



University of Nebraska-Lincoln Extension



**Control Your Diabetes for Life**  
 March 14, 2016 and  
 March 30, 2016

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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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- Tekamah-Herman High School



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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 June 13 and June 29, 2016
- Thank you to the schools for allowing us to use their facilities and equipment
- Thank you for participating

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