map to search for ADA-recognized and AADE-accredited DSMES Program Sites available in your area.



You CAN manage diabetes.
Diabetes Self-Management Education and Support (DSMES) can help.

03:25

Diabetes Self-Management and Education Support (DSMES) programs offer individual and group education. During a one-on-one session with your diabetes educator, you will create a plan to fit your needs and lifestyle. Read more about how [you can manage diabetes](#).



DSMES programs help you control your diabetes by teaching how to manage your blood sugar levels, control complications from diabetes and keep costs down.

ADA-recognized and AADE-accredited DSMES Program Sites through 6/30/2018

This map reflects the ADA-recognized and AADE-accredited DSMES Program Sites through 6/30/2018.

| Name |
|--|
| 1 "O" Street Hy-Vee Diabetes Education Program |
| 2 139 Medical Facility/Muhammed Haque MD |
| 3 87th ave site |
| 4 A New DEAL DSME Program/FDOH in Duval |
| 5 A Test Site |
| 6 Abbeville General Hospital Outpatient Diabetes Se Management Training |
| 7 ABC Health Systems |
| 8 Abington Health Center-Schilling Campus |
| 9 Abington Hospital |
| 10 Abraham Medical Clinic |
| 11 Absolute Primary Care |
| 12 Academic Endocrinology |
| 13 Academy Post |
| 14 ACMH |
| 15 Acoma-Canoncito-Laguna Indian |
| 16 Acres Home Health Center |
| 17 Adam Benjamin Jr. VA Outpatient Clinic |
| 18 Adams County Diabetes Connection |
| 19 Adashak & Wilkes, LLP dba Desert Perinatal Associates |
| 20 Addison Gilbert Hospital |
| 21 Adelanto Clinic |
| 22 Adena Regional Medical Center |
| 23 Admiral Medical Supply Inc. |
| 24 Adult Diabetes Center - Morristown |
| 25 Adult Diabetes Self-Management Education Program |
| 26 Advanced Endocrinology and Diabetes Clinic |
| 27 Adventist Health Medical Group Diabetes & Endocrine Center |
| 28 Adventist Health, Medical Office, Hanford |
| 29 Advocate BroMenn Diabetes Services |
| 30 Advocate Condell Diabetes Care Center |
| 31 Advocate Eureka Hospital Diabetes Services |
| 32 Advocate Good Shepherd Outpatient Center |



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North Carolina Diabetes Advisory Council



Congratulations to our 2018 DAC Award Winners: Healthy Communities Department at Cone Health, Melissa Herman of FirstHealth Diabetes & Nutrition Center, Rachel Marquez of Healthy Communities Department at Cone Health, Susan Houston of Vidant Health, and Ahunna Freeman of Southside Discount Pharmacy. Thank you for your work in diabetes prevention and management.

[Diabetes Advisory Council Bylaws](#)

[Member List](#)

[Diabetes Advisory Council Overview](#)

Upcoming Diabetes Advisory Council Meetings

Date: Friday, February 8, 2019
[Agenda](#) | [Directions](#)

Date: Friday, May 3, 2019

Date: Friday, November 8, 2019

Past Diabetes Advisory Council Meetings

October 26, 2018: [Agenda](#) | [Minutes/Highlights](#)
NC Resource Platform

The Diabetes Advisory Council (DAC) of North Carolina was created in 1984 as an advisory group to the Diabetes Prevention and Control program. The DAC works to reduce the burden of diabetes through coordination among the many stakeholders in diabetes control in North Carolina.

Core Responsibilities:

- Educate and publicly validate early detection, treatment and self-management training for diabetes control, as a health priority for all North Carolinians.
- Provide scientific credibility and public validity for new service priority areas and interventions based on evolving clinical and epidemiological studies and technology.
- Foster interagency collaboration and networking for identification, utilization and expansion of resources for diabetes control services.
- Evaluate, present and propose strategies for the control of diabetes in North Carolina in terms of assessed need, estimated costs, potential benefits and probability of success of each strategy.



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