

What is Diabetes?



One of the first things to know about **diabetes is that it isn't just one disease.**

Diabetes is a group of diseases where there is too much sugar in the blood. This can happen if the pancreas doesn't make enough insulin, a hormone that helps turn food into energy. It can also happen if the body doesn't use insulin the right way.

Whichever it is, it means there is too much sugar in the blood. And too much blood sugar can harm organs and lead to serious problems.

Diabetes typically strikes in one of three ways:

Type 1 Diabetes

Type 1 usually begins as a child or young adult.

It happens when the pancreas doesn't make enough insulin—does not insulin at all. That's why people with type 1 need to take insulin, usually with daily injections.

Only about 5 percent of adults have this type of diabetes.

Type 2 Diabetes

Type 2 diabetes is the most common kind of diabetes. About 90 to 95 percent of adults with diabetes have type 2.

It usually happens in adults, but more kids are getting it now too.

Type 2 happens when the pancreas doesn't make enough insulin or doesn't use it the right way. It can be caused by genetics, diet, and exercise habits. Treatment includes medicine, and sometimes insulin.

Gestational Diabetes

Some women who have never had diabetes before can get it when they are pregnant. This is called gestational diabetes. It usually goes away after the baby is born, but it can increase the mother's chances of getting type 2 diabetes later. It can also raise the baby's risk if the mother doesn't get treatment.

Diabetes Resources

We want your feedback.
Take our quick survey!



Here in Contra Costa

You can access the following services to help you manage your care. If you have questions about diabetes or heart disease, or to talk about screenings, make an appointment with one of our providers by calling **1-877-661-6230**.

Diabetes Self-Management Education and Support Program (DSMES):

A 5-week program designed to teach self-management tools that can help you take control of your diabetes and delay or prevent complications.



Ask your provider for a referral or visit inspiringcommunities.org.

Gojji - Diabetes Management Service

Gojji provides glucometers and disease management services. The glucometers allow Gojji to see your blood sugar test results. They have dietitians and pharmacists that can help you control your blood sugar.

Eligibility:

- CCHP Medi-Cal Member.
- Diabetes with A1c >7.0%.
- Have a prescription for a glucometer.
- Must agree to share information with Gojji.



Call Member Services at **1-877-661-6230**, ask your provider for a referral, or visit gojji.com.

Health Education



Get access to more **health tips, healthy recipes, exercise recommendations and more related to diabetes and heart health** by visiting healthed.cchealth.org or scanning the QR code.

Diabetes Prevention Program (DPP)

DPP is a program to help you make lifestyle changes to prevent type 2 diabetes. The program is virtual, in 1-hour sessions. You'll learn how to make realistic goals with a trained lifestyle change coach while having fun discussions.

Eligibility:

- 18 years or older.
- Overweight.
- Has prediabetes or gestational diabetes.

Ask your provider for a referral or visit inspiringcommunities.org.

Medically Tailored Meals/Medically Supportive Foods

Some people may qualify to have meals or groceries sent to their homes. These menus are created for certain health needs. This program may also include cooking and/or nutrition education. If you have one of the following, talk to your provider today:

- Gestational diabetes.
- Poorly controlled diabetes.
- Poorly controlled heart failure.
- ESRD on dialysis.
- Metabolic syndrome.

Talk to your case manager, PCP, or other provider about getting a referral. You can also call CCHP Member Services at **1-877-661-6230**.