

## FREQUENTLY ASKED QUESTIONS

### Diabetes Definitions

#### **Q: What is prediabetes?**

**A:** Prediabetes generally has no symptoms. But it's almost always present before someone is diagnosed with Type 2 diabetes. It means a person's blood sugar level is higher than normal, but not yet high enough to be diagnosed with the disease. About 86 million people in the U.S. over the age of 20 have prediabetes, and specifically, more than 3.5 million adults in Pennsylvania have prediabetes. And, doctors see the need to treat the diagnosis more often. Treating it can prevent more serious health problems later on. These range from Type 2 diabetes to problems with your heart, blood vessels, eyes, and kidneys.

#### **Q: What is Type 2 diabetes?**

**A:** Type 2 diabetes is the most common form of diabetes. If you have Type 2 diabetes, your body does not use insulin properly. This is called insulin resistance. At first, your pancreas makes extra insulin to make up for it. But, over time, it can't keep up and make enough insulin to keep your blood glucose at normal levels.

#### **Q: What is Type 1 diabetes?**

**A:** Type 1 diabetes is different than Type 2 because it is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. It's also not the type of diabetes that is directly related to poor diet and lack of exercise. Only 5% of adults with diabetes in the U.S. have this form of the disease. With Type 1 diabetes, the body does not produce insulin. Insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body. With the help of insulin therapy and other treatments, even young children can learn to manage their condition and live long, healthy lives. More than 18,000 new cases of Type 1 diabetes are estimated to be diagnosed among U.S. youth younger than 20 years of age.

## Obesity and Diabetes Statistics

### **Q: How many adult Pennsylvanians are diagnosed with obesity?**

**A:** Pennsylvania now has the 24th highest adult obesity rate in the nation. Pennsylvania's adult obesity rate is currently **30.0 percent**, up from **20.3 percent** in 2000 and from **13.7 percent** in 1990. **Source:** The State of Obesity: Better Policies for a Healthier America released September 2016.

### **Q: How many children are diagnosed with obesity?**

**A:** 22 percent of Pennsylvania children in grades K-12 are overweight and 17.1 percent are obese. **Source:**

<http://www.health.pa.gov/My%20Health/School%20Health/Documents/Mandated%20School%20Health%20Program/Growth%20Screen/2012-13BMIByCounty.pdf>

### **Q: How many Pennsylvanians are diagnosed with diabetes each year?**

**A:** It is estimated that 78,000 Pennsylvanians are diagnosed with diabetes every year. In most cases, this diagnosis can be prevented if people learn to manage their weight and become more active. **Source:** Diabetes Incidence: 2014 state diabetes incidence rates, [cdc.gov/diabetes/data](http://cdc.gov/diabetes/data).

### **Q: How many Pennsylvanians are living with prediabetes?**

**A:** It is estimated that more than 3.5 million adults in Pennsylvania are living with prediabetes. (Per CDC, 1 in 3 American adults have prediabetes; that translates to 3.5 million adults in PA).

**Source:** Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services; 2014.

### **Q: How many Pennsylvanians live with Type 2 diabetes each year?**

**A:** Almost one million adult Pennsylvanians are living with Type 2 diabetes.

**Source:** CDC Diabetes Report Card 2014

### **Q: How many Pennsylvanians are living with Type 1 diabetes?**

**A:** 11% of the Diabetes population has been diagnosed with Type 1 diabetes, which is roughly 160,000 Pennsylvanians.

**Source:** American Diabetes Association

## About Make A Choice

### **Q: What is Make A Choice?**

**A:** The Make A Choice initiative is a collaborative effort between Health Promotion Council and Pennsylvania Department of Health designed to help Pennsylvanians identify, prevent and control obesity and diabetes. This statewide initiative connects Pennsylvanians to personal success stories, diabetes education programs and a free online resource – [makeachoice.org](http://makeachoice.org) – to help encourage and inspire Pennsylvanians to prioritize their health and *make a choice* to live a healthier lifestyle starting today.

### **Q: How can Pennsylvanians use [makeachoice.org](http://makeachoice.org) to prevent and manage their diabetes?**

**A:** [Makeachoice.org](http://makeachoice.org) is designed to motivate Pennsylvanians to start living a healthier lifestyle, offering quick tips and tools, real-life success stories and awareness of private/public partnership diabetes education programs. Making even the smallest changes in your diet or activity level, can prevent diseases such as prediabetes, Type 2 diabetes and obesity.

[Makeachoice.org](http://makeachoice.org) offers:

- **Prediabetes Screening Test** – Take a simple quiz to see if you are at risk of developing diabetes.
- **Healthy Champion Testimonials** – Hear from real Pennsylvanians about their inspirational journeys to lose weight, make healthy choices and live a more active lifestyle after being diagnosed with prediabetes, Type 2 diabetes or Type 1 diabetes.
- **Prevention and Management Information** – For those living with prediabetes, information can be found about how to enroll in local Diabetes Prevention Programs (DPP). These DPPs offer lifestyle coaches in group settings to help individuals lose weight through healthy eating and physical activity. For those living with Type 2 diabetes, residents can enroll in locally-run Diabetes Self-Management Education programs (DSME) which teach individuals the skills to modify their behavior and self-manage the disease.
- **Shaun T** – Fitness and Transformation Motivator, Shaun T, has inspired millions of people to get moving and choose a healthier lifestyle. Shaun T challenges Pennsylvanians to *Make a Choice* by inviting them to work out with him at Wellness Challenge events during National Diabetes Awareness Month in November.
- **Quick Tips & Tools** -- From convenient fitness apps to menu samples and BMI calculators, the website offers a variety of useful information to get started on a wellness journey.
- **Type 1 Information** – The website provides relevant information and guidance on how to manage Type 1 diabetes.

**Q: When and where are the Wellness Challenges being held with Shaun T?\***

**A:** We are hosting two Make A Choice Wellness Challenges for the public:

- Thursday, November 2, 2017 from 5 pm – 8 pm in Pittsburgh at the David L. Lawrence Convention Center
- Saturday, November 4, 2017 from 11 am – 2 pm in Philadelphia at the Pennsylvania Convention Center
- There will also be a Wellness Summit for statewide health partners on Friday, November 3, 2017 in Harrisburg from 11 am – 2 pm at the Harrisburg Crowne Plaza.

\*Registration is available at [makeachoice.org/events](http://makeachoice.org/events).

**Sources**

<sup>1</sup> Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services; 2014.

<sup>2</sup> Diabetes Incidence: 2014 state diabetes incidence rates, [cdc.gov/diabetes/data](http://cdc.gov/diabetes/data).

<sup>3</sup> The State of Obesity: Better Policies for a Healthier America released September 2016.

<sup>4</sup> Pennsylvania Department of Health,  
<http://www.health.pa.gov/My%20Health/School%20Health/Documents/Mandated%20School%20Health%20Program/Growth%20Screen/2012-13BMIByCounty.pdf>