Today's presenter:

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National Association of Community Health Workers (NACHW)
Housekeeping

• The presentation today will last 90 minutes
  • The presentation is being recorded
• Please put your cell phone on silent or vibration
• Please mute your microphone until you need to participate in activities
• We highly encourage participation
• We will have a 20-minute Q/A session at the end
Where to turn on/off Microphone and Video

Click here to raise your hand, applause, thumb and more

Click here to open the Chat feature
It's easy to take your eyesight for granted

Get Smart About Eye Health

Eye Health | ADA (diabetes.org)

National Association of Community Health Workers (NACHW)
Getting to know **YOU**

Where are you logging in from?

How long have you been a Community Health Worker?

Briefly tell us what led you to attend this presentation?
Objectives

• Know the Risk for Diabetes
• Know the Warning Signs of Diabetic Eye Disease
• Take Control of Eye Health
Facts on Diabetes

Diabetes
• **Total:** 37.3 million people have diabetes (11.3% of the US population)
• **Diagnosed:** 28.7 million people, including 28.5 million adults
• **Undiagnosed:** 8.5 million people (23.0% of adults are undiagnosed)

Prediabetes
• **Total:** 96 million people aged 18 years or older have prediabetes (38.0% of the adult US population)
• **65 years or older:** 26.4 million people aged 65 years or older (48.8%) have prediabetes

National Association of Community Health Workers (NACHW)
Estimated Number of Persons With Visual Impairment in the United States
<table>
<thead>
<tr>
<th></th>
<th>Current Estimates</th>
<th></th>
<th>Projections</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2010</td>
<td>2014</td>
<td>2032</td>
</tr>
<tr>
<td>Cataract</td>
<td>24,409,978</td>
<td>25,666,427</td>
<td>38,477,608</td>
</tr>
<tr>
<td>Diabetic Retinopathy</td>
<td>7,685,237</td>
<td>8,084,767</td>
<td>10,938,504</td>
</tr>
<tr>
<td>Impaired</td>
<td>2,907,691</td>
<td>3,058,852</td>
<td>5,073,572</td>
</tr>
<tr>
<td>Glaucoma</td>
<td>2,719,379</td>
<td>2,858,572</td>
<td>4,275,758</td>
</tr>
<tr>
<td>AMD*</td>
<td>2,069,403</td>
<td>2,176,985</td>
<td>3,387,560</td>
</tr>
<tr>
<td>Blind</td>
<td>1,288,275</td>
<td>1,355,248</td>
<td>2,161,164</td>
</tr>
</tbody>
</table>

*Age-related macular degeneration


Is Vision Loss Part of Getting Older?

Vision can change as we age. Vision loss and blindness are not a normal part of aging.
What Vision Changes Are Normal?

• Focusing on objects up close is harder to do.
• Noticing declining sensitivity.
• Needing more light to see well.
• Needing more time to adjust to changing levels of light.
Take care of your vision
A risk factor is a behavior or condition that increases a person chances of developing a disease or injury.
Know the Risk for Diabetes

Diabetes is the leading cause of vision loss in people 18–64 years old. There are no obvious signs or symptoms.

You're at High Risk with a score of 6.
Your health can't wait. Talk to your doctor today.
How old are you?
• Less than 40 years
• 40-49 years
• 50-59 years
• 60 years and older

What is your gender?
• Woman
• Man
Have you ever been diagnosed with gestational diabetes?
  • No
  • Yes

Do you have a mother, father, sister or brother with diabetes?
  • No
  • Yes

National Association of Community Health Workers (NACHW)
Woman 60 Second test Question 5 and 6

Have you ever been diagnosed with high Blood Pressure?
• No
• Yes

What race or ethnicity best describes you?
• White
• Asian
• Hispanic and or Latino
• American Indian or Alaska Native
• Black or African American
• Native Hawaiian or other Pacific Islander
• Other
• Prefer not to say

Are you physically inactive?
• No
• Yes

National Association of Community Health Workers (NACHW)
Woman 60 Second test Question 7 and 8

Tell us more about you?
• Height
• Weight

Send my test results and tips for preventing diabetes
• Email
• Zip code
• Country (will auto populate)

Email My Results

National Association of Community Health Workers (NACHW)
Hello Mercedes,

We are following up with you today to learn what, if any, actions you've taken because of your Diabetes Risk Test result from the American Diabetes Association® (ADA). Please help us to better serve people who may be at risk for prediabetes or diabetes by answering a few questions.

All answers are confidential and to thank you for your time, at the end, you will have the option to enter for a chance to win a $100 Amazon.com eGift Card. See promotion Terms and Conditions.
Have you talked with your healthcare team about your risk test results?

- Yes
- No
Which healthcare provider(s) did you talk to about your diabetes risk test results? Select all that apply.

- [x] Primary Care Provider (e.g. physician, nurse practitioner, physician assistant)
- [ ] Eye doctor (i.e. ophthalmologist, optometrist)
- [ ] Cardiologist
- [ ] Endocrinologist
- [ ] Registered Dietitian or Nutritionist
What did you talk about with your health care provider? *Select all that apply.*

<table>
<thead>
<tr>
<th>Option</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Medication options</td>
<td></td>
</tr>
<tr>
<td>Preventing diabetes</td>
<td></td>
</tr>
<tr>
<td>Diabetes-related eye health</td>
<td></td>
</tr>
<tr>
<td>Common complications of diabetes</td>
<td></td>
</tr>
<tr>
<td>Getting tested for diabetes</td>
<td></td>
</tr>
<tr>
<td>Other (please specify):</td>
<td></td>
</tr>
</tbody>
</table>
To the best of your knowledge, which of these are symptoms of undiagnosed diabetes?

Please select all that apply.

- Feeling very thirsty
- Blurry vision
- Urinating often
- Tingling, pain, or numbness in the hands/feet
- Feeling very hungry—even though you are eating normally
- Occasional dizzy spells or nausea
When a person is first diagnosed with type 2 diabetes, when should they have their eyes examined?

- [ ] At the time of diabetes diagnosis
- [ ] Within 5 years after diabetes diagnosis
- [ ] Only if they have eye symptoms
- [ ] An eye exam is not necessary
- [ ] Don't know
True or False: Diabetes-related eye diseases can have no visual signs or symptoms.

- True
- False
- Don't know
Blurred vision is a prominent symptom of undiagnosed diabetes. For those at high-risk, an annual eye exam is a must - offering a simple way to help detect potential problems early.

How likely are you to talk with an eye doctor about diabetes-related eye disease risk and prevention? Please use a scale of 1-5 with 1 = Not at all likely and 5 = Very likely.

- 1 - Not at all likely
- 2
- 3
- 4
- 5 - Very likely
Have you registered for a Diabetes Self-Management Education and Support program? This program usually requires a referral from a healthcare provider.

- Yes
- No
- No, but I intend to
- I don't know what this program is

What is Diabetes?

Diabetes is a disease in which the body does not produce or properly use insulin.
What is Diabetes?

When you eat, food is turned into glucose (sugar) to give your body energy.

With diabetes, the body does not use the energy well.

[Diagram of digestive organs: LIVER, STOMACH, PANCREAS, INTESTINES]

What is Diabetes - YouTube

National Association of Community Health Workers (NACHW)
The path to understanding diabetes starts here.

- Understanding type 1
- Understanding type 2
- Understanding gestational diabetes
- Understanding diabetes from other causes*
- Understanding prediabetes
**Gestational diabetes**
Is diabetes that develops during pregnancy.

**Prediabetes**
Prediabetes is a condition that occurs when a person's blood glucose levels are higher than normal.

**Type 1 diabetes**
Results from the body's **failure to produce insulin**.

**Type 2 diabetes**
Results from **insulin resistance** (the body does not properly use insulin).
So, what affects my blood sugar levels?

It is important to understand what can make blood sugar rise or fall, so that steps can be taken to stay on target.
What is an A1c?

What do the numbers mean?

<table>
<thead>
<tr>
<th>A1C</th>
<th>Average Blood Glucose (eAG)</th>
</tr>
</thead>
<tbody>
<tr>
<td>6%</td>
<td>126 mg/dL</td>
</tr>
<tr>
<td>6.5%</td>
<td>140 mg/dL</td>
</tr>
<tr>
<td>7%</td>
<td>154 mg/dL</td>
</tr>
<tr>
<td>7.5%</td>
<td>169 mg/dL</td>
</tr>
<tr>
<td>8%</td>
<td>183 mg/dL</td>
</tr>
<tr>
<td>8.5%</td>
<td>197 mg/dL</td>
</tr>
<tr>
<td>9%</td>
<td>212 mg/dL</td>
</tr>
<tr>
<td>9.5%</td>
<td>226 mg/dL</td>
</tr>
<tr>
<td>10%</td>
<td>240 mg/dL</td>
</tr>
<tr>
<td>10.5%</td>
<td>255 mg/dL</td>
</tr>
</tbody>
</table>

What is a good target for A1C?
The American Diabetes Association® (ADA) recommends a target for A1C of less than 7% for most adults.
Risk Factors for Developing Type 2 Diabetes

- Family background
- High blood pressure
- Gestational diabetes
- Obesity, high cholesterol, and high triglycerides
Risk Factors for Type 2 Diabetes

- Being 45 years of age or older.
- Having a parent, brother, or sister with diabetes.
- Having an African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander background.
- Having diabetes while pregnant (gestational diabetes).
- Having a baby that weighed 9 pounds or more at birth.
Risk Factors for Type 2 Diabetes

- Being told that glucose levels are higher than normal (pre-diabetes).
- Having high blood pressure.
- Having high cholesterol (lipid) levels.
- Inactive/sedentary.
- Having blood vessel problems affecting the heart, brain, or legs.
Risk Factors for Type 2 Diabetes

The skin around the neck or armpits appears dirty no matter how much it is scrubbed.

The skin appears dark, thick, and velvety. This is called acanthosis nigricans.

National Association of Community Health Workers (NACHW)
ABC of Diabetes

A = A1C
B = Blood Pressure (BP)
C = Cholesterol

National Association of Community Health Workers (NACHW)
Common Diabetes Complications

- Retinopathy *(blindness)*
- Neuropathy *(nerve damage)*
- Nephropathy *(kidney problems)*
- Feet ulceration and/or amputations
- Cardiovascular Disease *(heart problems)*
- Heart attack *
- Stroke *
- Erectile dysfunction *(inability to have an erection)*
Treatment
7 Self-Care Behaviors

• Healthy eating
• Being active
Treatment 7 Self-Care Behaviors

- Monitoring
- Taking medication
Treatment
7 Self-Care Behaviors

- Problem solving
- Reducing risks
- Healthy coping
Type 2 diabetes can be prevented or delayed:

• Modest weight loss
• Increasing physical activity
• Making healthy food choices.
Q1
What are normal vision changes of getting older?

Wrong
Wrong
Wrong
Wrong

Correct
Correct
Declining sensitivity
Needing more light

National Association of Community Health Workers (NACHW)
People with diabetes need to know...
Vision is wonderful, but it could be lost if a person has diabetes.
Anatomy of the Eye and Its Function

- The main parts of the eye—
- Vitreous gel
- Iris
- Cornea
- Pupil
- Lens
- Iris
- Retina
- Macula
- Optic Nerve

National Association of Community Health Workers (NACHW)
Don’t wait for symptoms to see an eye care professional.

Have a dilated eye exam at least once a year.
Who can develop diabetic retinopathy?
Calculate Your Risk for Diabetic Retinopathy

Diabetic Retinopathy Risk Test

RetinaRisk enables you to calculate your future risk of diabetic retinopathy and helps you take better decisions today for your future health.

☑️ I’m over the age of 16 and have read and accept the terms.

Continue

Privacy Policy

Diabetic Retinopathy Risk Test

Low Risk Of Retinopathy
You have a low risk of developing sight threatening retinopathy.

HbA1c - Poor
Your HbA1c levels are elevated. Speak to a healthcare professional about how to reduce your HbA1c in order to minimize the risk of diabetic complications.

Blood Pressure - Elevated
Almost there! Your blood pressure is slightly elevated but does not classify as hypertension. Speak to your physician about ways to reduce your values.

Diabetes Duration
Your risk of developing sight threatening retinopathy is impacted by your duration of your diabetes. As the duration increases the need for better eye care is of importance.

*This test does not constitute medical advice nor does it replace the need to visit a physician or other health care provider.*

Email my results  Take control of your eye health

Retake the risk test
This picture shows an eye with swollen blood vessels from diabetic retinopathy.
How is diabetic retinopathy treated?
What Is Low Vision?

Vision that is **not corrected** by eyeglasses, contact lenses, medication, or surgery.

Low vision may make everyday tasks **difficult** to do.
What Causes Low Vision?

Sometimes vision loss occurs because of eye injuries or birth defects.

Most people develop low vision because of the following:

- Age-related macular degeneration
- Cataract
- Diabetic eye disease
- Glaucoma
Signs of Low Vision

Even with regular glasses or contact lenses, a person has difficulty with the following:

• Recognizing familiar faces
• Reading
• Cooking
• Picking out and matching the color of your clothes
• Reading street signs
What Is a Low Vision Assessment?

A low vision assessment determines the extent of vision loss and potential for vision rehabilitation.
Examples of low vision devices:

- Glasses with high powered lenses
- Special software for computers
- Telescopic lenses
- Other devices

© Lighthouse International, Peter Vidor

National Association of Community Health Workers (NACHW)
Q2

What do you believe causes Diabetes?

- Catching it from someone else: Wrong
- A viral disease: Wrong
- Insulin resistance: Correct
- Genetics and lifestyle factors: Correct

National Association of Community Health Workers (NACHW)
Diabetes and Cataract

A cataract is a clouding of the lens. People with cataract see through a haze.
Diabetes and Glaucoma

Glaucoma is a group of diseases that can damage the optic nerve and result in vision loss and blindness.
The Eye Health Team

Health professionals who are part of an eye health team include:

• Certified diabetes educator
• Health promoter/CHW
• Nurse
• Ophthalmologist
• Optometrist
• Pharmacist
• Primary care provider
• Social worker
What can someone do to protect their vision?

<table>
<thead>
<tr>
<th>T</th>
<th>Take your medications as prescribed by your doctor.</th>
</tr>
</thead>
<tbody>
<tr>
<td>R</td>
<td>Reach and maintain a healthy weight.</td>
</tr>
<tr>
<td>A</td>
<td>Add more physical activity to your daily routine.</td>
</tr>
<tr>
<td>C</td>
<td>Control your ABCs—A1C, blood pressure, and cholesterol levels.</td>
</tr>
<tr>
<td>K</td>
<td>Kick the smoking habit.</td>
</tr>
</tbody>
</table>

National Association of Community Health Workers (NACHW)
Diabetes and High Blood Pressure
What Is High Blood Pressure?

High blood pressure means that the heart **must pump harder** than normal for blood to get to all parts of the body.
What Causes High Blood Pressure?
Factors that contribute to high blood pressure are:

- Salt in the diet*
- Being overweight or obese*
- Heavy alcohol consumption*
- Race
- Age
- Gender
- Smoking*
- Diabetes*
- Family history

Weight Loss | ADA (diabetes.org)
Spice It Up! - Not Salt It UP!!!

**Vegetables**
- Carrots - Cinnamon, cloves, marjoram, nutmeg, rosemary, sage
- Corn - Cumin, curry powder, onion, paprika, parsley
- Green beans - Dill, curry powder, lemon juice, marjoram, oregano, tarragon, thyme, Greens Onion, pepper
- Peas - Ginger, marjoram, onion, parsley, sage
- Potatoes - Dill, garlic, onion, paprika, parsley, sage, curry powder, marjoram, nutmeg
- Squash - rosemary, sage
- Winter squash - Cinnamon, ginger, nutmeg, onion
- Tomatoes - Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper

**Protein) Meat, Poultry, and Fish**
- Beef - Bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme
- Lamb - Curry powder, garlic, rosemary, mint
- Pork - Garlic, onion, sage, pepper, oregano
- Veal - Bay leaf, curry powder, ginger, marjoram, oregano
- Chicken - Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme
- Fish - Curry powder, dill, dry mustard, lemon juice, marjoram, paprika, pepper
- Tofu – Paprika, black pepper, garlic powder, onion powder, cayenne pepper, dried oregano

National Association of Community Health Workers (NACHW)
Blood Pressure Measurement Instructions

Don't smoke, exercise, drink caffeinated beverages or alcohol within 30 minutes of measurement.

Take at least two readings 1 hour apart after waking up or after taking medications, and in evening before dinner. Record all results.

Rest in a chair for at least 5 minutes with your left arm resting comfortably on a flat surface at heart level. Stay calm and don't talk.

Make sure you're relaxed. Sit still in a chair with your feet flat on the floor and your back straight and supported.

Place the bottom of the cuff above the bend of the elbow.

American Heart Association recommended blood pressure levels

<table>
<thead>
<tr>
<th>Blood Pressure Category</th>
<th>Systolic mm Hg (upper number)</th>
<th>Diastolic mm Hg (lower number)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Less than 120</td>
<td>Less than 80</td>
</tr>
<tr>
<td>Elevated</td>
<td>120-129</td>
<td>Less than 80</td>
</tr>
<tr>
<td>High Blood Pressure (Stage 1)</td>
<td>130-139</td>
<td>OR 80-89</td>
</tr>
<tr>
<td>High Blood Pressure (Stage 2)</td>
<td>140 or higher</td>
<td>OR 90 or higher</td>
</tr>
<tr>
<td>Hypertensive Crisis</td>
<td>Higher than 160</td>
<td>Higher than 120</td>
</tr>
</tbody>
</table>

Learn more at heart.org/hbp

Using a wrist cuff to measure blood pressure

Self-measured blood pressure

* When an upper arm cuff cannot be used, validated wrist devices can be used for blood pressure estimation.

Correct forearm position for wrist blood pressure measurement

1. Apply the wrist device
2. Keep elbow on table or desk with forearm bent
3. Place the wrist at heart level
4. Keep arm relaxed and hand resting against your body
5. Measure wrist blood pressure without moving arm from seated position

Incorrect forearm position

- Wrist higher than heart level
- Forearm in horizontal position
- Forearm vertical and close to the body

National Association of Community Health Workers (NACHW)
<table>
<thead>
<tr>
<th>BLOOD PRESSURE CATEGORY</th>
<th>SYSTOLIC mm Hg (upper number)</th>
<th>DIASTOLIC mm Hg (lower number)</th>
</tr>
</thead>
<tbody>
<tr>
<td>NORMAL</td>
<td>LESS THAN 120</td>
<td>and</td>
</tr>
<tr>
<td>ELEVATED</td>
<td>120-129</td>
<td>LESS THAN 80</td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</td>
<td>130-139</td>
<td>or</td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</td>
<td>140 OR HIGHER</td>
<td>or</td>
</tr>
<tr>
<td>HYPERTENSIVE CRISIS (consult your doctor immediately)</td>
<td>HIGHER THAN 180</td>
<td>and/or</td>
</tr>
</tbody>
</table>
What Are the Signs of High Blood Pressure?

• Tiredness
• Confusion
• Nausea or upset stomach
• Vision problems or trouble seeing
• Nosebleeds
• More than normal sweating
• Headache

• Dizziness
• Skin that is flushed or red, or skin that is pale or white
• Anxiety or nervousness
• Palpitations (strong, fast, or obviously irregular heartbeat)
• Ringing or buzzing in ears
• Impotence

National Association of Community Health Workers (NACHW)
Why Is High Blood Pressure Harmful?

- High blood pressure causes the heart to work harder than normal
- High blood pressure increases the risk of heart attacks, strokes, kidney damage, eye damage, heart failure, and atherosclerosis
Normal size Heart

Enlarged Heart due to HBP
Consequences of High Blood Pressure

High blood pressure is often the first domino in a chain or “domino effect” leading to devastating consequences, like:

- **STROKE**
  - HBP can cause blood vessels in the brain to burst or clog more easily.

- **VISION LOSS**
  - HBP can strain the vessels in the eyes.

- **HEART FAILURE**
  - HBP can cause the heart to enlarge and fail to supply blood to the body.

- **HEART ATTACK**
  - HBP damages arteries that can become blocked.

- **KIDNEY DISEASE/FAILURE**
  - HBP can damage the arteries around the kidneys and interfere with their ability to effectively filter blood.

- **SEXUAL DYSFUNCTION**
  - This can be erectile dysfunction in men or lower libido in women.

**WARNING!**

Control your Blood Pressure to avoid complications.
High Blood Pressure can be **Prevented, Treated, and Controlled**?
Q3
What are the top and bottom number of a blood pressure reading called?
Click all that applies

- Vascular
- Diastolic
- Arterial
- Systolic

National Association of Community Health Workers (NACHW)
Keep your eyes healthy

There are lots of ways to keep your eyes healthy
• from wearing your sunglasses
• to eating eye-healthy foods, like salmon and kale
Plan Your Portions

NonStarchy Vegetables
- Asparagus
- Broccoli
- Brussels sprouts
- Cauliflower
- Cucumbers
- Dark leafy greens
- Mushrooms
- Okra
- Pea pods
- Peppers
- Radishes
- Salad greens
- Tomatoes
- Zucchini

Use a smaller plate. This is a 9-inch plate to help guide you.

Protein
- Chicken
- Eggs and cheese
- Fish
- Lean beef
- Nuts
- Nut butter
- Shrimp
- Tofu

Carbohydrates
- Corn
- Corn tortilla
- Fruit
- Berries
- Whole grains
- Winter squash
- Beans, lentils, and peas
- Milk and yogurt

What Can I Eat

American Diabetes Association
National Association of Community Health Workers (NACHW)
Plan Your Portions

Your fist is a handy tool that is always with you. Place your fist on the outline to the right to see how it compares to a measuring cup.

My fist = _____ cup(s)

This fist = 1 cup

Healthy Tip:

Choose low-cost recipes and meals. Recipes with fewer ingredients are often cheaper and quick to make. One place to look for recipes is www.diabetesfoodhub.org.

FATS: All fats are high in calories, so keep the portion size small (less than 1 tablespoon in most cases).

**EAT Often**
- Oil-based salad dressing: vinaigrette, oil and vinegar
- Oils: canola, olive, sunflower, peanut
- Trans fat-free spreads
- Avocado, olives, seeds, peanut or almond butter

**Sometimes**
- Low-fat creamy salad dressing like light ranch
- Oils: corn, soybean, safflower, sesame
- Mayonnaise

**LIMIT**
- Full-fat creamy salad dressing like ranch or blue cheese
- Butter, lard, coconut oil
- Margarine
- Cream

National Association of Community Health Workers (NACHW)
No food label or measuring cups?

![Hand guide for measuring ingredients](image)

- **½ cup of corn = 15 grams of carbohydrate**
- **Use the front of your clenched fist for ½ a cup**
- **1 Tbsp. jelly = 15 grams of carbohydrate**
- **Top of your thumb for 1 tablespoon**
- **A small fist is about 1 cup**
- **Fingertip for 1 teaspoon (oil)**
- **1 ounce of pretzels = 15 grams of carbohydrate**
- **Use this to portion 1 ounce for snacks**
- **Palm of your hand (3 ounces of meat)**

*National Association of Community Health Workers (NACHW)*
Protect your eyes

- Wear sunglasses
- Wear protective eyewear
- Give your eyes a rest
- If you wear contacts, take steps to prevent eye infections
Get answers to your questions
Past Recordings

Dial 1-866-686-8240 to hear the latest recording

2022

Ask the Experts: Getting Started- Organizing the Diabetes To Do List
Click for full archive and audio clip highlights

Ask the Experts: Make the Most of Your Health Care Visits
Click for full archive and audio clip highlights

Ask the Experts: Keeping your Heart Healthy-What to do
Click for full archive and audio clip highlights

Ask the Experts: What does an eye exam look like?
Ask the Experts: What does an eye exam look like?
February 22, 2022 @ 2:00 PM EST
Living with Type 2 Diabetes Program
Support to help you thrive

Healthy Living for Life.

Spring into Action
Spring is here, and it's a perfect time to get moving.
If you're not feeling physically active, give exercise a try.
It's an important part of a healthy lifestyle.

Managing High Blood Pressure with Diabetes
Two out of three people with diabetes report having high blood pressure or taking medication for it.

To sign up by phone, call 1-800-DIABETES (800-342-2383).

Enroll Today!

National Association of Community Health Workers (NACHW)
Resources

• **Eye Health | ADA (diabetes.org)**
  • Risk Test | ADA (diabetes.org)
  • Diabetes and High Blood Pressure | ADA
  • ADA’s Ask the Experts | Know Diabetes by Heart™
  • Recipes & Nutrition | ADA (diabetes.org)
  • Living With Type 2 Diabetes Program | ADA
  • What is the Diabetes Plate Method? (diabetesfoodhub.org)

• **NACHW – National Association of Community Health Workers**

• **Exercise Can Slow or Prevent Vision Loss, Study Finds | National Eye Institute (nih.gov)**

• **Healthy Vision | National Eye Institute (nih.gov)**

• **High Blood Pressure | American Heart Association**

• **Burden of Vision Loss | CDC**

• **National Diabetes Statistics Report | Diabetes | CDC**
Eat me as part of your healthy living routine
Make Your Vision a Health Priority.

thank you