

Diabetes Screening

According to the Centers for Disease Control (CDC), as many as one in four people who have diabetes don't know they have it. For certain racial and ethnic groups, including African American, Hispanic or Latino, and Asian American people, the likelihood of developing prediabetes and type 2 diabetes is greater.

Over their lifetime, US adults overall have a 40% chance of developing type 2 diabetes. But if you are a Hispanic or Latino adult, your chance is more than 50%, and you are likely to develop it at a younger age. Hispanic or Latino people also have higher rates of kidney failure caused by diabetes as well as diabetes-related vision loss and blindness.

There is a disproportionate impact of chronic diseases, such as diabetes, on diverse communities within the U.S., which highlights the importance of raising awareness and education on diabetes prevention, screening, treatment, and management.

It's never too late to start being proactive in your health. Losing weight (if overweight), being more physically active, eating healthy plant foods, and quitting smoking are all things you can do to reduce your risk for diabetes.

You might already be at risk of developing type 2 diabetes. The general rule for diabetes screening is that if you have a body mass index (BMI) greater than 25, you are at risk for type 2 diabetes. You can calculate your BMI by dividing your weight in kilograms by your height in meters squared.

Treatment for type 2 diabetes is available, but treatments can only help those who have been diagnosed. A doctor can help you find the best next steps to lower your risk and discuss further options.

糖尿病筛检

根据美国疾病控制中心的数据，多达四分之一的糖尿病患者不知道自己患有糖尿病。某些种族和族裔群体，包括非裔美国人、西班牙裔或拉丁裔和亚裔美国人，患糖尿病前期和2型糖尿病的可能性更大。

在一生中，美国成年人总体上有40%的风险患上2型糖尿病。西班牙裔或拉丁裔的成年人，则有超过50%的风险，并可能在更年轻的时候就患上这种疾病。西班牙裔或拉美裔人因糖尿病导致肾衰竭以及与糖尿病有关的视力下降和失明的比率也较高。

慢性疾病，如糖尿病，对美国境内不同社区的影响比例不相同，这强调了提升对糖尿病预防、筛查、治疗和管理的认识和教育的重要性。

开始积极主动地关注自己的健康永远不会太晚。减肥（如果超重）、多做运动、吃健康的植物性食物和戒烟都是你可以做的，以减少罹患糖尿病的风险。

你可能属于罹患第2型糖尿病的风险族群。糖尿病检查的一般规则是，身体质量指数大于25的人，就有罹患第2型糖尿病的风险。可以用你的体重（公斤）除以身高（米）的平方来计算你的BMI。

第2型糖尿病有治疗方法，但治疗方法只能帮助那些已受诊断的人。医生可以帮助你找到降低风险的最佳措施，并讨论进一步的选择。



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咖喱米粉配西洋菜苔 (4人份)

Curry Noodles with Broccoli Rabe (SERVES 4)

材料:

- 1束大葱，切碎
- 1汤匙姜，切碎
- 3个大蒜瓣，切碎
- 3汤匙红咖喱酱
- 1杯椰奶
- 1个青柠，榨汁
- 2汤匙减盐酱油
- 1汤匙鱼露
- 1汤匙蜂蜜
- 4束米粉，煮熟
- 半个红洋葱，切成薄片
- 3杯切碎的西洋菜苔
- 2杯切成丝的紫花菜
- 1根胡萝卜，切成丝

步骤:

1. 在一个大锅里，用中火加热一汤匙食用油。加入葱、姜和大蒜。炒至香味，约1分钟。
2. 加入咖喱酱，煮至颜色略微变深，约1分钟。搅拌椰奶、青柠汁、酱油、鱼露和蜂蜜。把火调小，让它慢炖。
3. 在一个大锅里，用中火加热一汤匙食用油。加入洋葱，煮4-5分钟。加入西洋菜苔和卷心菜，煮4-5分钟。加入胡萝卜丝，搅拌均匀。用一小撮盐和胡椒粉调味。
4. 将米粉和蔬菜加入到酱汁中，并充分搅拌。然后把面条分到四个碗里，用额外的葱和芝麻做装饰。请慢用！

INGREDIENTS:

- 1 bunch scallions, chopped
- 1 tbsp ginger, minced
- 3 garlic cloves, minced
- 3 tbsp red curry paste
- 1 cup coconut milk
- 1 lime, juiced
- 2 tbsp low sodium soy sauce
- 1 tbsp fish sauce
- 1 tbsp honey
- 4 bunches rice noodles, cooked
- ½ red onion, thinly sliced
- 3 cups chopped broccoli rabe
- 2 cups shredded purple cabbage
- 1 carrot, shredded



INSTRUCTIONS:

1. In a large pot, heat a tbsp of cooking oil over medium heat. Add the scallions, ginger, and garlic. Saute until fragrant, ~1 minute.
2. Add the curry paste and cook until it darkens slightly, ~1 minute. Stir in the coconut milk, lime juice, soy sauce, fish sauce, and honey. Turn the heat down and let it simmer.
3. In a large pan, heat a tbsp of cooking oil over medium heat. Add the onion and cook for 4-5 minutes. Add the broccoli rabe and cabbage and cook for 4-5 minutes. Add in the shredded carrots and toss to combine. Season with a pinch of salt and pepper.
4. Add the rice noodles and vegetables to the sauce and toss well to combine. Divide the noodles among four bowls and garnish with extra scallions and sesame seeds. Serve and enjoy!