Women and Diabetes

Prediabetes
is when a person’s blood sugars are higher than normal, but not high enough for that person to be diagnosed with diabetes.

Diabetes
is a disease where the body does not make enough or use insulin properly.

10.3%
of women in Indiana have been told by their doctor that they have diabetes.

7th
Diabetes is the 7th leading cause of death in Indiana.

Women and Diabetes

- When you have diabetes, your body has a hard time keeping your blood sugars (blood glucose) at the normal level. This can happen when your pancreas does not make enough insulin.
- Type 2 diabetes can happen when your body does not make enough or use insulin very well.
- About 10.4% of White women have been told they have diabetes by their doctor.
- About 13.5% of Black women have been told they have diabetes by their doctor.
- Women who are Asian, Black, Hispanic, Native American or Pacific Islander are more likely to get gestational diabetes.
- If you plan to have a baby, talk to your doctor or nutritionist about ways to keep yourself and your baby healthy.
Are you at risk for getting diabetes?
You may be at risk for getting diabetes if:

- You have been told you have prediabetes by a doctor. (Take the prediabetes risk text)
- You have someone in your family with type 2 diabetes.
- You are overweight.
- You have been told that you have polycystic ovarian syndrome by your doctor.
- You have high blood pressure or higher levels of bad cholesterol.
- You have a lot of tummy fat.
- You don’t get a lot of exercise.
- You smoke.
- You take certain medications.

Breastfeeding and diabetes
- Breastfeeding your baby has many health benefits.
- If you had gestational diabetes, breastfeeding may help reduce your risk of developing type 2 diabetes. ¹
- Breastfeeding can reduce your baby’s risk of cardiovascular disease, diabetes and other health problems. ⁴

Take action

- See your doctor once a year for check-ups—more often if you have a chronic disease, like hypertension.
- Maintain a healthy blood pressure and cholesterol level. If you’ve been told that you have high blood pressure or cholesterol, ask your doctor about the DASH diet.
- At mealtime, make half your plate fruits and veggies.
- Take a walk after lunch and dinner. Just 15 minutes can make a difference.
- Don’t smoke or chew tobacco. If you do, talk to your doctor about the benefits of quitting.
- Get at least eight (8) hours of sleep a night.
- If your health changes or you aren’t feeling well, talk to your doctor.
- Talk to your doctor or a dietitian about lifestyle changes that could help improve your health.
- Go to www.choosemyplate.gov to find recipe ideas, online tools and resources to help you eat healthier and move more

Chronic disease resources

- Diabetes Prevention Program (DPP) is a lifestyle change program that helps to delay and/or prevent type 2 diabetes for individuals who are at risk.
- Indiana’s Community Health Centers provide local primary health care services from a community perspective.
- Indiana Perinatal Network is a group of providers that seeks to improve the health of all mothers and babies.
- For problems with depression, addiction or other mental health services: Community Mental Health Services Locator.
- WISEWOMAN: (Well-Integrated Screening and Evaluation for Women Across the Nation Program) provides cardiovascular screening for women ages 40-64 who are participants in the Indiana Breast and Cervical Cancer Program (IN-BCCP).
- Indiana Tobacco Quitline is a free phone service to help Indiana smokers quit. For support call: 800-Quit-Now (800-784-8669).
- Indiana Women, Infants and Children (WIC) is a program helping mothers and babies improve access to nutritious food and achieve a healthier lifestyle.

References: