

## Diabetes by the Numbers

Source: Centers for Disease Control and Prevention

**29.1 million**

The number of people in the United States, or 9.3 percent, who have been diagnosed with diabetes.

**86 million**

The number of adults, 20 or older, or approximately 37 percent, who have prediabetes — most have not been diagnosed.

**69,071**

The number of deaths directly attributed to diabetes annually in the United States. Diabetes also contributes to another 231,404 deaths per year.

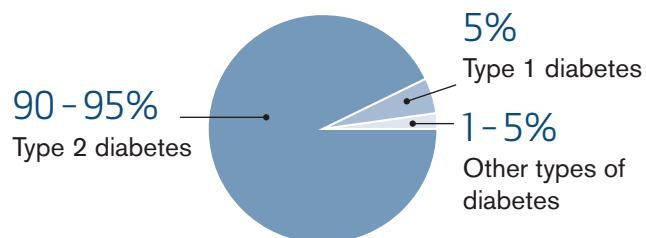


**2050**

The year by which one in three Americans will have diabetes.

## Types of Diabetes

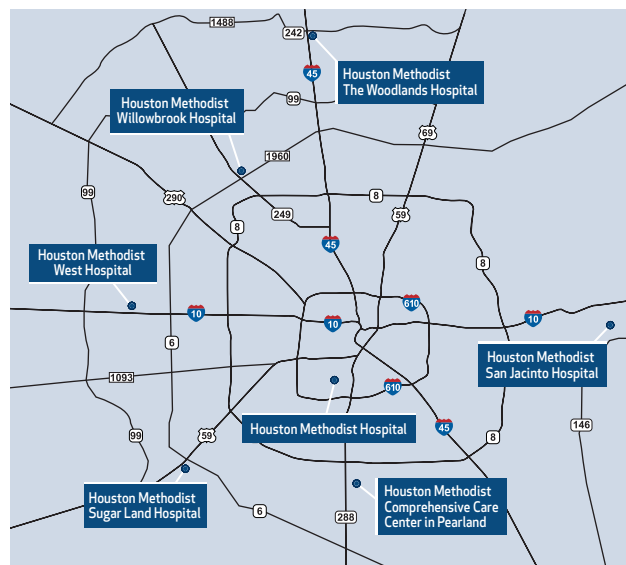
Source: American Diabetes Association



## Diagnosing Diabetes

Source: American Diabetes Association

Diagnosis	Fasting	A1C
Diabetes	126 mg/dL or higher	6.5 or above
Prediabetes	100 - 125 mg/dL	5.7 - 6.4
Normal	< 100 mg/dL	< 5.7



The Diabetes Education Program is part of the Houston Methodist Weight Management Center. The program is offered at seven Houston Methodist locations.

### Houston Methodist Hospital (Texas Medical Center)

6445 Main St.  
Houston Methodist Outpatient Center, 23rd Floor  
Houston, TX 77030

### Houston Methodist San Jacinto Hospital

4201 Garth Road  
Independence Plaza 1  
Suite 303  
Baytown, TX 77521

### Houston Methodist Sugar Land Hospital

16659 Southwest Frwy.  
Medical Office Building II  
Suite 265  
Sugar Land, TX 77479

### Houston Methodist West Hospital

18300 Katy Frwy.  
Medical Office Building II  
Suite 265  
Houston, TX 77094

### Houston Methodist Willowbrook Hospital

13300 Hargrave Road  
Hargrave Building  
Suite 160  
Houston, TX 77070

### Houston Methodist The Woodlands Hospital

17183 Interstate 45 S.  
Medical Office Building I  
Suite 490  
The Woodlands, TX 77385

### Houston Methodist Comprehensive Care Center in Pearland

8520 W. Broadway St.  
Suite 220  
Pearland, TX 77584

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[houstonmethodist.org/weight-management](http://houstonmethodist.org/weight-management)  
713.441.5975

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## HOUSTON METHODIST DIABETES EDUCATION





Houston Methodist's diabetes education program has been recognized by the American Diabetes Association for quality self-management education. The program is designed to individualize a treatment plan that people with diabetes can use to manage the disease and improve their health and vitality.

## What is Diabetes?

Diabetes is a chronic disease resulting in high levels of blood sugar, which can have a devastating impact on the entire body. Most people with diabetes have one of three major types: type 1, type 2 or gestational diabetes.

Diabetes affects different areas of your life. To manage it more successfully, ask your physician to refer you to the comprehensive Diabetes Education Program at Houston Methodist. Situated in a comfortable, motivational environment that is conducive to sharing, learning, and problem solving, our expert team of highly committed, certified diabetes educators are here to help you improve blood sugar control, learn self-management skills, and reach your goals.

## Signs & Symptoms

- Excessive thirst
- Sexual problems
- Numbness and/or tingling of hands or feet
- Blurred vision
- Unexplained weakness or fatigue
- Frequent urination
- Abnormal hunger
- Sudden weight loss
- Dry skin and frequent infections
- Slow healing cuts or wounds

## Who is at Risk?

People in the following categories are at a higher risk for developing type 2 diabetes:

- Older than 45 years
- Family history of diabetes
- Overweight
- Inactive
- High-risk ethnic or racial group (African-American, Asian-American, Native American, Latino or Pacific Islander)
- Women who have had a baby weighing more than nine pounds at birth
- People with prediabetes

## Diabetes Education Program

Offers effective self-management training for all types of diabetes: type 1, type 2, gestational and prediabetes.

- Multipart program including baseline diabetes assessment and after program follow-up
- Customized treatment plan tailored to your needs

Program includes:

- Overview of diabetes and prevention of complications
- Healthy meal planning
- Diabetes medication and insulin training
- Insulin pump consultation
- Glucose meter and training
- Care before and during pregnancy
- Coping skills
- Exercise guidelines
- Weight loss education
- Support group



The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

