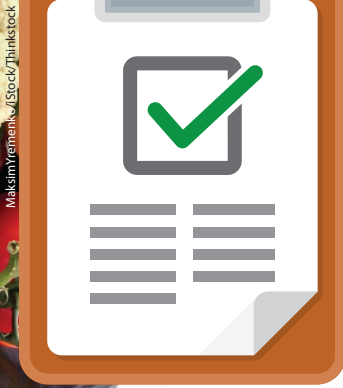# DIABETES
Today and Tomorrow

BY GORDON BOTTING, DRPH, CHES, CFC

E**ach year *The Stewpot* presents a quiz!** For the 2017 quiz, I have chosen a topic regarding health stewardship. We all need to be good stewards of our health in order to live the abundant life that God has in mind for us.

How much do you know about diabetes? When I was studying at Loma Linda University in the early 1980s, diabetes did not rank among the top 10 chronic diseases in the United States. However, more than 35 years later, it's on the list of the 10 leading causes of death in the United States.[1] Someday it may top the list. In a number of California counties, more than 40 percent of the population has either pre-diabetes or Type 2 diabetes![2] This is not a good sign for the future!

ratmaner/iStock/Thinkstock

> **STEWARDSHIP** is a total lifestyle. It involves our health, time, talents, environment, relationships, spirituality, and *finances*.

Jovanmandic/iStock/Thinkstock

6. Answer: **a** (Scientists are currently identifying several subtypes of Type 1 and Type 2 diabetes. Some are referring to Alzheimer's disease as Type 3 diabetes.)
Source: Gebel, Erika, "The Other Diabetes: LADA, or Type 1.5." *Diabetes Forecast*, May 2010, www.diabetesforecast.org/2010/may/the-other-diabetes-lada-or-type-1-5.html.
Source: Eliaz, Isaac. "Alzheimer's: Is It 'Type 3' Diabetes?" Bottom Line Inc., Nov. 1, 2013, bottomlineinc.com/health/memory/alzheimers-is-it-type-3-diabetes.

7. Answer: **b** (This is the lowest estimate, so it could be higher.)
Source: Tucker, Miriam E. "Gestational Diabetes Affects 1 in 20 Pregnancies." *Diabetes Forecast*, Oct. 2014, www.diabetesforecast.org/2014/10-oct/gestational-diabetes-affects.html.

8. Answer: **c** (Answer **d** is what a result should be for an individual without diabetes.)
Source: "Understanding a Type 2 Diabetes Diagnosis." www.healthline.com/health/type-2-diabetes/diagnosis#tests-and-diagnosis3.

9. Answer: **a** (In a research study in New Zealand, first-borns were, on average, 21 percent less sensitive to insulin than their peers, placing them at a higher risk of developing diabetes.)
Source: "Birth Order and Diabetes Risk." *The Week*, March 2013.

10. Answer: **b** (For former smokers, **d** is the correct answer.)
Source: "The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General." Jan.17, 2014, www.surgeongeneral.gov/library/reports/50-years-of-progress.

11. Answer: **a**
Source: *Berkeley Wellness Letter*, University of California, Berkeley, Nov. 2006.

12. Answer: **b** (Those with the highest blood levels of C had about a 60 percent lower risk—**d**!)
Source: Berkeley Wellness Letter, University of California, Berkeley, Nov. 2008.

13. Answer: **c** (If your blood pressure is below 120/75, then **d** would be the correct percentage.)
Source: Lyon, Lindsay. "High Blood Pressure and Higher Diabetes Risk Go Hand in Hand." *Orlando Sentinel*, Feb. 17, 2008, articles.orlandosentinel.com/2008-02-17/entertainment/bpdiabetes_1_blood-pressure-higher-diabetes-risk-develop-diabetes.

14. Answer: **c** (Between 1997-1998 and 2003-2004, the death rate among people with diabetes in the United States fell 23 percent. This statistic includes a 40 percent drop in deaths from heart disease!) ***Source:*** "Good Diabetes Care Increases Life Span." *Diabetes Forecast*, Aug. 2012, www.diabetesforecast.org/2012/aug/good-diabetes-care-increases-life-span.html.

Sources

1 Nichols, Hannah. "The Top 10 Leading Causes of Death in the United States." Medical News Today, Feb. 23, 2107, www.medicalnewstoday.com/articles/282929.php.

2 "Burden of Diabetes in California." Diabetes Coalition of California, Sept. 2014, diabetescoalitionofcalifornia.org/diabetes-stats.

Take the quiz and see how much you know about diabetes. You'll probably learn something, as well.

How much do you know about diabetes?

1. How many individuals in the United States have diabetes?
   a. 10 million
   b. 15 million
   c. 22 million
   d. 29 million

2. What is the estimated cost as the result of diabetes in the United States?
   a. 153 billion
   b. 174 billion
   c. 245 billion
   d. 354 billion

3. How many Americans have diabetes or pre-diabetes?
   a. 70 percent
   b. 50 percent
   c. 35 percent
   d. 28 percent

4. How many have diabetes worldwide?
   a. 380 million
   b. 321 million
   c. 286 million
   d. 246 million

5. What are the most typical symptoms of Type 2 diabetes?
   a. thirst
   b. vaginal yeast infections
   c. frequent urination
   d. unexplained weight loss
   e. all of the above

6. What is Type 1.5 diabetes?
   a. latent autoimmune diabetes in adults
   b. gestational diabetes
   c. Alzheimer's disease
   d. Type 1 with no insulin dependence

7. How many pregnant women in the United States may have gestational diabetes?
   a. 1 in 15
   b. 1 in 20
   c. 1 in 30
   d. 1 in 40

8. What results from a fasting plasma glucose test confirm that an individual has diabetes?
   a. 200 mg/dl
   b. 140 mg/dl
   c. 126 mg/dl
   d. 95 mg/dl

9. Which birth order place has the highest risk for diabetes?
   a. first
   b. second
   c. middle
   d. last

10. For current smokers, what is the percentage of increased risk for developing diabetes?
    a. 63 percent
    b. 54 percent
    c. 23 percent
    d. 14 percent

11. Who are at a greater risk of eventually developing Type 2 diabetes?
    a. people who gain weight between 25-40 years
    b. people who gain weight between 40-55 years

12. Individuals who eat fruits and vegetables rich in vitamin C are _____ percent less likely to develop diabetes during the next 12 years.
    a. 10
    b. 22
    c. 34
    d. 60

13. Even if they are not overweight, what percentage of women with high blood pressure (of at least 140/90) are likely to develop diabetes?
    a. 20.6 percent
    b. 14.7 percent
    c. 9.4 percent
    d. 1.4 percent

14. Due to improved diabetes care, the death rate among people with diabetes fell ___ percent during a six-year period.
    a. 5 percent
    b. 12 percent
    c. 23 percent
    d. 40 percent

Answers

1. Answer: **d**
Source: "Diabetes Latest," www.cdc.gov/features/diabetesfactsheet.

2. Answer: **c** (This amount equals total medical costs, lost work, and wages for 2012. In 2007, the answer would have been **b**.)
Source: "Diabetes Latest," www.cdc.gov/features/diabetesfactsheet.

3. Answer: **b**
Source: Glatter, Robert. "Half of Adults in The U.S. Have Diabetes or Pre-Diabetes, Study Finds." *Forbes*, Sept. 8, 2015, www.forbes.com/sites/robertglatter/2015/09/08/50-percent-of-adults-in-u-s-have-diabetes-or-pre-diabetes-study-finds/#79d8fa8447bd.

4. Answer: **d** (It's estimated that in 10 years the answer will be **a**.)
Source: McCoy, Krisha. "How Diabetes Became an Epidemic." *Everyday Health*, Nov. 3, 2009, www.everydayhealth.com/diabetes/type2/the-diabetes-epidemic-in-a-nutshell.aspx.

5. Answer: **a** and **c** (These are the most common symptoms, along with blurred vision and being tired for no reason. However, **b** and **d** are also symptoms, so if you chose **e**, you are also correct.)
Source: Richmond, Mardi. "35 Things Everyone Should Know about Diabetes," Journeyworks Publishing, 2008 edition.