

Take Control is the CODA theme for (National Diabetes Month)



November is National Diabetes Month! Below is a list of events provided by the Central Ohio Diabetes Association during National Diabetes Month

To receive further information go to www.diabetesohio.org or call **(614) 884-4400** to register for events



November 14 World Diabetes Day—The world goes Blue with the theme of “Women and Diabetes - our right to a healthy future”, focusing on the importance of affordable and equitable access for all women at risk for or living with diabetes to the essential diabetes medicines and technologies, self-management education and information they require to achieve optimal diabetes outcomes and strengthen their capacity to prevent type 2 diabetes.

Educational Offerings

Diabetes Self- Management Education & Support Series

November 1, 8 and 15, 5:30 pm to 7:30 pm

Wednesdays

This three-session class is a complete diabetes education series covering all aspects of diabetes for the newly diagnosed and for those needing a refresher. **The classes are held in the CODA office - 1100 Dennison Ave.**

Registration is required



Cooking Matters at the Grocery Store Tour for Adults

November 3 - Registration required

Kroger, 1350 N. High St. - 2 pm to 4 pm

Come out and learn how to shop for and prepare delicious, nutritious foods on a budget. Learn how to stretch your ingredients and your food dollars. Complete the tour and receive \$10 in Free Groceries. One bag of free groceries per household. Space for the grocery tour is limited. **Register by November 1.** **The tour is open to adults only 18 and over.**



Inch by Inch: Lifestyle Management

November 4, 11 & 18, Saturdays

10 am to 12 pm

An upbeat prevention class series centered on healthy weight and physical activity. For individuals with a family history of diabetes, pre-diabetes, diabetes or anyone who wants to make some life changes.

Call 614-884-4400 to register



Diabetes Self- Management Education & Support

Thursdays - November 9 & 16, 9:30 am to 12:30 pm

Tuesdays – December 5 & 12, 9:30 am to 12:30 pm

Wednesdays – December 6 & 13, 5 pm to 8 pm

This is a complete diabetes education series covering all aspects of diabetes for the newly diagnosed and for those needing a refresher. The classes are held at the CODA office, 1100 Dennison Ave. Registration is required



Diabetes Support & Empowerment Group - Tuesdays

November 7, 21; and December 5 & 9, 6 p.m. to 7 p.m.

To register call (614) 884-4400

Feeling frustrated and burned out about managing your diabetes? Attend the diabetes support group to discuss strategies to address depression, stress, and burnout. Learn positive ways to deal with the challenges of living with diabetes. Led by Darlene Honigford, BSW, LSW



Special Events

Cycle For Diabetes

A warm-up activity for the **6th Annual Santa Speedo Dash** **Saturday, November 4**
1 pm to 2 pm Cycle Bar (Easton)
4201 Weaverston Ln., Columbus, Ohio 43219

Join the Young Professionals Against Diabetes (YPAD) for a 50-minute cycle ride to benefit the programs and services of the Central Ohio Diabetes Association. **The event begins at 1 pm and the admission is \$20 per person.** If you plan to participate, please arrive a few minutes early.

Register at [http:// bit.ly/2h5ABr2](http://bit.ly/2h5ABr2)



Youth Fall Celebration - Free

Sunday, November 5, 2 pm to 4 pm

Central Ohio Diabetes Association
1100 Dennison Ave., Columbus, OH 43201

The Fall Celebration enables children with diabetes (ages 3 to 12) to participate in trick or treating on beggars' night, without giving into the temptation of sugar. Children with diabetes can exchange their treats for toys and other items at the Fall Celebration. Activities will include a diabetes education session for parents, a nutritional snack, games and crafts.

Registration is required.



Thursday-November 9

Santa Speedo Dash

Registration Party

The Three-Legged Mare

401 N. Front St.

6 pm to 8 pm

Join Young Professionals Against Diabetes (YPAD), a Columbus young professionals group supporting the Central Ohio Diabetes Association for a Santa Speedo Dash Registration Party and Happy Hour. Come out and register early for the Santa Speedo Dash and enjoy a great Happy Hour in the Arena District



Special Events

Youth Holiday Party - December 3

1 pm to 3 pm

OhioHealth Chiller Easton, 3600 Chiller Lane,
Columbus, Ohio 43219.

Ice skating and crafts for children with diabetes
ages (3 to 12) and their families

Call 884-4400 to RSVP by December 1

(mention food allergies, if any, when you call)



Sixth Annual Santa Speedo Dash - Saturday, December 9

Join Young Professionals Against Diabetes (YPAD), a Columbus young professionals group supporting the Central Ohio Diabetes Association on **Saturday, December 9 at noon** for the 6th annual Santa Speedo Dash.

The event will include a 1 mile or 5K run that begins at McFerson Commons Park, immediately followed by the Santa Speedo Dash after party at The Three-Legged Mare - 401 N. Front St., Columbus, Ohio 43215.

To register go to: www.santaspeedodash.org or call **614-884-4400** for more information.

**Race Day HQ/Registration, The Three-Legged Mare
401 N. Front St., Columbus, Ohio 43215.**



Free Diabetes Screenings

Diabetes Screenings are available in
November, Monday thru Friday

8:30 am to 5 pm

**1100 Dennison Avenue, Columbus,
OH 43201**

About Us

Founded by a group of local physicians, the Central Ohio Diabetes Association has provided service to the Central Ohio community for 53 years. The Central Ohio Diabetes Association is an agency of LifeCare Alliance with a direct service focus serving Franklin County and 10 outlying counties.



Mission Statement: The Central Ohio Diabetes Association helps Central Ohioans living with diabetes detect their condition, prevent onset and complications, and learn to live well with the challenge of diabetes.

The Central Ohio Diabetes Association provides the following services to all individuals:

- Diabetes, fitness and nutrition education
- Community detection program to identify undetected or uncontrolled diabetes
- Camp and youth programs
- Community outreach programs to high-risk populations
- Financial resources information, emotional support programs and medical assistance

About Diabetes - Prevalence

- Nearly 30 million children and adults in the United States have diabetes.
- Another 84 million Americans have prediabetes and are at risk for developing type 2 diabetes.
- Recent estimates project that as many as 1 in 3 American adults will have diabetes in 2050 unless we take steps to decrease obesity through better nutrition and fitness.
- Ohio ranks 46th (bottom quartile of the 50 states and District of Columbia) in the nation with 11.7% of adults diagnosed with diabetes.
- **In Ohio, over 880,300 individuals have diabetes—In Central Ohio alone over 220,000 have diabetes a number that increases by 8,000 each year. 40% of people who have diabetes are undiagnosed.**

The Toll on Health

- Two out of three people with diabetes die from heart disease or stroke.
- Diabetes is the leading cause of kidney failure.
- Diabetes is the leading cause of new cases of blindness among adults.
- The rate of amputation for people with diabetes is 10 times higher than for people without diabetes.
- About 60-70 percent of people with diabetes have mild to severe forms of nerve damage that could result in pain in the feet or hands, slowed digestion, sexual dysfunction and other nerve problems.
- **Diabetes mellitus is the 7th leading cause of death in Ohio. However, according to the Centers for Disease Control (CDC), diabetes is likely to be under-reported as a cause of death. More people will die from diabetes complications this year than will die of breast cancer and AIDS combined.**
- **Columbus' African-American population has alarmingly high rates of mortality due to diabetes ** Complications develop prior to diagnosis for more than half of local people who are diagnosed with diabetes.**

o Local conditions identified as underlying reasons for higher rates of diabetes deaths and complications include: inability to afford medication; lack of insurance coverage for diabetic supplies, which discourages testing of blood sugar levels; inability to get fresh nutritional foods; insufficient diet instruction; lack of exercise, often due to other health conditions; lack of understanding as to the urgency and benefits of diabetes control and availability of community resources; and poor access to services and/or transportation.

Cost of Diabetes

- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$245 billion (a 41% increase since the last study was done in 2007).
- One out of every ten health care dollars is spent on diabetes and its complications.
- The cost of caring for someone with diabetes is \$1 out of every \$5 in total healthcare cost.
- **In the three congressional districts that make up Central Ohio, the direct and indirect cost of diabetes is well over \$1 billion.**

The Good News

- **You don't have to be a statistic-Get screened for diabetes.**
- **You can reduce your risk for diabetes & learn to manage diabetes through education and support.**
- **Central Ohio Diabetes Association can help!**