



## HEALTH INDEX SCORE

HEALTH ENHANCEMENT RESPONSE

*Learning how to live healthy*

### DIABETES

The body breaks down the carbohydrates you eat into glucose or sugar. Blood glucose is brought into the cells, to be used for energy, by a hormone called insulin. Diabetes is a disease where your blood glucose level remains too high, because you either do not have enough insulin or your cells are not responding to the insulin you have. Diabetes is a serious disease that can lead to many other health problems and even death.

#### My Blood Glucose Level is :

Healthy is 70 – 99 mg/dl

Health Risk is 100 – 125 mg/dl

Unhealthy is above 125 mg/dl

- HEALTHY** – Look on the back side of this card to see how to keep your blood glucose level in the healthy range.
- HEALTH RISK** – You may have pre-diabetes. If things get worse, you may develop diabetes. Look on the back of this card to see how you can control this condition or reduce your blood glucose levels to the healthy range.
- UNHEALTHY** – This condition can lead to other diseases or conditions like hypertension, stroke, heart disease and kidney problems. Look on the back of this card to see what you can do to lower your blood glucose levels.

**CRCH**

CENTER FOR RURAL &  
COMMUNITY HEALTH

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# What to do for ...

**HEALTHY BLOOD GLUCOSE:** Exercise, maintain a healthy body weight, do not smoke, consume little alcohol, manage stress and eat a healthy diet.

**HEALTH RISK BLOOD GLUCOSE:** Exercise, eat healthy, lose weight if overweight, stop smoking, drink less alcohol, reduce stress, monitor blood sugar levels, see your doctor or community health worker for advice on how to change your lifestyle.

**UNHEALTHY BLOOD GLUCOSE:** See your doctor, monitor your blood glucose levels, exercise, stop smoking, drink less alcohol, reduce stress, and talk to your doctor or community health worker before making any major lifestyle changes.

## Get more information ABOUT BLOOD GLUCOSE OR DIABETES AND HOW TO MAINTAIN A HEALTHY BLOOD GLUCOSE LEVEL BY...

- Showing this card to your doctor or other health care professional.
- Contacting the WVSOM Center for Rural and Community Health online at [www.CRCH.wvsom.edu](http://www.CRCH.wvsom.edu), by calling 800-566-1258, or by e-mail [CRCH@osteo.wvsom.edu](mailto:CRCH@osteo.wvsom.edu)
- Talking with a Community Health Education Resource Person (CHERP) in your community. To find a CHERP near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking \_\_\_\_\_

Identification \_\_\_\_\_

