

Do you **TAKE CHARGE?** of your diabetes.

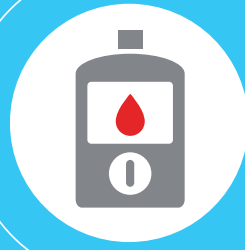


12% of upstate New York adults have diabetes



Health experts recommend routine actions that people living with diabetes should take to protect their health. Here they are, along with self-reported compliance rates among upstate New York adults. How do you compare? If you have diabetes, ask yourself:

Am I **TAKING CHARGE** of my health?

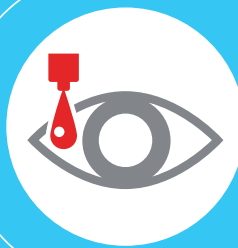


70% Measured their blood sugar at least 1x a day
RECOMMENDATION: Check blood sugar as directed by a doctor

77%

Had their A1C* measured at least 2x within the year

RECOMMENDATION: Have an A1C blood test at least 2x per year



66% Had a dilated eye exam within the last year
RECOMMENDATION: Have a dilated eye exam 1x a year

80%

Had a professional foot exam within the last year

RECOMMENDATION: Have a foot exam for sores at least 1x a year



52% Took a class in managing diabetes
RECOMMENDATION: Get diabetes self-management education

91%

Saw a health professional for diabetes in the last year

RECOMMENDATION: Visit a health professional at least 1x a year

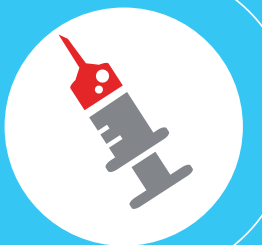


57% Engaged in physical activity within the last 30 days
RECOMMENDATION: Stay physically active as your doctor allows

62%

Received a flu vaccine in the last year

RECOMMENDATION: Get a flu vaccine every year



To learn more about **TAKING CHARGE** of your diabetes, talk to your doctor or visit CDC.gov/Diabetes/Managing