



University of Nebraska-Lincoln Extension



Control Your Diabetes for Life
June 13, 2016 and
June 29, 2016

Stacie Petersen, B.S.N. & Certified Diabetic Educator
Deborah Willcox, R.D., L.M.N.T.
Debra Schroeder, M.S., Extension Educator



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Diabetes

- Type 2 Diabetes affects nearly 90% of the 29.1 million Americans (9.3%) with Diabetes
- Another 9.1 million Americans are estimated to have undiagnosed diabetes
- 86 million people are affected with Pre-diabetes
- Half of Americans over 65 have abnormal blood glucose levels
- Obesity epidemic in the U.S. is contributing to the number of cases of Type II Diabetes
- **1.7 million people** aged 20 years or older were newly diagnosed with diabetes in 2012

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Session Goals



- **Participants will:**
 - learn to effectively manage their diabetes as part of their daily routine
 - set goals through the course of the class that will help them control blood glucose levels
 - develop a working understanding of the carbohydrate counting system
 - learn to prepare nutritious and delicious foods that are low in sugar and fat

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Control Diabetes for Life

- Complete evaluation before leaving
- Next session scheduled for November 14, and November 30, 2016
- Thank you to the schools for allowing us to use their facilities and equipment
- Thank you for participating

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