

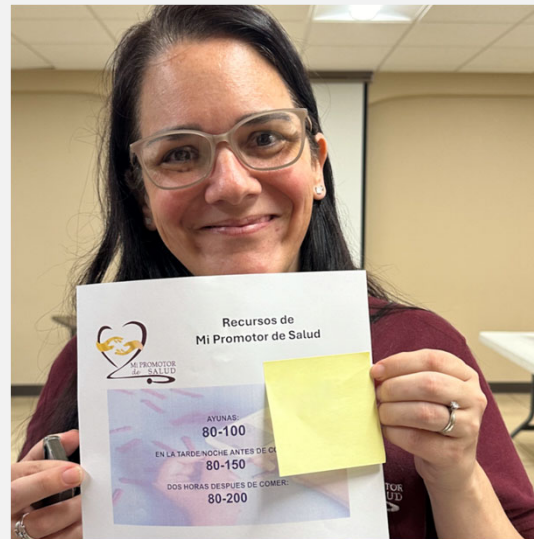
WELCOME!

**Am I at risk for
diabetes?**



Video #1

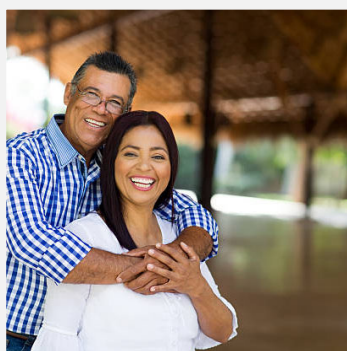
Mi Promotor de Salud – connecting people to care



Who is at risk of developing type 2 diabetes?



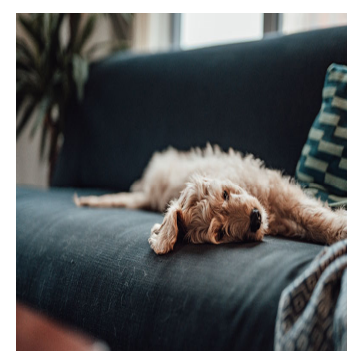
Hispanic/Latino/a



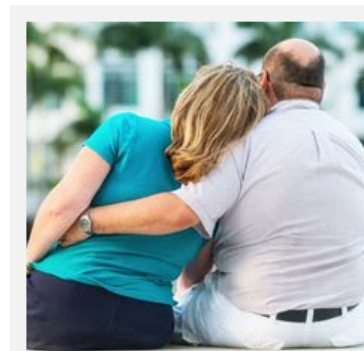
45+ years



Family with
diabetes



Low Physical
Activity

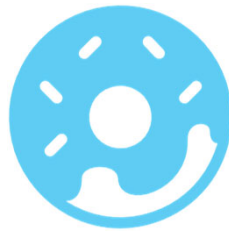
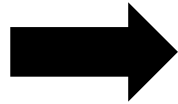


Overweight/
Obesity

What happens when I eat food?



Eat food



Food turns into sugar
(glucose)

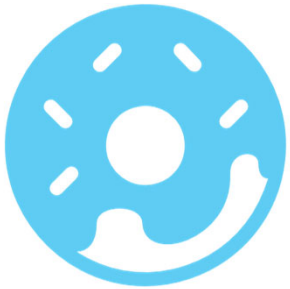


Sugar enters the blood

**Insulin is the key.
It opens cells and lets sugar in**



What happens when I eat food?



Food turns into sugar (glucose)



Sugar  the blood

When blood sugar is high we don't feel good because.....



Fatigue



Irritability



Dry Mouth



Thirst



Frequently
urination



If body fat causes high blood sugar, how can you lower blood sugar?



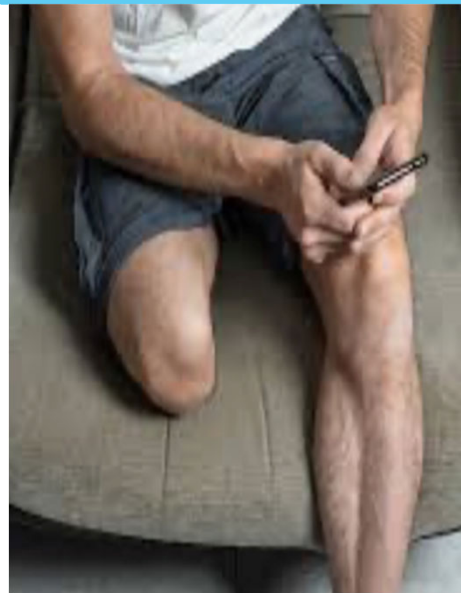
The Solution: Reduce of Body Fat!

Diabetes Consequences: **COMPLICATIONS**

DIALYSIS



AMPUTATIONS



HEART ATTACK



LOSS OF VISION





But I feel good !



THE SAD STORY OF A FROG





A man with dark hair and a goatee, wearing a dark blue polo shirt, is shown from the chest up. He has a thoughtful or concerned expression, with his right hand raised to his forehead and cheek. The background is a plain, light gray wall. To the right of the man, the text "So...do I have diabetes?" is written in a bold, white, sans-serif font. Below the text, there is a thin horizontal line that is blue on the left and green on the right.

So...do I have diabetes?

Let's talk about A1C



When is diabetes “controlled”?

less than
65 years

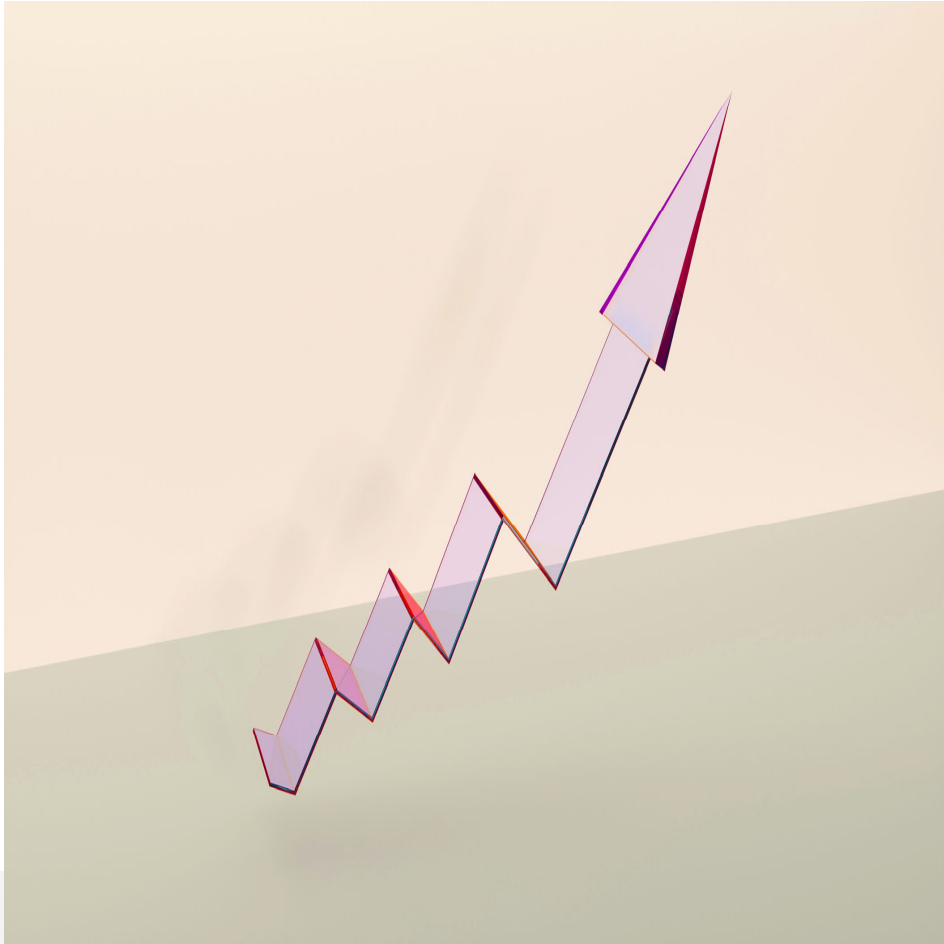


7.0

65+
years



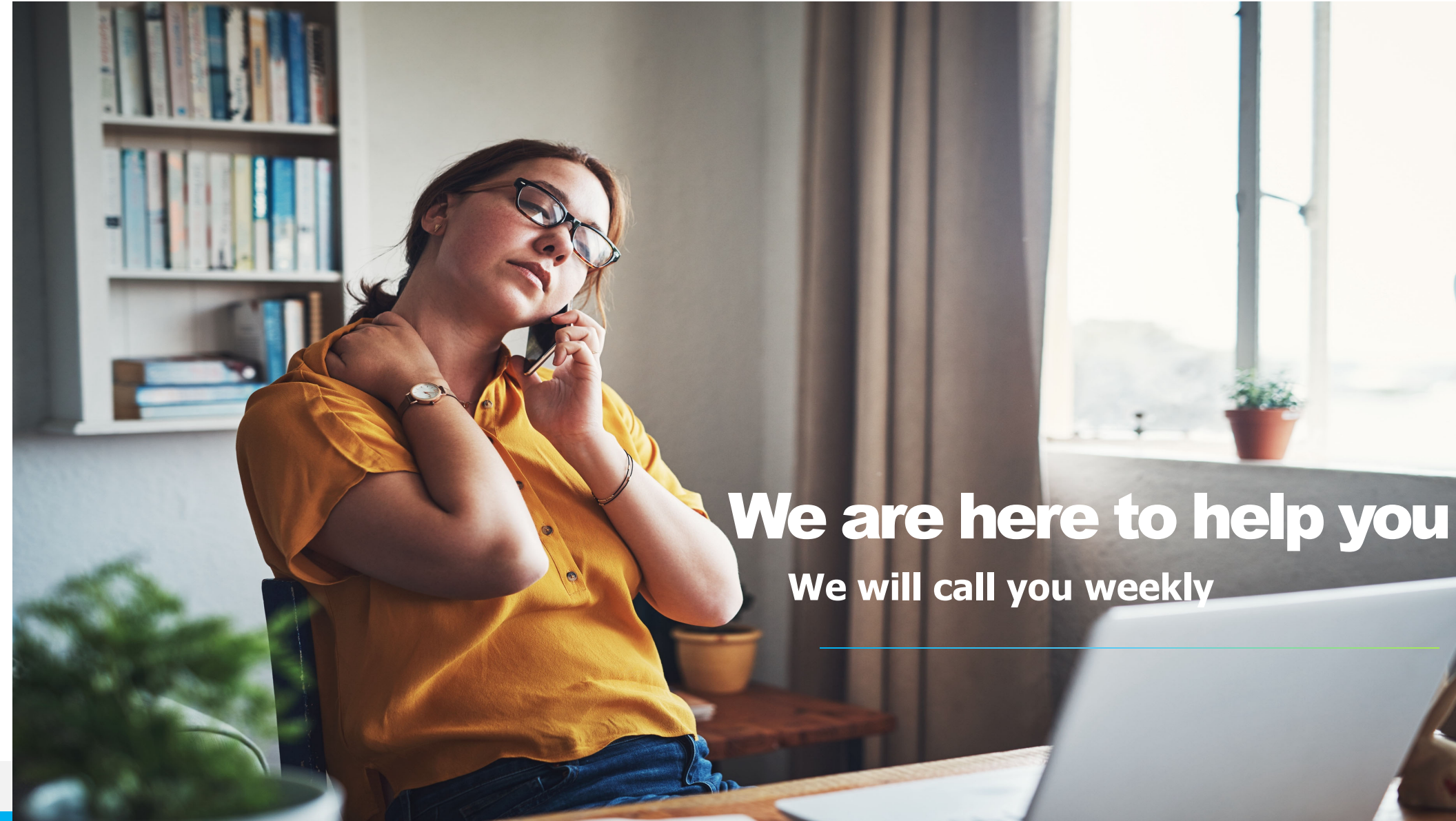
7.5





Medicine

they are VERY important!



We are here to help you

We will call you weekly



It's a long journey

Your CHW will help **CONNECT**
you to care

Medical Support

A photograph of a soccer ball with black and white panels, caught in a white net. The net is attached to a grey metal frame. The background is a blue sky with white clouds. The text "Social Support" is overlaid on the right side of the image.

Social Support

Moral/Spiritual Support

CONFIDENTIALITY

Respecting the trust they give us





**Thank you
for
participating**

References

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