



How You Can Help Stop DiabetesSM



www.diabetes.org

WHO WE ARE AND WHAT WE DO

Our mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

We lead the fight against the deadly consequences of diabetes and fight for those affected—by diabetes.

We fund research to prevent, cure and manage diabetes.

We deliver services to hundreds of communities.

We provide objective and credible information.

We give voice to those denied their rights because of diabetes



STOP DIABETES MOVEMENT



SHARE

Create a lending library with books from the ADA, post the nutritional facts on your vending machines

ACT

Start a Step Out team, sign up to be a diabetes advocate, host a lunch & learn

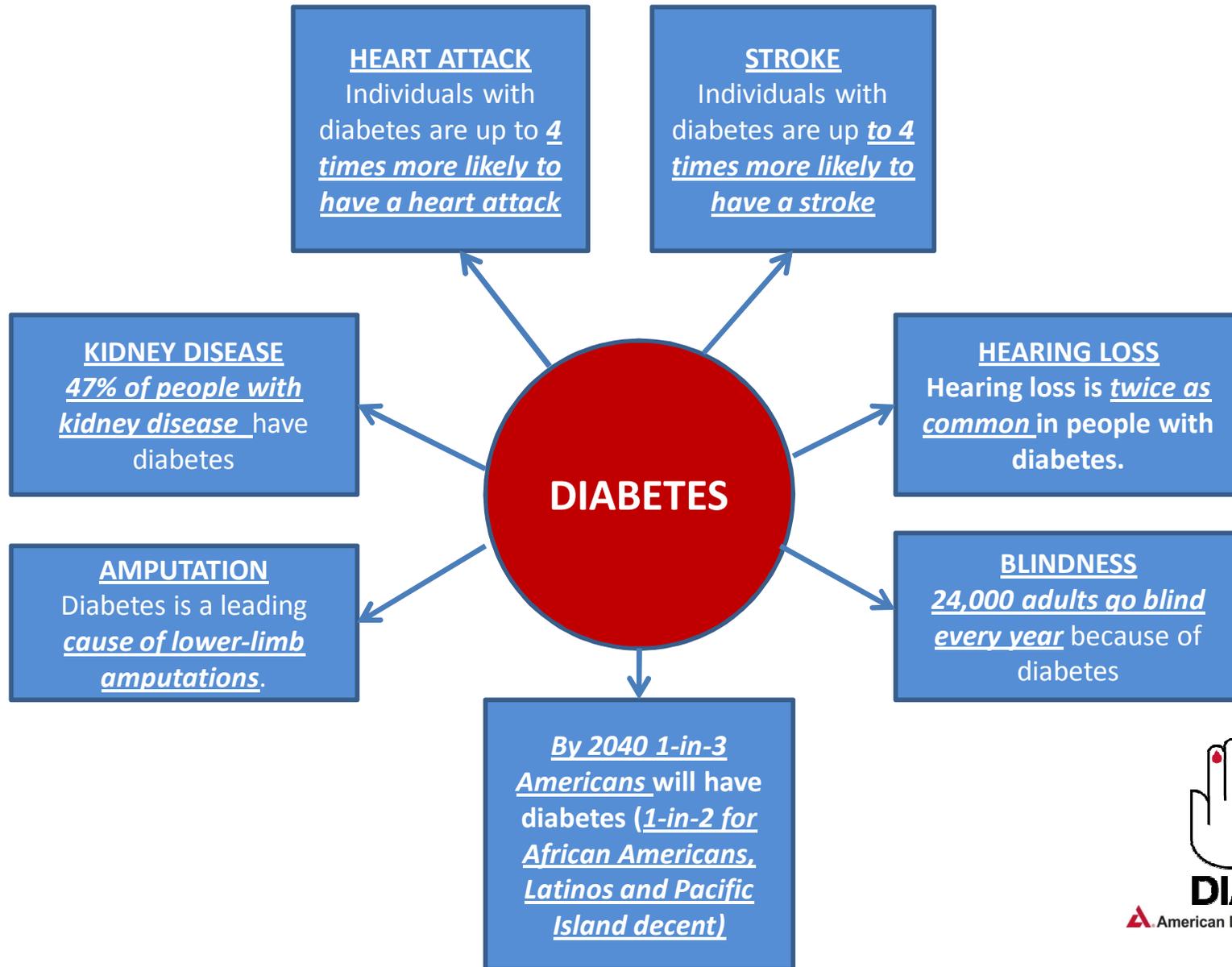
LEARN

Visit diabetes.org, improve your health and the health of your organization, take part in American Diabetes Month (November)

GIVE

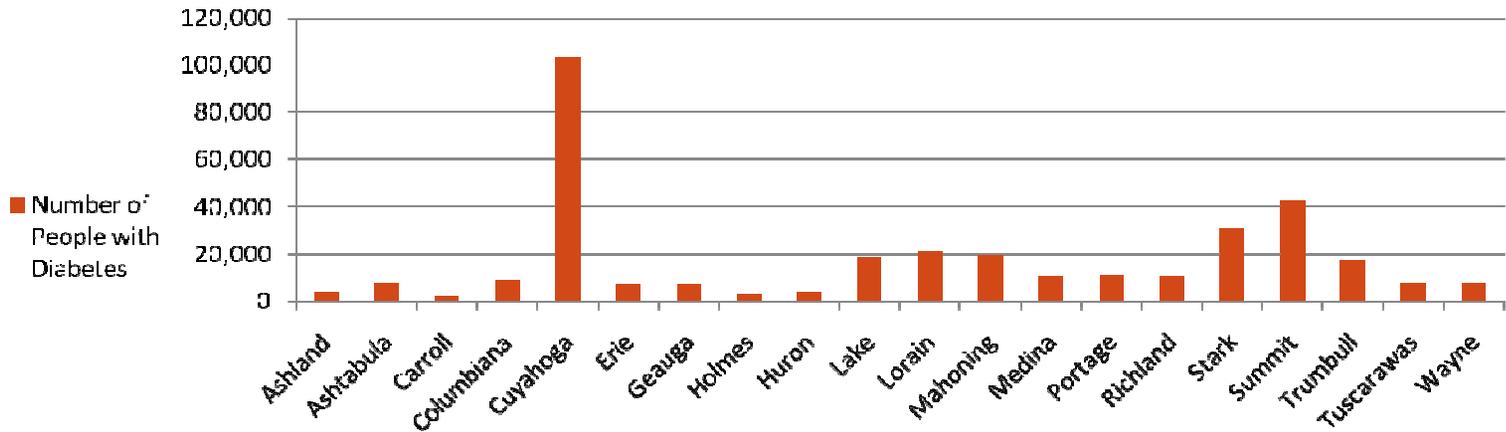
Become an ADA volunteer, raise funds through Step Out to help fund research, education and outreach .

DIABETES AND ITS RELATIONSHIP TO OTHER DISEASES

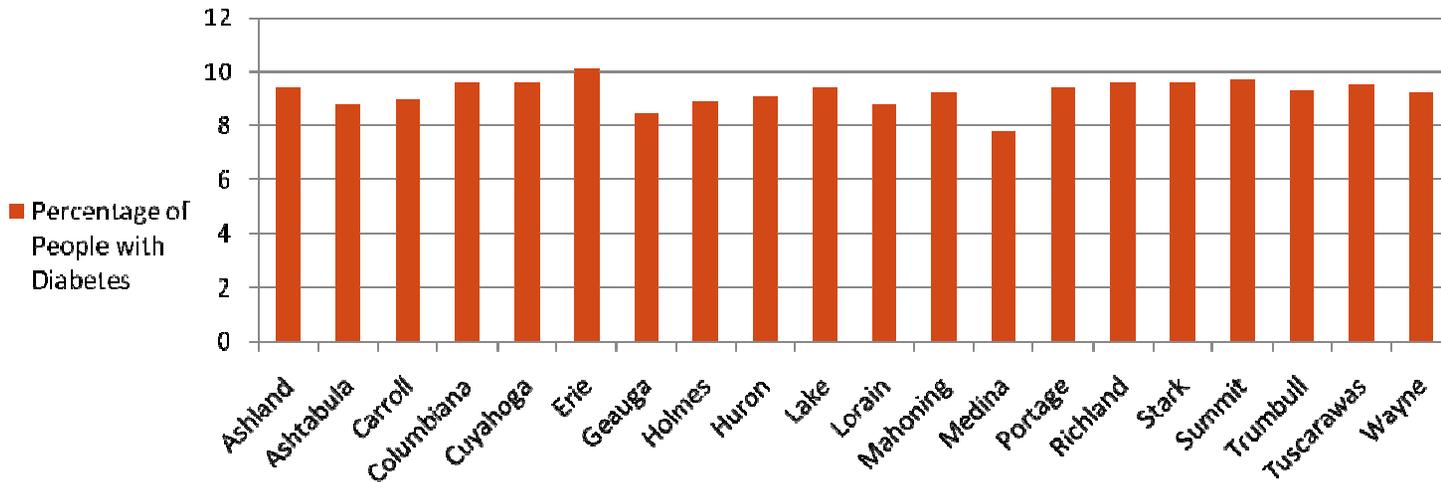


NORTHEAST OHIO DIABETES STATISTICS

Highest Number of People with Diabetes by County



Highest Percentage of People with Diabetes by County



Source: Centers for Disease Control and Prevention: National Diabetes Surveillance System, starts from 2007. Available online at: <http://www.cdc.gov/>



American Diabetes Association.

Resources



- **1-888-DAIBETES National Call Center:** Trained professional staff available 24 hours a day to field questions on diabetes management.
- **Wisdom Kits:** An award winning kit available at no charge to parents or guardians of newly diagnosed children, providing vital information on managing diabetes.
- **Programs:** In 2010 over 175,000 Northeast Ohio residents received critical information via various sources such as health fairs, TV, local papers, radio or attended an ADA interactive educational program on managing or preventing diabetes and making healthy lifestyle choices
- **Diabetes.org:** Award winning website. Visited by more than 15 million people in 2010. A topic for everyone.



Diabetes.org

www.diabetes.org

LIVING WITH DIABEETS SELF MANAGEMENT TOOLS



Connect with Others

See what members of our online community are talking about on our Message Boards.

▶ [Join our Online Community](#)

Online Bookstore



We offer books written specifically for people with diabetes by the leading experts in the world.

Diabetes Forecast



Read the premier lifestyle magazine for people with diabetes.

Message Boards



Learn, share and help others on our message boards.

Diabetes 24/7



Use this free online tool to track and organize your diabetes management and treatment plan.

MyFoodAdvisor™



Track what you eat to manage your diabetes and prevent the onset of complications.

Find a Physician



Find doctors who have demonstrated that they meet important standards of care.

Estimated Average Glucose (eAG)

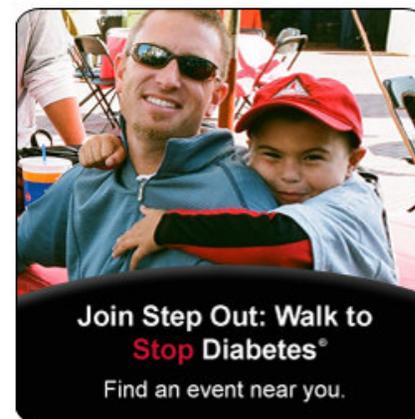
Estimated Average Glucose (eAG) is a new way to understand how well you're managing your diabetes.

Have Questions?



Contact our Center for Information and Community Support today!

▶ [Details](#)



Who Will Help Emily?



Your support will help us keep children with diabetes safe at school.

▶ [Details](#)

The first step to making lifestyle changes-knowledge



Joann Mraz (Sign Out) | Información en Español | For Professionals | Message Boards | About Us | Help | Join ADA

American Diabetes Association

The COMPLETE GUIDE to CARB COUNTING

Find More Books | Connect With Others | Shop

Diabetes Basics | Living With Diabetes | Food & Fitness | Donate | In My Community | Advocate | News & Research

Diabetes Basics

- Type 1
- Type 2
- Gestational
- Prevention
- Symptoms
- Diabetes Statistics
- Tips
- Common Terms
- Diabetes Myths

Home > Diabetes Basics

Listen to text

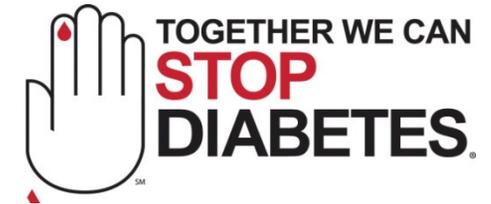


Stay in touch with ADA

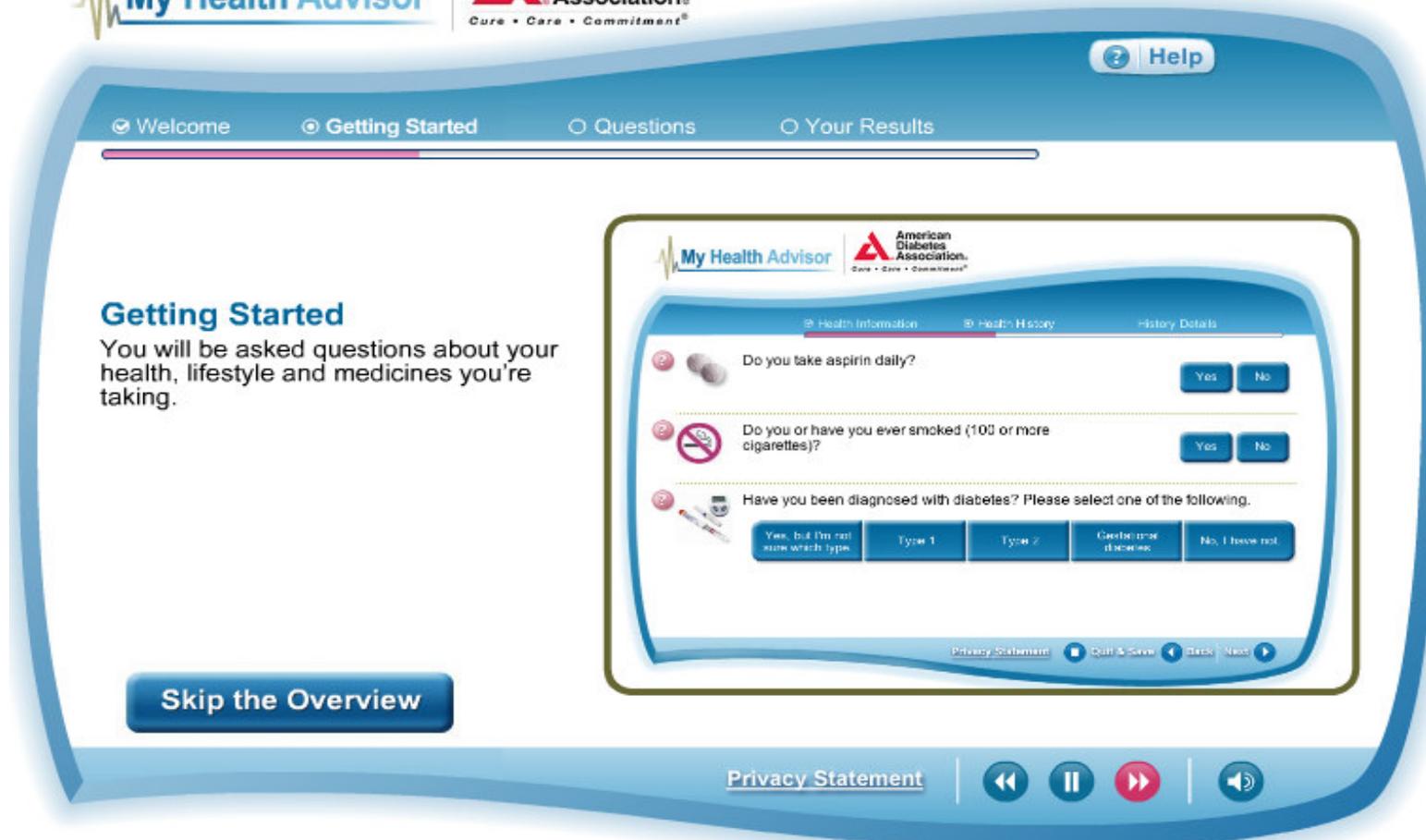
Sign up for the the latest news on diabetes research, food and fitness, and opportunities to support the American Diabetes Association.



MY HEALTH ADVISOR



Association.



My Health Advisor | American Diabetes Association
Cure • Care • Commitment

Help

Welcome | **Getting Started** | Questions | Your Results

Getting Started

You will be asked questions about your health, lifestyle and medicines you're taking.

[Skip the Overview](#)

Health Information | Health History | History Details

Do you take aspirin daily?

Do you or have you ever smoked (100 or more cigarettes)?

Have you been diagnosed with diabetes? Please select one of the following.

[Privacy Statement](#) |

MY HEALTH ADVISOR



The screenshot shows a web application interface for "My Health Advisor". At the top, there are navigation tabs: "Welcome", "Getting Started", "Questions", and "Your Results". A "Help" button is in the top right. The main content area is divided into three sections. On the left, a section titled "Change Your Results" explains that users can adjust their health information using an interactive slider. Below this is a "Skip the Overview" button. In the center, there is an interactive slider panel with four sliders: "Weight" (set to 205), "Cholesterol (LDL)" (set to 99), "Blood Pressure" (set to 150), and "Glucose Control (A1C)" (set to 0). Below the sliders is a "Stop Smoking" button. On the right, a "Health Overview" section explains that the tool creates a personalized health overview showing risk for heart attack, stroke, and diabetes, and that users can adjust their health information to see how risk changes. Below this are "Show Demo" and "Get action plan" buttons. At the bottom of the interface, there is a "Privacy Statement" link and a set of navigation controls (back, pause, forward, volume).

MY HEALTH ADVISOR



 Help

-  Welcome
-  Getting Started
-  Questions
-  Your Results

Get Your Action Plan

You'll receive a personalized action plan that provides tips on living a healthy lifestyle.

Talk to your healthcare provider about your action plan to improve your health.

Let's Get Started

Your Personalized Action Plan

Created for **Jane Doe**

Your current statistics

Average stat for your age

Diabetes:	60% risk	50% risk
Heart Attack:	20% risk	10% risk
Stroke:	20% risk	10% risk

www.diabetes.org

MY HEALTH ADVISOR



Listen to text

Your path to good health just got a lot easier. Just enter a some basic health information and **My Health Advisor** very accurately calculates your risk for type 2 diabetes, heart disease, and stroke.



Then, once **My Health Advisor** calculates your personal risk, you can quickly and easily see the difference simple lifestyle changes—like losing 5 or 10 pounds or quitting smoking—make in your overall risk. Then get your personal action plan outlining suggestions for lowering your risk for these deadly diseases. When you're done, email your results to your doctor and make plans to discuss them at

your next check-up.

MY FOOD ADVISOR



MyFoodAdvisor™

Login | en Español

Explore Foods | Recipes | Create a Dish | Your Food Advisor | Help

Search for a Food

Enter Food...

Less than... Calories g of Carbohydrate mg of Sodium g of Fiber g of Saturated Fat

Greater than...

What can I eat?

Thrive with diabetes. [Learn more](#) about using MyFoodAdvisor and your meal planning options

Browse for Food

Carbohydrates <ul style="list-style-type: none">Starch & GrainsFruitMilk & YogurtDessertsNon Starchy VegetableSoupOther Beverages	Meats & Substitutes <ul style="list-style-type: none">Beef & VealPork & LambPoultry & FishOther MeatsPlant-Based Protein	Fats and Others <ul style="list-style-type: none">FatFree FoodsOthersMixed DishesRestaurant Foods
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[Browse All Categories >](#)

Copyright 2009 American Diabetes Association [MyFoodAdvisor Home](#) | [ADA Home](#)

MY FOOD ADVISOR



MyFoodAdvisor™ Login | en Español 

Explore Foods | Recipes | Create a Dish | Your Food Advisor | Help

Search for a Food



Search Criteria
Calories: Less than 500
[REFINE THIS SEARCH](#) [NEW SEARCH](#)

Search Results Showing 1-100 of 4074
< Previous | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | ... | Next >

1/2 Lb Beef Combo Burrito (Taco Bell)		+ Add it
1/2 Lb Cheesy Bean and Rice Burrito (Taco Bell)		+ Add it
100% Bran Cereal (Post)		+ Add it
2% Milk, (regular, kids size) (Denny's)		+ Add it
7-Layer Burrito (Taco Bell)		+ Add it
Abalone, cooked		+ Add it
Acerola juice, fresh		+ Add it
Acidophilus milk, 2%		+ Add it
Acidophilus milk, fat-free		+ Add it
Agave nectar		+ Add it
Agutuk (Eskimo ice cream), with berries, no meat or fish		+ Add it
Albondigas (meatballs), Puerto Rican style		+ Add it

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KIDZONE



Everyday Life



Yes, life for a child with diabetes can be normal! Learn how to help your family adjust.

Family Communication



Strike the right balance between caring and hovering.

Safe at School



Make sure your child's school is prepared to handle diabetes.

Planet D



A web site just for kids and teens with diabetes.

Managing Diabetes



Help your child manage diabetes by learning more about this disease.

Diabetes Camp



Give a child with diabetes a summer to remember at one of our special ADA camps.

KIDZONE



planet D
Explore. Discover. Connect.

SEARCH

NEW TO DIABETES D-FINE IT! D-PEOPLE MESSAGE BOARD NATIONAL YOUTH ADVOCATE

WELCOME TO, PLANET D

This is your place to explore more about diabetes, discover new things about yourself, and connect with new friends.

[Let's get started!](#)



NEW TO DIABETES



Are you new to diabetes and want to learn more? Welcome! You've come to the right place. On Planet D, you'll find information about diabetes and how to manage it on a

D-PEOPLE



Read about other kids and teens with diabetes. Here are some stories of their stories about living with diabetes.

MESSAGE BOARDS



Do you want connect with someone who understands how you feel? Join the Planet D Message Board and meet other kids with diabetes.

www.diabetes.org

KIDZONE



D-PEOPLE



Read about other kids and teens with diabetes. Here are some stories of their stories about living with diabetes.

American Diabetes Association. [Log Out](#) | [Not a member? Create your D-ID](#)

planet D
Explore. Discover. Connect.

[NEW TO DIABETES](#) | [D-FINE IT!](#) | [D-PEOPLE](#) | [MESSAGE BOARD](#) | [NATIONAL YOUTH ADVOCATE](#)

D-PEOPLE



Lundyn Davis
Lundyn Davis is an "Endobelleveologist." She believe in finding a cure for diabetes. [More](#)



Madi Dodge
Madi Dodge is the American Diabetes Association's 2011 National Youth Advocate. [More](#)



KnotShots
KnotShots is a unique line of jewelry that represent life to Brianna and so many others living with diabetes. [More](#)



Team Triple A
Dawn and Adam Alirez created Team Triple A after their daughter was diagnosed with type 1 diabetes. [More](#)



Bret Michaels
Bret Michaels, a rock star, a TV celebrity and a dad talks about living with diabetes. [More](#)



Amy Johnson
Amy Johnson was the American Diabetes Association's 2010 National Youth Advocate. [More](#)

FIND A CAMP NEAR YOU



The American Diabetes Association's Diabetes Camps provide a special time for kids with diabetes — one of the best times of the summer and one campers always remember.

[Learn More](#)

MESSAGE BOARDS



D-People Unite! Share tips, stories, concerns and everyday stuff with your fellow D-People on the Planet D Message Boards.

[Learn More](#)

KIDS LIKE YOU

KIDZONE



MESSAGE BOARDS

Do you want connect with someone who understands how you feel? Join the Planet D Message Board and meet other kids with diabetes.

MESSAGE BOARDS

[MY STUFF](#) [FORUMS](#)

Message Boards

<p>Talk About Diabetes Share your stories and experiences living with diabetes. You can discuss anything from your diagnosis story, something funny that happened to you, dealing with diabetes at school, or your frustrations about high or low blood sugars.</p> <p style="text-align: right;">Latest Reply Have you had blood drawn yet? on: Thursday, July 28, 2011 12:20 PM by: disco</p> <p style="text-align: right;">Total Topics: 75 Total Replies: 273</p> <p style="text-align: left;">View All Topics</p>	<p>Discussions</p> <ul style="list-style-type: none"> Talk About Diabetes Just For Fun Food and Exercise Diabetes Camp 																																	
<p>Just For Fun Not everything has to be about diabetes! Share your favorite movies and music here, or talk about anything else you like. Sports, hobbies, and fun activities are also okay!</p> <p style="text-align: right;">Latest Reply Cheese It's OR Cheese Nips on: Thursday, July 28, 2011 9:18 PM by: browneyedgirlDE</p> <p style="text-align: right;">Total Topics: 32 Total Replies: 181</p> <p style="text-align: left;">View All Topics</p>	<p>Most Popular</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #34495e; color: white;">Replies</th> <th style="background-color: #34495e; color: white;">Views</th> <th style="background-color: #34495e; color: white;">Likes</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;"></td> <td></td> <td></td> </tr> <tr> <td colspan="3">Camp rocks</td> </tr> <tr> <td colspan="3">By StillBoots</td> </tr> <tr> <td colspan="3">Number of Replies: 32</td> </tr> <tr> <td colspan="3">Latest Reply: 7/24/11 9:39 PM CST</td> </tr> <tr> <td style="text-align: center;"></td> <td></td> <td></td> </tr> <tr> <td colspan="3">Camp Possibilities</td> </tr> <tr> <td colspan="3">By Viper 2.0</td> </tr> <tr> <td colspan="3">Number of Replies: 26</td> </tr> <tr> <td colspan="3">Latest Reply: 5/22/11 12:52 AM CST</td> </tr> </tbody> </table>	Replies	Views	Likes				Camp rocks			By StillBoots			Number of Replies: 32			Latest Reply: 7/24/11 9:39 PM CST						Camp Possibilities			By Viper 2.0			Number of Replies: 26			Latest Reply: 5/22/11 12:52 AM CST		
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<p>Food and Exercise Eating healthy foods, counting carbs, and staying active are a big part managing diabetes. Share how you manage food and diabetes, your favorite foods and recipes, and ways that you stay active to keep your blood glucose down!</p> <p style="text-align: right;">Latest Reply do you like sports on: Thursday, July 28, 2011 7:18 PM by: kevin</p> <p style="text-align: right;">Total Topics: 10 Total Replies: 81</p> <p style="text-align: left;">View All Topics</p>																																		

Living with Type 2 Diabetes Program



www.diabetes.org

Getting Started



Join the *Living With Type 2 Diabetes Program*



Sign up for this **FREE program** and get regular mailings to help you learn more about diabetes and how to stay healthy.

You can choose to enroll in the online version of the program and receive your materials digitally, or the printed version and receive materials through the mail.

The *Living With Type 2 Diabetes Program* includes:

- Three free issues of our award-winning magazine, *Diabetes Forecast*
- More information about how to take care of your diabetes
- Tools to help you manage your diabetes
- Opportunities to find personal support online and in your community
- Delicious and healthy recipes for you and your family



JOIN NOW >

HAVE QUESTIONS?

Need more information? Call
1-800-DIABETES
(1-800-342-2383)
or email
LWT2D@diabetes.org

American Diabetes Association

The Living With Type 2 Diabetes Program is brought to you by the American Diabetes Association.

Supported by:



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www.diabetes.org

Enrollment



YES! I'd like to join the *Living With Type 2 Diabetes Program!*

Enroll Here



Name Prefix First * M.I. Last *

Address Address 1 *

Address 2 (optional)

City *

State / Region *

ZIP Code / Postal Code *

Email *

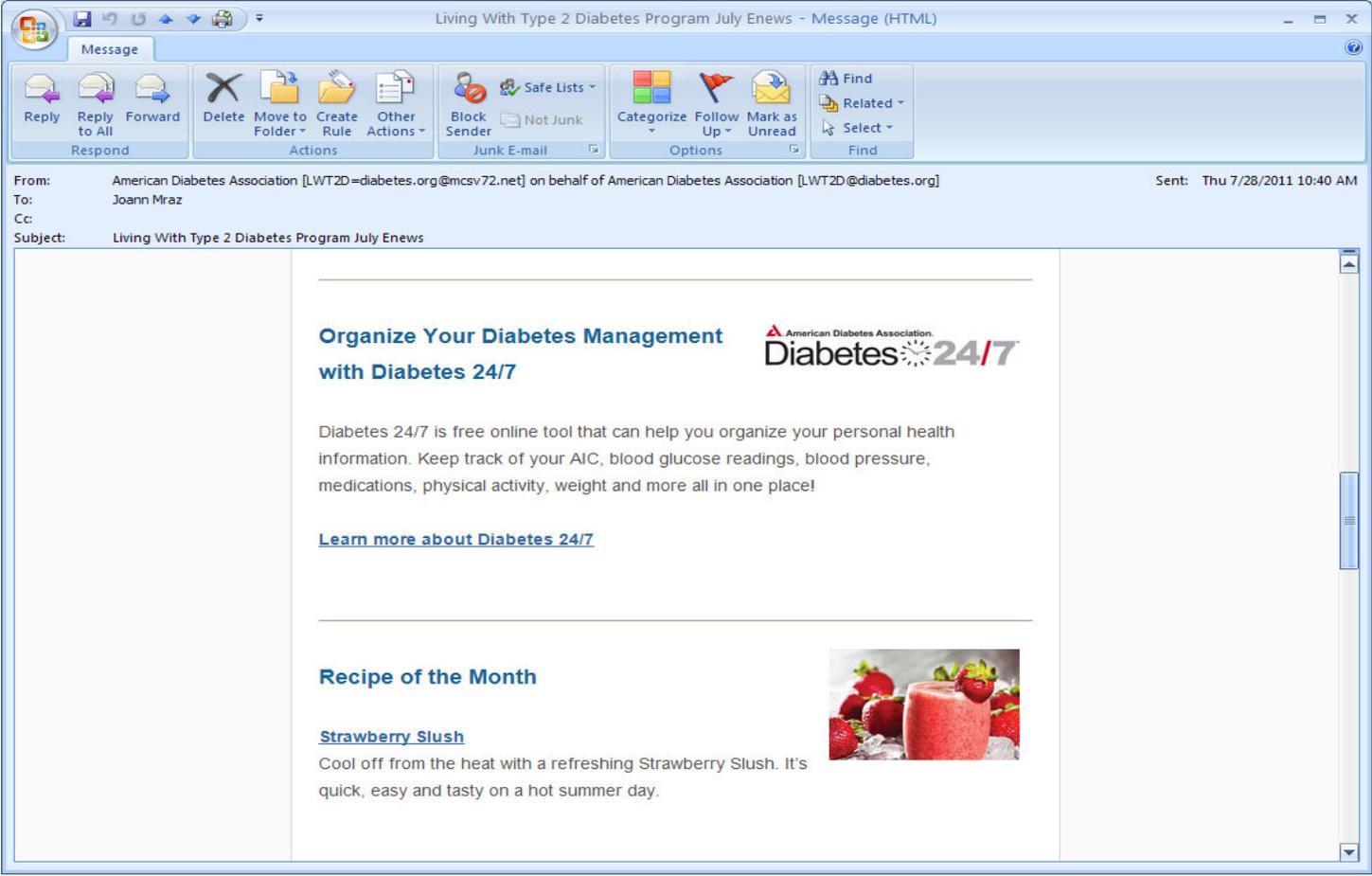
For verification, type your email again

Press the Save button to continue.

We request your email address so we can send you a monthly e-newsletter with more information, seasonal tips and recipes, as well as emails about upcoming local American Diabetes Association events.

If you choose to enroll in the online version of this program, your email is required.

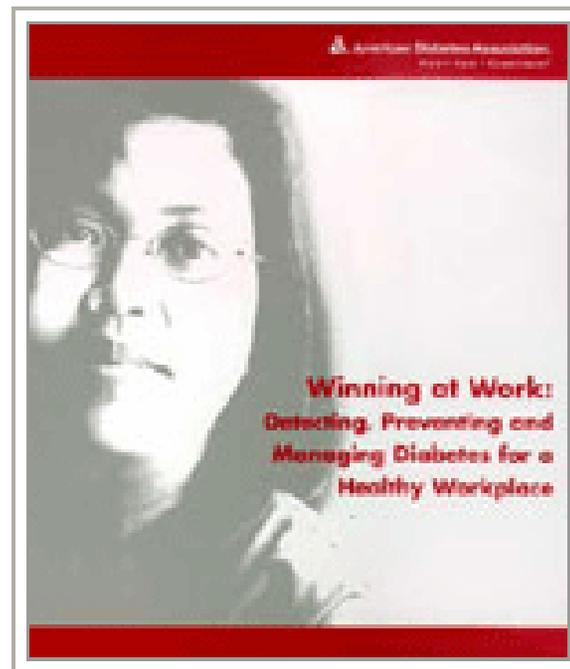
What you will receive



ACT



Join the movement Stop Diabetes at Work



www.diabetes.org



What is Step Out: Walk to Stop Diabetes®?

Signature walk event of the American Diabetes Association

Conducted in 145 cities nationwide

Raises over \$20 million each year

A fun morning complete with entertainment, music, photo area, healthy living pavilions, family festivities and more!



Local Event Sites

Hudson

Saturday, Sept. 10
@ Hudson Springs Park

Cleveland

Saturday, Oct. 1
@ The Galleria at Erieview

Cincinnati

Saturday, Oct. 15
@ Great American Ballpark

Akron-Canton

Sunday, Oct. 2
@ Lock 3

Columbus

Saturday, Oct. 22
@ Polaris Fashion Place

Youngstown

Sunday, Oct. 16
@ Canfield Fairgrounds



Local Event Contacts

Northeast Ohio

Hudson, Cleveland

Patti Clair

216-328-9989 ext. 6623 or
pclair@diabetes.org

Cincinnati

Leanne Blair

513-759-9330 ext. 6667
lblair@diabetes.org

Northeast Ohio

Akron, Youngstown

Jennifer Knechtel

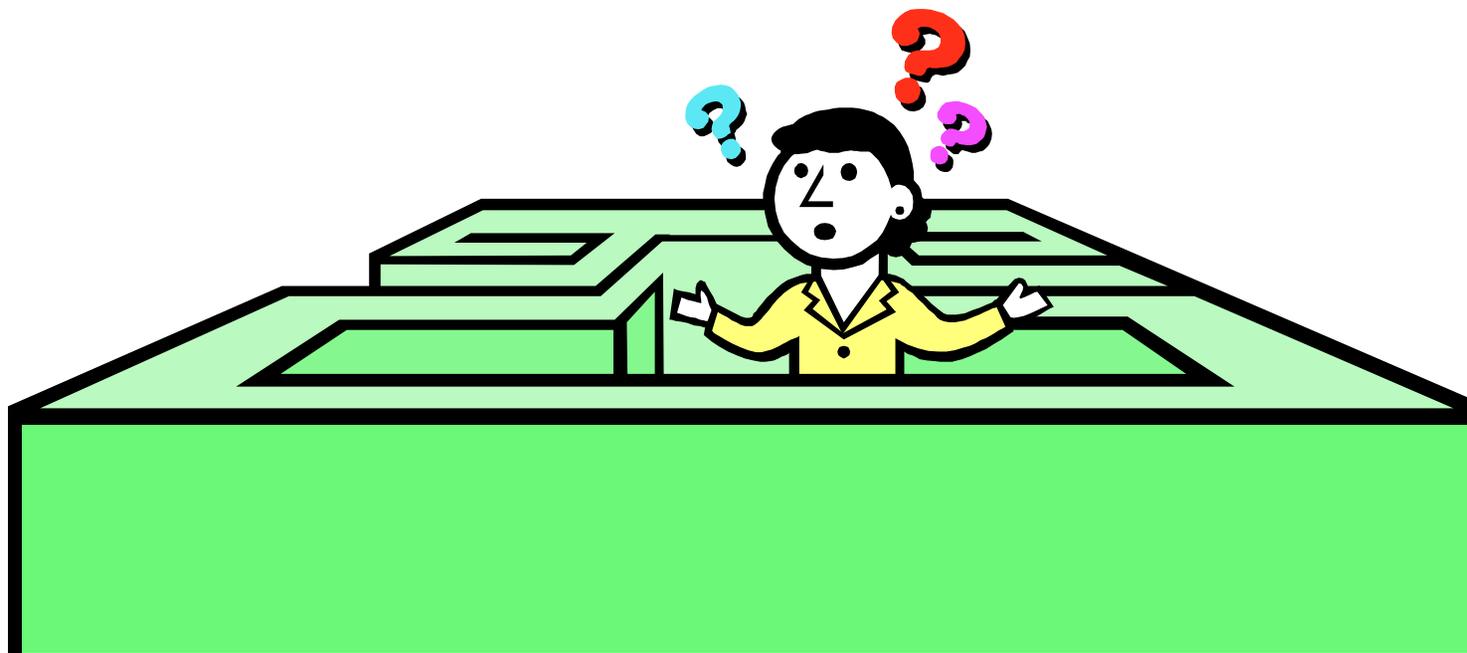
216-328-9989 ext. 6741 or
jknechtel@diabetes.org

Columbus

Tisha Horst

614-436-1917 ext. 6622
thorst@diabetes.org

QUESTIONS AND ANSWERS



www.diabetes.org

HOW TO REACH US



**American Diabetes Association
Serving 22 counties in Northeast Ohio**

**4500 Rockside Road, Suite 440
Independence, OH 44131**

**Telephone 216-328-9989
Educational Programs: Joann Mraz Ext. 6550
Step Out: Jennifer Knechtel Ext. 6741
FAX 216-328-0007**

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