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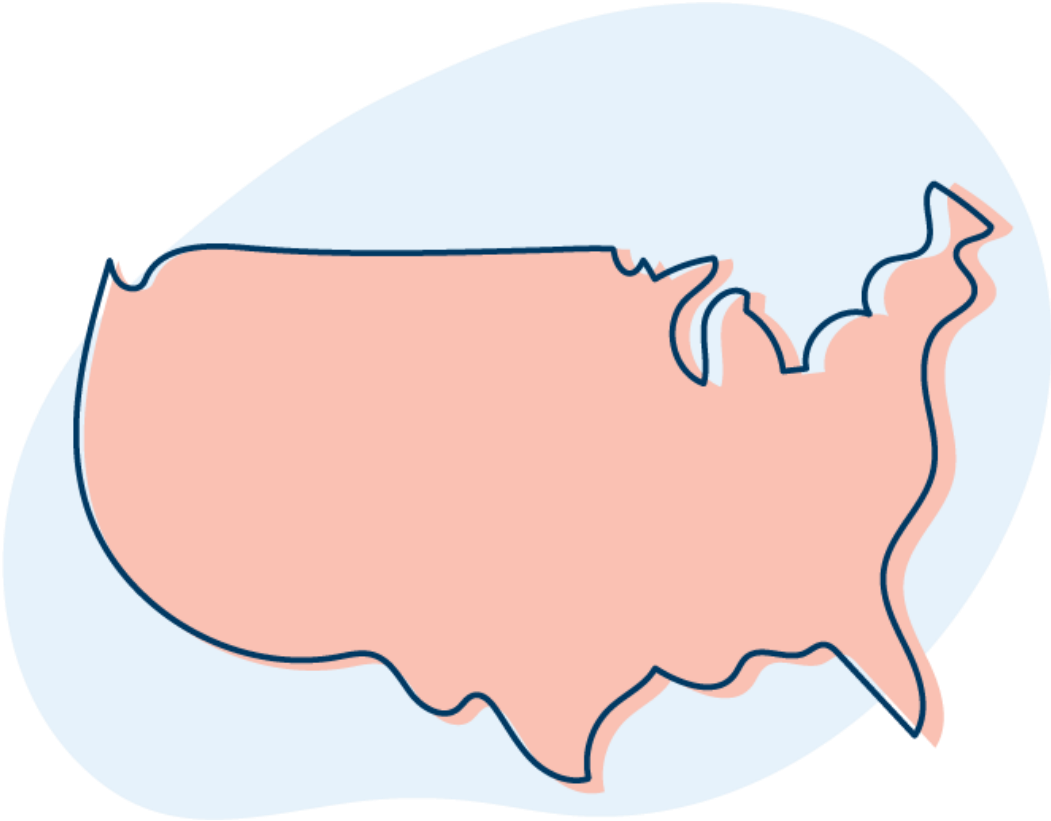
Health Awareness Series

# Diabetes Basics

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# Diabetes in the U.S.

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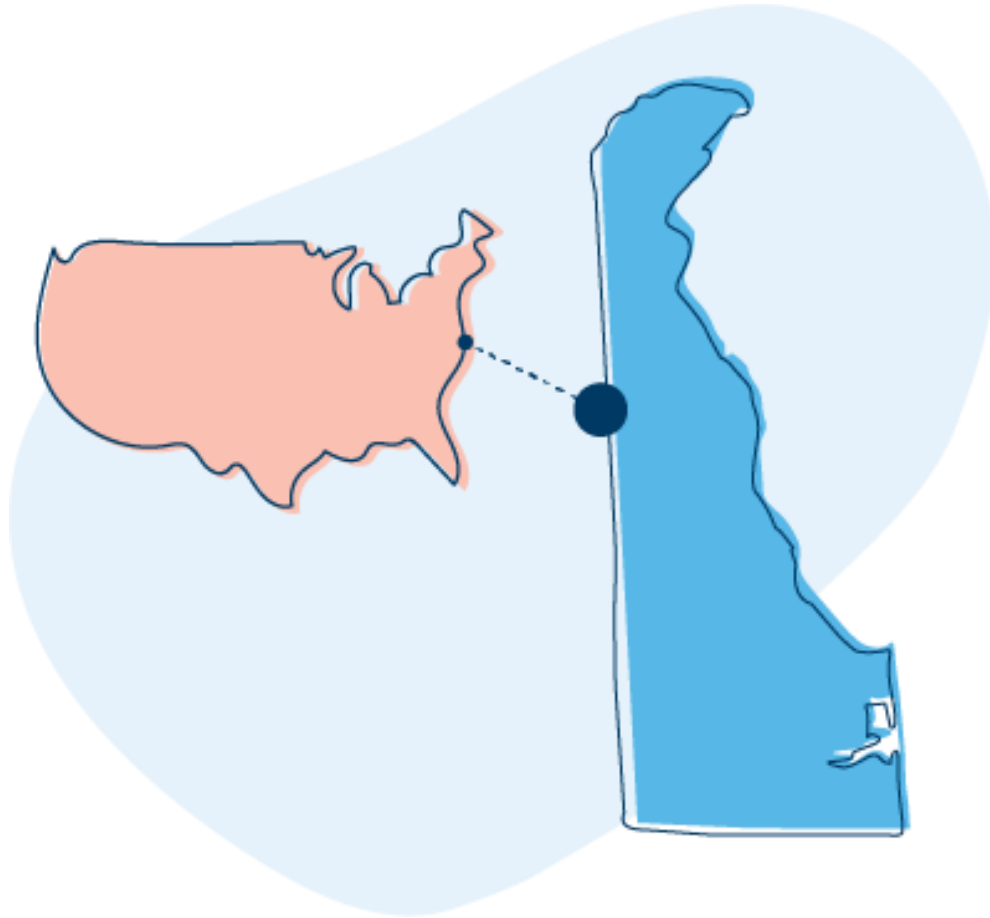


In 2019, 37.3 million Americans had diabetes.

- **Undiagnosed:** Of the 37.3 million adults with diabetes, 8.5 million were undiagnosed.
- **New cases:** 1.4 million Americans are diagnosed with diabetes every year.
- **Prediabetes:** In 2019, 96 million Americans age 18 and older had prediabetes.

# Diabetes in Delaware

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- Approximately **96,844 people** have diagnosed diabetes.
- About **24,000 people** have **diabetes** but don't know it.
- More than **35% of the adult population** has **prediabetes**.
- Every year more than **6,000 people** are diagnosed with diabetes.

# Today's topics

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- What is diabetes?
- What is an A1c test?
- What does Highmark Health Options cover?

# Section 1

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# What is diabetes?

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# What is diabetes?

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## People develop diabetes when:

- The pancreas can't make insulin.
- The body can't use the insulin the pancreas produces.

# What is insulin?

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- A hormone made by the pancreas.
- Acts like a key to let glucose (sugar) from the food we eat pass from the blood stream into the cells in the body to produce energy.



# Three main types of diabetes:

## TYPE 1

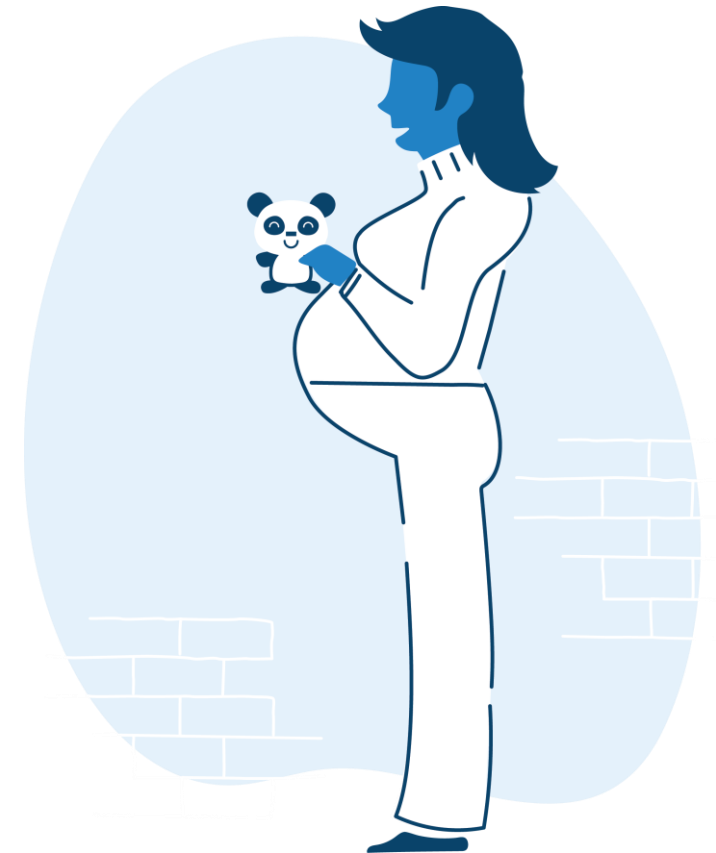


## TYPE 2



## GESTATIONAL

(occurs during pregnancy)







# Type 1 diabetes

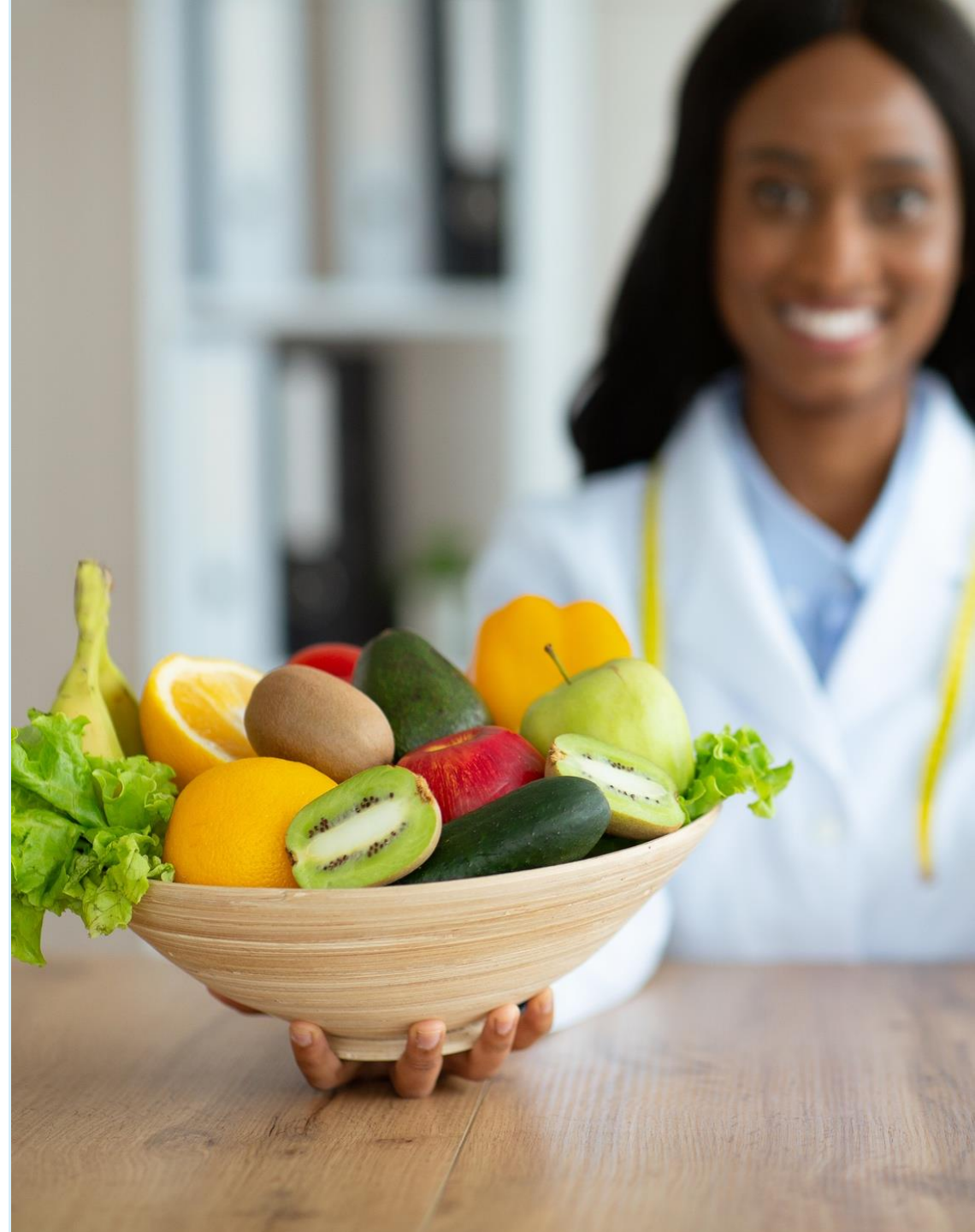
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- Can develop at any age but occurs most frequently in children and adolescents.
- Your body produces very little or no insulin, which means that you need daily insulin injections to help manage your blood glucose (sugar) levels.
- Currently there is no known cause or cure for type 1 diabetes.

# Type 2 diabetes

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- More common in adults, and accounts for around **90% of all diabetes cases**.
- Your body does not make good use of the insulin that it produces.
  - A large part of type 2 diabetes treatment includes increased physical activity and a healthy diet.
  - Your health care provider might also recommend medicine.





# Gestational diabetes

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- Consists of high blood glucose (sugar) during pregnancy and is associated with complications to both mother and child.
- Usually disappears after pregnancy, but mother and child are more likely to develop type 2 diabetes later in life.

# Other causes of diabetes

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- Conditions like cystic fibrosis and pancreatitis.
- Use of drugs for HIV/AIDS or after an organ transplant.



# Prediabetes

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- Blood glucose (sugar) is higher than normal but not high enough to be diagnosed as diabetes.
- If you have prediabetes, it doesn't mean you'll develop type 2 diabetes.
- Food choices and physical activity can delay or even prevent diabetes.



# Section 2

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What is an A1c test?

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# What is an A1c test?

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- Blood test that checks your average blood glucose (sugar) level over the past 2-3 months.
- Used to diagnose prediabetes and diabetes.
- Used to see how well your diabetes treatment is working over time.
- A critical step in forming your care plan to manage your diabetes with your care team.



# What do A1c numbers mean?

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- No one-size-fits-all target range.
- Target levels vary by each person's age and other health factors.

The goal for most adults with diabetes is **less than 7%**.





# What do A1c numbers mean?

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Normal

Prediabetes

Diabetes



5.7%

6.5%

If your A1c level is between 5.7% and 6.4%, your levels are in the prediabetes range.

If your A1c level is 6.5% or higher, your levels are in the diabetes range.

## Section 3

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What does Highmark Health Options cover?

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# What does Highmark Health Options cover?

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**Some diabetes supplies are covered as part of your Highmark Health Options benefits. They include:**

- Alcohol wipes
- CGMs
- Insulin pumps
- Lancets
- Medications
- Replacement batteries
- Shoes/orthotics
- Syringes/needles



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