



DEPARTMENT OF HEALTH

News Release

LINDA LINGLE
GOVERNOR

CHIYOME LEINAALA FUKINO M.D.
DIRECTOR
Phone: (808) 586-4410
Fax: (808) 586-4444

For Immediate Release: November 7, 2005

05-75

Live a Long and Healthy Life Through Diabetes Prevention and Management

HONOLULU – In recognition of Diabetes Awareness Month, which Governor Linda Lingle proclaimed for the month of November, the Hawaii State Department of Health is encouraging Hawaii residents to learn more about diabetes prevention and management.

“Diabetes is one of the most serious, common and costly diseases in Hawaii and across the United States,” said Health Director Chiyome Fukino, M.D. “There are over 110,000 people in Hawaii that suffer from diabetes, nearly one third of whom do not know they have the disease.”

Diabetes is a chronic disease that affects the body's production or use of insulin. This prevents the body from using carbohydrates, proteins and fat in their usual way which causes a rise in blood sugar. This build up of blood glucose leads to more serious, very devastating problems when not treated. Diabetes is the leading cause of new blindness, kidney failure and nontraumatic amputations. Diabetes also can double a person's risk of heart attack and stroke and cause nervous system damage and premature death.

Studies show that Asian Americans and Pacific Islanders who are overweight are at increased risk for type 2 diabetes, and some groups, including Native Hawaiians, Filipinos, and Japanese-Americans living in Hawaii are twice as likely to have diabetes as white residents of a similar age. Despite research which indicates diabetes is preventable, diabetes prevalence rates continue to rise. Nationwide an estimated 21 million Americans are affected by diabetes.

(more)

The good news is diabetes can be prevented. The Diabetes Prevention Program, sponsored by the National Institutes of Health, found people with pre-diabetes lowered their risk of developing type 2 diabetes, by more than half, by losing five to seven percent of body weight (about 10 to 15 pounds for a 200 pound person), getting 30 minutes of physical activity five days a week and eating healthier. Individuals should discuss preventing diabetes with their healthcare providers if they find that they are at increased risk (see table of risk indicators for pre-diabetes).

For those who are diagnosed with diabetes it is not too late. Diabetics can make a huge difference in their quality of life by appropriately managing their diabetes (see table of diabetes management tactics).

For more information on the prevention and management of diabetes, call the Hawaii Diabetes Prevention and Control Program at 808-692-7462.

Risk Indicators for Pre-Diabetes

- ❖ Over 45 and overweight
- ❖ Asian American, Pacific Islander, African American, Latino American, or American Indian descent
- ❖ Gave birth a 9+ pound baby
- ❖ Had gestational diabetes during pregnancy
- ❖ Have high blood pressure or blood pressure is 140/90 or higher
- ❖ Have high cholesterol and other fat (lipid) levels
- ❖ Exercise less than three times a week

Diabetes Management Tactics

- ❖ Control the ABCs of diabetes:
A1c test,
Blood Pressure, and
Cholesterol
- ❖ Take prescribed medications
- ❖ Receive appropriate foot, eye and dental exams
- ❖ Receive appropriate immunizations

###

For more information, contact:
Christina Vocalan, BSN, RN
Program Nurse, Hawaii State Diabetes Prevention and Control Program, Department of Health
Phone: (808) 692-7475
Email: cristina.l.vocalan@doh.hawaii.gov

Additional Contact:
Alice Silbanuz
Healthy Hawaii Initiative Public & Professional Education Coordinator, Department of Health
Phone: (808) 586-4434
Email: alice.silbanuz@doh.hawaii.gov