



Kentucky Public Health

Prevent. Promote. Protect.

You are the Center of Your Diabetes Care Team

52 Weeks of Public Health Spotlight: National Diabetes Month



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FRANKFORT, Ky. (November 8, 2017) – In recognition of National Diabetes Month and World Diabetes Day on November 14, the Kentucky Department Public Health (DPH) within the Cabinet for Health & Families Services (CHFS) is bringing attention to diabetes and its impact on thousands of Kentuckians.

Diabetes is a common, lifelong medical condition where the body does not make or properly use insulin. One in every eight or 13.1 percent of Kentucky adults are estimated to have been diagnosed diabetes. This disease keeps the body from processing food normally causing sugar to build up in the blood, which over time can cause serious problems with the heart, kidneys, eyes and feet.

Diabetes can be challenging to live with and manage day after day. This November, the Kentucky's Diabetes Prevention and Control Program has adopted the National Diabetes Education Program's theme for the month: ***“You are the Center of Your Diabetes Care Team.”*** As the most important member of your diabetes care team, you should understand that you do not have to manage your diabetes alone.

The Department for Public Health encourages Kentuckians who are battling diabetes to seek support from a team of professionals such as a doctor or nurse practitioner; diabetes educator, dietitian, nurse, pharmacist, eye doctor, foot doctor and mental health counselor to manage your disease.

As the center of the diabetes care team, it is critical that persons with diabetes and learn about the disease. Participating in [Diabetes Self-management Education and Support \(DSMES\)](#) is one of the best ways for individuals to learn and be empowered with the knowledge and skills to better manage their diabetes.

“A diabetes educator can help people learn how to manage their disease as a part of daily life. These education sessions may include information on how to plan meals and make healthy food choices, staying active, taking medications, monitoring blood sugar, problem solving for high and low blood glucose, how to prevent long-term complications and healthy coping with having the disease,” said Senior Deputy Commissioner, Connie G. White, M.D.

DSMES services are located across the state including 15 branches of the Department for Public Health’s Healthy Living with Diabetes nationally accredited program in local or district health departments. For more information on the role of the diabetes care team, please visit the [Kentucky Department for Public Health](#) or the [Kentucky Diabetes Network](#) websites.

Interested in learning more about healthy Kentucky lifestyle? Through our 52 Weeks of Public Health campaign, the Kentucky Department for Public Health will spotlight public health issues as well as highlight services and resources available to Kentuckians statewide. Follow us on [Facebook](#) for your weekly tip.