

INSTITUTE FOR PREVENTIVE HEALTHCARE & ADVOCACY



Kathey Avery, RN, BSN

Avery Health - Education and Consulting brings extensive experience and knowledge to help individuals and groups achieve positive health outcomes and implement equity.

Kathey Avery, founder and owner of Avery Health - Education and Consulting, has more than 35 years of experience in healthcare and community activism. She is dedicated to raising awareness about, and helping in the prevention of, chronic diseases and preventable cancers through patient and public education and personal accountability.

Contact Kathey Avery today at 828-768-2369 to schedule a talk or workshop. For more details, please visit www.AveryHEC.com



The mission of the **Institute for Preventive Healthcare & Advocacy** is to promote optimum health for all residents of Buncombe County and surrounding areas by addressing the social determinants of health and the inequities in access to affordable and preventive healthcare.

www.ifpha.org

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Robert Wood Johnson Foundation

Diabetes Awareness Month

BY KATHEY AVERY RN, BSN, CN

Happy Thanksgiving everyone!

I hope you will eat well and remember to keep your health in mind as this is Diabetes Awareness month.

What is Diabetes?

According to the Centers for Disease Control and Prevention (CDC), diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy. Your body breaks down most of the food you eat into sugar (glucose) and releases it into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

With diabetes, your body does not make enough insulin or cannot use it as well as it should. When there is not enough insulin, or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, diabetes can cause serious health problems such as heart disease, vision loss, and kidney disease. There is not a cure yet for diabetes, but losing weight, eating healthy food, and being active can really help.

Other things you can do to help your diabetes include taking medication as prescribed, receiving diabetes self-

management education and support, and being consistent with your medical appointments.

Diabetes is on the rise, according to the CDC. The number of Americans with diabetes or prediabetes continues to climb, with more than 30 million people living with diabetes, and an additional 84.1 million with prediabetes, according to a report released by the CDC. In 2018, African American adults were 60 percent more likely than non-Hispanic white adults to be diagnosed with diabetes by a physician.

Diabetes in Buncombe County has decreased from 11.8% of the adult population in 2012 to 7.3% in 2015. This puts Buncombe County below Healthy NC 2020's target rate of 8.6%, and below the national prevalence rate of 9.3%. This is great news! However, the disparity in diabetes mortality between the white population and African Americans is shocking. In 2014,



Have a Great Thanksgiving!

for every 100,000 white residents, 14.2 died from diabetes, while for every 100,000 African American residents, 40 died from the disease.

How Does Diabetes Affect African American Populations?

In 2018, African American adults were 60 percent more likely than non-Hispanic white adults to be diagnosed with diabetes by a physician.

In 2019, non-Hispanic Blacks were twice as likely as non-Hispanic whites to die from diabetes. Non-Hispanic Blacks were 2.5 times more likely to be hospitalized with diabetes and associated long-term complications than non-Hispanic whites. And, non-Hispanic Blacks were 3.2 times more likely to be diagnosed with end stage renal disease as compared to non-Hispanic whites.



During this year's Thanksgiving holiday, please remember these eight easy tips for healthy eating.

- Eat wisely
- Portion control
- Fill up on fiber-rich foods
- Don't skip meals
- Reflect on your favorite holiday foods
- Don't deprive yourself of every treat
- Incorporate vegetables
- Maintain an exercise routine



IFPHA provides diabetes education for churches, community centers and one-on-one. Give our Community Nurse a call at (828) 768-2369.

World AIDS Day is Observed on December 1

World AIDS Day is a day of solidarity for people around the world who are affected by HIV. This is a day for voices to unite by sharing experiences, remembering those lost, and standing together in the fight against HIV.



While great strides have been made over the four decades since the first known reported cases of AIDS, this disease remains a public health challenge.

World AIDS Day is an opportunity for every community and each individual to honor the more than 32 million people who have died worldwide from AIDS-related illness.

Source: CDC