

## What is Diabetes?

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Diabetes is a disease in which the body does not use insulin properly. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors, such as obesity and lack of exercise, appear to play roles.

### *The major types of diabetes are:*

**Type 1 Diabetes:** Results from the body's failure to produce insulin, the hormone that "unlocks" the cells of the body, allowing glucose to be used for energy. It is estimated that 5-10% of Americans who are diagnosed with diabetes have Type 1 diabetes.

**Type 2 Diabetes:** Results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. Approximately 90-95% (16 million) of Americans who are diagnosed with diabetes have Type 2 diabetes.

**Pre-Diabetes:** Pre-diabetes is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of Type 2 diabetes. It is estimated that at least 16 million Americans have pre-diabetes. This is in addition to the 17 million with diabetes.

**Gestational Diabetes:** Gestational diabetes affects about 4% of all pregnant women - about 135,000 cases in the United States each year.

**Lincoln County Diabetes Coalition**



Phone: (541) 574-4682

## Support Groups

For those living with

**DIABETES**

and their families

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Please call

(541) 574-4682 if you are interested  
in more information.

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## Newport



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### **Samaritan North Lincoln Hospital**

A Registered Nurse or Diabetes Educator facilitates the group.

**(541) 994-3661 ext: 6414**

**Meets last Tuesday  
of each month**

**2:00 pm**

### **Samaritan Pacific Communities Hospital**

A Registered Nurse or Diabetes Educator facilitates the group.

**(541) 574-1815**

**Meets 2<sup>nd</sup> Thursday  
of each month**

**2:00 pm**

### **Waldport Community Center**

A Registered Nurse or Diabetes Educator facilitates the group.

**(541) 265-6611 ext: 2432**

**Meets 3rd Wednesday  
of each month**

**1:00 pm**



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### **Type I and Type II Children, Teens & Parents**

Jennifer Reinhart

**265-9498**

**Call for information**

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## Siletz

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### **Siletz Tribal Fitness Center**

Darcy de la Rosa, RD/LD, CDE

**444-9647**

**\*Meets 3rd Thursday of each month**

**12:15 pm**

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