

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

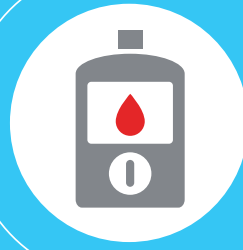


**12%** of upstate New York adults have diabetes



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?



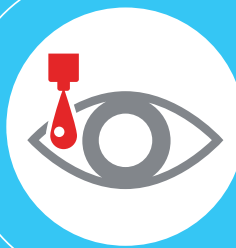
**70%** Measured their blood sugar at least 1x a day  
**RECOMMENDATION:** Check blood sugar as directed by a doctor

**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:**

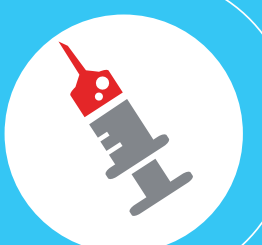
Stay physically active as your doctor allows

**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](http://CDC.gov/Diabetes/Managing)