Defeating Diabetes through Education, Awareness and Leadership.

OUR MISSION
To reduce the mortality & morbidity associated with diabetes and diabetic complications by providing clients with the education, awareness and leadership needed to take control of diabetes and improve their overall quality of life.

OUR SERVICES
• Diabetes risk assessments & identification.
• Formal diabetes self-management education (DSME) for people with diabetes or prediabetes.
• Referral & linkage to appropriate healthcare and support services.
• Follow-up case management services for program participants.

904-253-1800
DUVAL.FLORIDAHEALTH.GOV
Services are provided without regard to race, color, religion, sex, employment or national origin.
WHAT IS DIABETES?
• Diabetes is when the insulin your body naturally makes doesn’t work properly or when your body can’t produce enough insulin.
• Diabetes means there is too much sugar in your blood.
• Everyone has some sugar in their blood.
• Too much sugar in your blood can damage your body.

DIABETES CAN LEAD TO:
• Kidney failure
• Loss of vision and blindness
• Damage to the blood vessels, leading to heart attack or stroke
• Foot ulcers and amputations

DO I HAVE THE SYMPTOMS?
You may have diabetes if you:
• Feel tired frequently
• Pass a lot of urine
• Feel thirsty frequently
• Have blurred vision
• Have skin infections or have wounds that heal slowly

BLOOD SUGAR OR HBAIC
This blood test checks your blood sugar levels and tells how well your body is controlling blood sugar.

BLOOD CHOLESTEROL
Diabetes promotes abnormal cholesterol, which severely increases your risk for heart disease. This test will ensure the level of fats in your blood is properly monitored.

BLOOD PRESSURE
This test checks the amount of work the heart has to do to circulate blood in the body. Diabetes increases the risk for high blood pressure.

FOOT EXAMINATION
This test looks for signs of ulcers, infections or abnormalities on your feet and helps prevent possible complications of diabetes like amputations.

EYE EXAMINATION
This test looks for problems at the back of your eyes and helps prevent possible complications such as blindness.

SCREENING RECOMMENDATIONS

YOU ARE MORE LIKELY TO HAVE DIABETES IF YOU:
• Are overweight
• Have a close family member with diabetes
• Are physically inactive
• Are a woman who had diabetes during pregnancy

WHAT SHOULD I DO?
• See your doctor and ask for an A1C test if you have any symptoms and/or risk factors for diabetes.
• Eat a healthy balanced diet.
• Be physically active every day.
• If you smoke, stop smoking immediately.
• Get a flu shot once a year to prevent pneumonia.
• Please contact us at 904.253.1800 and ask for A New DEAL if you have questions or concerns regarding diabetes.