



World Diabetes Day  
14<sup>th</sup> November



# DIABETES

## THE SILENT ASSASSIN

District Diabetes Team September 2021

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# DIABETES –THE SILENT ASSASSIN

## Diabetes is now a Global Epidemic (ref: [www.who.int](http://www.who.int))

- 422 million people worldwide have Diabetes.
- This number is expected to rise to 578 million by 2030
- Diabetes is increasing both developing and developed countries.
- Diabetes is one of the leading causes of deaths worldwide
- One in two adults living with type 2 diabetes, are undiagnosed.

The global explosion in the incidence of Type 2 diabetes has prompted Lions clubs International to designate Diabetes as a Signature Projects for Lions worldwide.

## Ireland is experiencing a Diabetes Epidemic (ref: [www.diabetes.ie](http://www.diabetes.ie))

- 854,165 adults **over 40** in the Republic of Ireland are at increased risk of developing (or have) Type 2 diabetes
- There are a further 304,382 **in the 30 – 39-year age group** that are overweight and not taking the weekly 150 minutes recommended physical activity
- This means that there are 1,158,547 adults in Ireland that need to consider making changes to their daily behaviors in terms of eating healthily and being more active (30% of the adult population)
- The number of people in Northern Ireland living with Type 1 and Type 2 diabetes is now 100,000.

Lions Clubs Ireland embraced the vision of Lions Clubs International in their Diabetes Strategy: **‘To reduce the prevalence of Type 2 diabetes and improve the quality of life for those with diabetes’.**

**TYPE 2 DIABETES**  
**KNOW YOUR**  
**RISK**

# UNDERSTANDING DIABETES

1. There are 2 main types of diabetes:  
Type 1 diabetes [lack of insulin] and  
Type 2 diabetes [ineffective use of insulin]
  2. Your Pancreas is the organ in the body responsible for making a hormone called Insulin. Insulin makes your body turn glucose (sugars) from your food into energy.
  3. In diabetes, the pancreas makes too little insulin to enable all the sugar in your blood to get into your muscle and other cells to produce energy.
  4. If it can't get into the cells it builds up in your bloodstream leading to high blood sugar levels.
- **Type 1 Diabetes is an autoimmune condition.** This is where your body's own immune system destroys the insulin-making cells of the pancreas. It is usually diagnosed in childhood or early adulthood and will always require treatment with Insulin injections. **Early onset Type 1 diabetes is NOT related to lifestyle.**
  - **Type 2 Diabetes is largely Diet related and develops over time.** Your body still produces a small amount of insulin, but it isn't effective enough.

**The Lions Clubs Ireland Diabetes Awareness strategy is only relevant to Type 2 Diabetes**

TYPE 2  
DIABETES

# TYPE 2 DIABETES RISK FACTORS

- ✓ **Genetics** may play a role in making people more susceptible
- ✓ **Age** is a factor we cannot change. You're more at risk if you're white and over 40 or over 25 if you're African-Caribbean, Black African, or South Asian.
- ✓ Being **overweight**, especially around the middle
  - Type 2 diabetes can go into remission if the person is able to lose 15% of their body weight
- ✓ You already have high blood pressure and high cholesterol
  - Having **any** symptoms of cardiovascular disease will increase your chances of developing diabetes
- ✓ Getting little or no **exercise**
  - Less than 150 minutes per week
- ✓ **Smoking**
- ✓ **Stress**
- ✓ **Sleeping** too little or too much



## PRE-DIABETES

This is where the amount of glucose (sugar) in the blood stream is higher than the body wants for some of the time. Your body wants glucose levels in the blood maintained between 4-7 mmols (normal levels). Having a blood glucose level above 8.0 mmols is considered high and overtime damages blood vessels, especially the smaller blood vessels that deliver blood to the eyes, heart, feet and kidneys. The longer the length of time a person has high glucose levels the more they are at risk of having Type 2 diabetes and heart disease.

Diabetes Ireland, working with Trinity College Dublin, developed Diabetes Smart, a 55-minute online series of videos, quizzes and visual tools that people can watch and participate in, from the comfort of their own homes.

[Diabetes Smart link from Diabetes Ireland <https://www.diabeteseducation.ie/> ]

The goal of the Lions Clubs Ireland Diabetes Strategy is to help educate our local communities on the causes and treatment for Type 2 Diabetes.



# RECOGNISE THE SYMPTOMS

You don't have to have all these symptoms to have Diabetes but any one or combination of symptoms should prompt you to have a glucose (blood sugar) test done with your GP or Pharmacist.

- ☐ BEING VERY THIRSTY
- ☐ EXCESSIVE URINATION
- ☐ BLURRY VISION
- ☐ BEING IRRITABLE
- ☐ TINGLING OR NUMBNESS IN YOUR HANDS AND FEET
- ☐ FEELING WORN OUT
- ☐ WOUNDS THAT DON'T HEAL
- ☐ YEAST INFECTIONS THAT KEEP COMING BACK
- ☐ **SOME PEOPLE MAY SHOW NO SYMPTOMS.**

You can find out your risk of type 2 diabetes now. It only takes a few minutes.

<https://www.diabetes.ie/are-you-at-risk-free-diabetes-test/>

Before you use the tool to find out your risk, you need to take a few measurements:

**Your waist size:** Use this link to measure it correctly. <https://www.diabetes.ie/what-is-prediabetes/>

**Your height:** Centimeters or Feet & inches

**Your weight:** Kilograms or Stones & Pounds

Only a healthcare professional can diagnosis Type 2 diabetes or pre-diabetes by doing laboratory blood tests. Arrange with your family doctor to have a health check if you are not already having regular check-ups. In the meantime, protect your current health by staying physically active, eating a healthy diet and thereby maintaining a healthy weight.



# WHAT HAPPENS WHEN DIAGNOSED?

- ❑ **Testing:** Regardless of what type of Diabetes you have you will need to test your blood sugar levels regularly. Many of these will be self administered, using a home-glucose testing meter.
- ❑ **Eat Better:** There is no specific DIABETIC diet but it's important to center your diet on high-fibre, low fat fruits, vegetables and whole grains. Reduce animal products, refined carbohydrates and sweets. Low glycemic index (GI) foods may be helpful.
- ❑ **Get Active.** Make physical activity part of your daily routine. Aim for **30 minutes of aerobic exercise 5 days a week** and combine with resistance training (weights, yoga) twice a week. Physical activity lowers blood sugar and a combination helps control your levels more effectively.
- ❑ **Get in touch** with Diabetes Ireland and/or Diabetes UK Northern Ireland for a full range of support leaflets and online learning.

<https://etvmy10vxue40ek172jx7hmv-wpengine.netdna-ssl.com/wp-content/uploads/2014/11/Living-Well-eith-Type-2-with-updated-Pyramid-June-2017.pdf>



# DIABETES - LIONS SIGNATURE PROJECT

Lions Clubs International has designated Diabetes Awareness a signature project for the worldwide organisation. This decision was in response to the global explosion in the numbers with diabetes. The biggest driver of the increase in numbers was the growth in cases of Type 2 diabetes, the onset of which can be delayed or prevented by changes in diet and lifestyle.

In 2020, Lions Clubs Ireland launched their Diabetes Strategy. This strategy embraced the vision set out by Lions Clubs International to: **'Reduce the prevalence of Type 2 diabetes and improve the quality of life for those with diabetes'**.

The strategy also sets out goals for Lions Clubs in Ireland:

1. **Educate Lions** about diabetes and pre-diabetes. This includes a particular focus on creating awareness of Risk Factors linked with Type 2 diabetes
2. **Ccommunicate Type 2 Risk Factors within our communities** and promote the importance of Healthy Eating and Healthy Lifestyle
3. **Inspire and support healthy lifestyles.**
4. **Developing & fostering community physical activity initiatives** including engaging with other organisations involved in Diabetes support.
5. **World Diabetes Day**, held each year on November 14<sup>th</sup>, is an occasion when all Lions Clubs in Ireland can actively promote Diabetes Awareness in their community. <http://worlddiabetesday.org/about/>

Lions Clubs Ireland have worked in close cooperation with expert Diabetes Organisation in Ireland, -Diabetes Ireland and Diabetes UK Northern Ireland - following the leadership of Lions Clubs International, which has formed strong links with the World Diabetes Federation.





# LIONS INTERNATIONAL DIABETES POSTER



Lions Clubs International

## Join us in the fight against diabetes



### LIONS FOR DIABETES AWARENESS:

You can help make a big difference. Join us!

[www.lionsclubs.org](http://www.lionsclubs.org)



Lions Clubs International

Contact your local Lions Club:



# DIABETES RESOURCE MATERIALS



The District Diabetes Team has prepared a number of posters and pop-ups to promote Diabetes Awareness. A full set of these resources is available in the Diabetes Area of the District 133 Website. These resources will be refreshed as new resources become available in particular materials developed by individual clubs



## LIONS and DIABETES

Action & Awareness #LionsFightDiabetes



 <p><b>DON'T SIT</b> STAND UP AND GET MOVING</p>	 <p><b>CUT SUGAR</b> OUT OF YOUR FAMILY'S DIET</p>	 <p><b>BIN THE SUGARY DRINKS</b></p>
 <p><b>ENSURE 8 HOURS</b> OF SLEEP EVERY NIGHT</p>	 <p><b>TAKE THE STAIRS</b> INSTEAD OF THE LIFT</p>	 <p><b>EXERCISE 30 MIN</b> A DAY, 5 DAYS A WEEK</p>
 <p><b>COOK WITH OLIVE OIL</b> INSTEAD OF BUTTER</p>	 <p><b>NEED A SNACK?</b> <b>GO NUTS</b></p>	 <p><b>EAT 3 DAILY SERVINGS OF VEGETABLES</b></p>
 <p><b>LIMIT YOUR CONSUMPTION OF ALCOHOL</b></p>	 <p><b>EAT HEALTHY LIKE THIS</b></p>	 <p><b>NOT LIKE THIS</b></p>