



Nebraska / W. Iowa



**Local support of the
American Diabetes Association helps
improve the lives of
Nebraskans & Iowans affected by
diabetes.**

Cost of Diabetes in Nebraska

In 2013, 113,633 adults, or 8.1% of the adult population, had diagnosed diabetes. 35% of adults (491,139 Nebraskans) now have diabetes or pre-diabetes¹

Diabetes is the leading cause of kidney failure, lower limb amputations and adult-onset blindness. Having diabetes lowers life expectancy by up to 15 years and increases risk of heart disease by two to four fold (Healthy People 2020 Web site). Diabetes is among the 10 leading causes of death in Nebraska for all age groups 10-14 years and older.

People with diagnosed diabetes have medical expenses that are approximately 2.3 times higher than people who do not have diabetes.

Individuals with diabetes spent approximately \$13,700 on medical costs in 2012, compared to \$5,800 for someone without diabetes²

In 2013, diabetes-related medical expenses in Nebraska totaled \$1.9 billion³

¹ 2013 Community Annual Report for Nebraska– Numbers based on Centers for Disease Control estimates.

² American Diabetes Association. Diabetes Cost Calculator.

<http://www.diabetes.org/advocacy-and-legalresources/cost-of-diabetes.jsp>

³ Department of Health & Human Services, Nebraska. The Impact of Diabetes in Nebraska, July 2013.

Advocacy

As families of children with diabetes well know, diabetes must be managed 24/7 in order for children to thrive and to avoid potentially life-threatening complications. Effective diabetes management at school and school-related activities is vital for both the health and equal educational opportunity of children with diabetes. And while some schools provide appropriate diabetes care that is working well, other students continue to face discrimination.

Safe at School utilizes a multi-pronged approach, supported by the energy and commitment of ADA's top volunteer leaders and grassroots advocates to help overcome barriers by creating awareness of the obstacles encountered by children with diabetes at school and simple, safe solutions to these obstacles.



Awareness

The Nebraska / W. Iowa ADA office is a presence at scores of health fairs, lunch & learns and community events throughout the year to provide free materials to those concerned about their health or the health of a loved one.



Local businesses can sign up for ADA's FREE **Stop Diabetes@Work Program** to better understand how diabetes affects their bottom line and how to do a better job of making their employees aware of the disease and its ramifications.

All newly diagnosed Type 2 Diabetes patients are strongly encouraged to sign up for ADA's FREE **Living With Type 2 Diabetes Program**. The patient will receive:

- Five informational packets including information on how to manage and live with diabetes
- Three free copies of *Diabetes Forecast* magazine
- Information on what to eat
- Delicious and healthy recipes
- A monthly e-newsletter with new recipes
- Tools to help you manage your diabetes
- Access to our online community and local events

Living With Type 2 Diabetes Program

The **Everyday Wisdom™ Kit** is a tool designed to help families of children with Type 1 Diabetes live with diabetes everyday. When a child is diagnosed with Type 1 Diabetes, everyday moments can become more of a challenge. The Everyday Wisdom Kit helps families plan for everyday moments and events such as birthday parties, playing sports and getting behind the wheel.

The FREE Kit comes in a reusable lunch bag and includes:

- Guide for parents
- Guide for the child with diabetes
- Guide for the teen with diabetes
- Guide for the sibling
- Interactive card game for the whole family
- Informational and inspirational DVD
- Emergency Contact Information refrigerator magnet
- Pocket-sized Carb Counting Tool
- Diabetes Dictionary

This interactive toolkit is designed for families of kids with newly diagnosed diabetes ages 8 and older.



Awareness

Ask the Experts are free, public events at which patients and families can ask questions and learn more about their diabetes diagnosis. Experts in Diabetes Education, Nutrition, Exercise, Eye Care, Podiatry and other disciplines share their knowledge with the group and answer questions.



Website & Call Center

ADA has the most comprehensive website about diabetes in the world at www.diabetes.org. In addition, those with questions regarding their diabetes - including medications, diet, exercise, discrimination issues, information and community support can call **1-800-DIABETES** to speak with trained personnel that can help.

Education



The **Diabetes Busters** program was developed by professionals in the field of education, nursing, nutrition, physical education, and fitness from the University of Iowa, the Iowa City School District and the American Diabetes Association. Diabetes Busters is a program designed to present information about diabetes to 4th graders. The information is presented in a fun and interesting way to engage students. It is set up in three different stations that each child visits: one focusing on diabetes education, one focusing on nutrition, and one focusing on exercise.



The aim of the program is to raise awareness about diabetes with students and their families and to educate them about ways to prevent diabetes. The students are also sent home with a “goody bag” full of information to share with their parents and siblings in order to further increase awareness.

Research

Since 2005, the ADA has committed over \$1.1 MILLION for research projects in Nebraska. The ADA's mission is to: *Prevent and cure diabetes and to improve the lives of all people affected by diabetes.* We are proud of the work that has been done in-state by highly trained researchers that are experts in the field of diabetes.



ADA Funded Researcher, Peter F. Kador, Ph.D.,
University of Nebraska Medical Center

American Diabetes Association of Nebraska / W. Iowa Facts

The American Diabetes Association of Nebraska / W. Iowa is the ONLY area diabetes non-profit dedicated to improving the lives of those affected by all forms of diabetes.

The American Diabetes Association of Nebraska / W. Iowa is the ONLY area diabetes non-profit that actively seeks collaborations with local employer groups to help provide screenings and to provide diabetes-related resources free of charge to help make employees' lives healthier.

The American Diabetes Association of Nebraska / W. Iowa is the ONLY area diabetes non-profit that sponsors children to attend diabetes camp at Camp Hot Shots.

The American Diabetes Association of Nebraska / W. Iowa is the ONLY area diabetes non-profit that teaches children in the classroom setting about diabetes, nutrition and exercise, with no obligation or expectation of a fundraiser by the school in return.

Standards of Care

The Standards of Medical Care are updated annually by the national American Diabetes Association to provide the best possible guidance to health care professionals for diagnosing and treating adults and children with all forms of diabetes. The Standards are based upon the most current scientific evidence, which is rigorously reviewed by the Association's multi-disciplinary Professional Practice Committee. These care practices are routinely followed by nearly all United States health care professionals in the diabetes field.

Signature Fundraising Campaigns



 American Diabetes Association®
Tour de Cure®

STEP OUT® | **WALK**
TO **STOP** DIABETES®

 American Diabetes Association.



Contact Information

Mailing Address:

14216 Dayton Circle, Suite 6
Omaha, NE 68137

Phone: (402) 571-1101

Email: dbickford@diabetes.org

Website: www.diabetes.org

Event Websites: www.diabetes.org/tournebraska
www.diabetes.org/stepoutomaha

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