

# National Diabetes Month Central Ohio Diabetes Association 2016



**November is National Diabetes Month!**  
Below is a list of events provided by the Central Ohio Diabetes Association and other organizations celebrating National Diabetes Month and World Diabetes Day.

To get further information and to see newest updates go to [www.diabetesohio.org](http://www.diabetesohio.org) or call (614) 884-4400.

## Community Events



**Nov. 1-5 ; 13-30; City Hall Goes Blue** in recognition of National Diabetes Month.

**Nov. 14 World Diabetes Day**—The world goes Blue today with the theme of “Eyes on Diabetes”, focusing on the importance of screening to ensure early diagnosis of type 2 diabetes and treatment to reduce the risk of serious complications.

The Central Ohio Diabetes Association in collaboration with the American Diabetes Association, JDRF and the Ohio Affiliate of Prevent Blindness locally will host an awareness press conference at the Statehouse Atrium from **10 a.m. to 12 p.m.** to bring attention to the issue of diabetes.

<http://www.idf.org/wdd-index/wdd2016.html>

## Educational Offerings

### **Diabetes Support & Empowerment Group**

**November 1, 15; 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 - **1st and 3rd Tuesdays**



**November 2, 9 and 16, 5:30 to 7:30 pm Diabetes Self- Management Education & Support class.** 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 series is at our office, 1100 Dennison Ave. To register, call 884-4400.**



**November 5, 12 & 19, Saturdays 10 a.m. to 12 p.m. Inch by Inch: Lifestyle Management.** 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**



**November 6 CODA's Youth Fall Celebration** (ages 3-12 and their families) from 2 p.m. to 4 p.m. at the **Whetstone Park of Roses enclosed Shelter House, 3909 N. High Street, Columbus, OH 43214.** Games, snacks, and fun! Learn more about nutrition and insulin pumps. **Bring your trick-or-treat candy and exchange it for toys and other items. To register call 614-884-4400**

**November 15 and 22, 9:30 am to 12:30 pm Diabetes Self- Management Education & Support class.** This two-session class is a complete diabetes education series covering all aspects of diabetes for the newly diagnosed and for those needing a refresher. **The series is held at our office, 1100 Dennison Ave. To register call 614-884-4400**



**November 16 - Brush-Up Series 2016 Kevin Schroeder aka Dancing Kevin: One Man's Journey To Health - 6 p.m. to 7 p.m.** Kevin's presentation will focus on physical activity, food and overeating, one's mindset, support and much more. Individuals are welcome to attend if they have diabetes or pre-diabetes. **The series is at our office, 1100 Dennison Avenue To register call 884-4400.**



**December 4 Youth Holiday Party: 1 p.m. to 3 p.m. at OhioHealth Chiller Easton, 3600 Chiller Lane, Columbus, Ohio 43219.** Ice skating, crafts and fun. **Call 884-4400 to RSVP by Dec. 2** (mention food allergies, if any, when you call). Go to [www.diabetesohio.org](http://www.diabetesohio.org) to find a flyer that will provide a group rate for admission to skate.



**Diabetes Support & Empowerment Group  
December 6; 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  
- 1st and 3rd Tuesdays



**December 7 and 14, 5 p.m.- 8 p.m. Diabetes Self- Management Education & Support class.** This two session class is a complete diabetes education series covering all aspects of diabetes for the newly diagnosed and for those needing a refresher. **The series is at our office, 1100 Dennison Ave. To register, call 884-4400.**

## Special Events

Saturday, **December 10, 5<sup>th</sup> Annual Santa Speedo Dash:** Quickly becoming a holiday tradition, this fun fundraising event is sponsored by YPAD, the Central Ohio Diabetes Associations young professional group. To register as an individual or team for the 1 mile walk or 5K run, go to: [www.santaspeedodash.org](http://www.santaspeedodash.org) or call **614-884-4400 for more information. Race HQ/ Registration, Dick's Last Resort, 343 N. Front Street, Arena District.**



## Free Diabetes Screening Events

- Diabetes Screenings are available at any time during business hours, M-F, 8:30 a.m. to 5 p.m., 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 fifty-two years. The agency is not affiliated with a national organization. It is a local, private agency with a direct service focus serving Franklin County and 10 outlying counties. There is no other community-



based diabetes organization with a staff of Certified Diabetes Educators, nurses, dietitians and social workers providing direct services to local families.

**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 29 million children and adults in the United States have diabetes.
- Another 86 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 46<sup>th</sup> (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!**