

# Health Awareness

A County Health Pool Publication



August 2005

## Diabetes: early detection and treatment



Diabetes is a disease that affects an estimated 17 million people in the United States or 6 percent of the population. While 11 million people have been diagnosed, another 6 million are unaware that they have the disease.

Often diabetes goes undiagnosed because many of its symptoms seem harmless. Recent studies indicate the early detection and treatment can decrease the chance of developing the complications of diabetes.

Individuals with diabetes are at increased risk of heart disease, stroke, high blood pressure, blindness, kidney disease, nervous system disease, amputations and complications of pregnancy.

### Diagnosing Diabetes

Health care providers conduct a Fasting Plasma Glucose Test (FPG) or an Oral Glucose Tolerance Test (OGTT). Either test can be used to diagnose diabetes or pre-diabetes.

### Diabetes in Colorado

Almost 167,000 people are diagnosed with diabetes in Colorado and another 86,000 are likely to have the disease, but do not know it.

In 2003, 4.7 percent of adults reported being diagnosed with diabetes in Colorado, which is still lower than the national average. Over 2000 Coloradans die every year from diabetes-related causes.


### One of Top Diagnoses for Members of the County Health Pool

Diabetes is one of the top diagnoses for members of the County Health Pool. One of the benefits that the County Health Pool offers through Anthem Blue Cross & Blue Shield is a disease management program called BlueCares For You. The program is designed to improve the health and productivity of members and their families while controlling health care costs.

Anthem Blue Cross & Blue Shield provides CHP members the following assistance for their BlueCares For You program:

- One-on-one relationships with an assigned nurse specialist
- The creation of individualized intervention plans
- Superior tools for participant self-management
- 24/7 toll-free telephone access


You can call Anthem Blue Cross & Blue Shield's customer service number at 1-866-698-0087 to find out if you qualify for BlueCares For You.

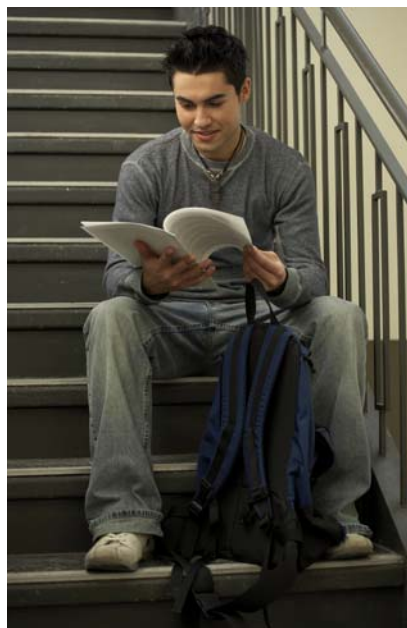
Another resource for County Health Pool members is [www.anthem.com](http://www.anthem.com). You can click on "My Health" for newsletters related to diabetes. 

# A Guide to Eating Out With Diabetes

Although not everyone with diabetes has the same nutritional goals, the American Diabetes Association recommends the following measures to take when eating out at any type of restaurant:


- If you don't know what's in a dish or don't know the serving size, ask.
- Try to eat the same portion as you do at home. If the serving size is larger, share some with your dining partner, or put the extra food in a container to go.
- Eat slowly.
- Ask for fish or meat broiled with no extra butter.
- Order your baked potato plain, then top it with a teaspoon of margarine or low-calorie sour cream, and/or vegetables from the salad bar.
- If you are on a low-salt meal plan, ask that no salt be added to your food.
- Ask for sauces, gravy and salad dressings on the side. Try dipping your fork tines in the salad dressing, then spear a piece of lettuce. Or add a teaspoon of dressing at a time to your salad. You'll use less this way.
- Order foods that aren't breaded or fried because they add fat. If the food comes breaded, peel off the outer coating.

- Read the menu creatively. Order a cup of fruit for an appetizer or the breakfast melon for dessert. Instead of a dinner entree, combine a salad with a low-fat appetizer.
- Ask for substitutions. Instead of french fries, request a double order of a vegetable. If you can't get a substitute, just ask that the high-fat food be left off your plate.
- Ask for low-calorie items, such as salad dressings, even if they're not on the menu. Vinegar and a dash of oil or a squeeze of lemon are a better choice than high-fat dressings.
- Limit alcohol, which adds calories, but no nutrition to your meal. 



## Health coverage for full-time college students

The County Health Pool offers health benefits to dependents aged 19 to 25 who are enrolled as full-time students in an accredited college or university.

To ensure that your college student dependents are covered, please fill out **full time student status verification form** and return it to the County Health Pool. 

## Renewal Meeting Scheduled for Sept. 23

The County Health Pool's Board and Members Renewal Meeting, scheduled for Friday, September 23 at 10:00 a.m., will take place at CTSI, 800 Grant Street, Denver.

CHP staff will present the proposed rate structure for the 2006 plan year. The CHP Board will discuss the proposed rate structure and will weigh the costs

and benefits of making changes to the plan for 2006.

The CHP Board will make a final determination about the plan and the rates for the 2006 plan year at this meeting.

CHP encourages member entities to attend this meeting.