

Know the
Diabetes
Disease Process
and Treatment
Options

Healthy
Eating

7th

**Diabetes is the
7th leading
cause of death
in Alabama¹
and in the
United States.²**

**If you are living
with diabetes,
your local DSME
program can
help you
make these
lifestyle
changes
today!**

Being
Physically
Active

Taking
Medications

Monitoring
Blood Glucose

Problem
Solving
and Healthy
Coping

Reducing
Risks of Acute
and Chronic
Complications



Alabama Diabetes
PROGRAM

Sources:

1. CDC/NCHS, National Vital Statistics System, Mortality 2014.

2. National Center for Health Statistics. Health, United States, 2015: With Special Feature on Racial and Ethnic Health Disparities. Hyattsville, MD. 2016