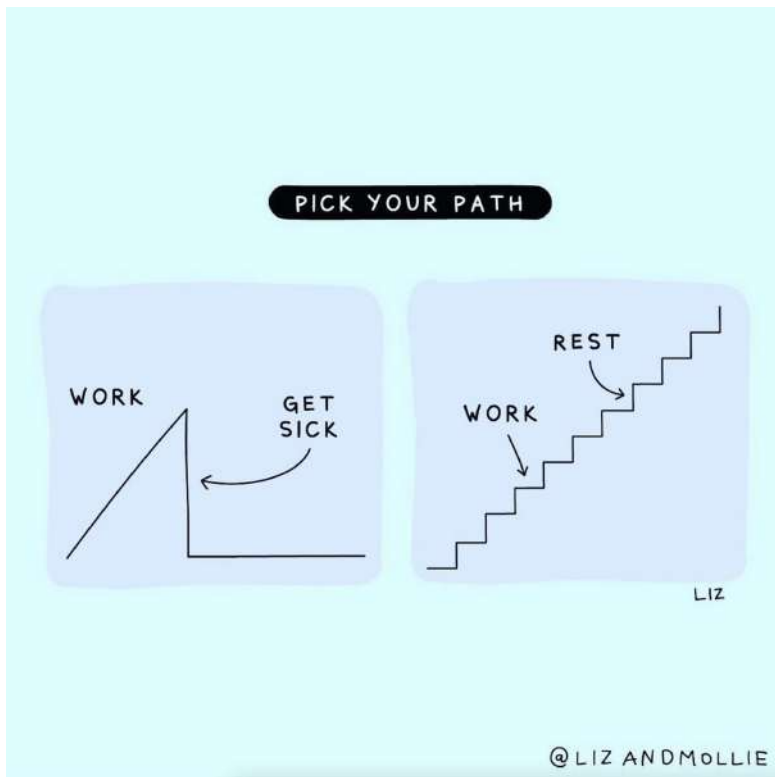


Diabetes Awareness

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WELLNESS OBSERVANCES

- AMERICAN DIABETES MONTH
- LUNG CANCER AWARENESS MONTH
- 11/13: WORLD KINDNESS DAY
- 11/14: WORLD DIABETES DAY
- 11/25: NATIONAL FAMILY HEALTH HISTORY DAY



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Diabetes INFO



34.2 MILLION
Americans are living
with diabetes.



88 MILLION
people have
prediabetes.

Some risk factors for type 2 diabetes can't be modified, such as age and family history, but some can, such as having prediabetes, being overweight, eating unhealthy food, being inactive, and smoking.

SOME PEOPLE ARE AT HIGHER RISK OF TYPE 2 DIABETES BECAUSE THEY:

- Are overweight or have obesity
- Are age 45 or older
- Have a parent, brother or sister with type 2 diabetes
- Are physically active less than 3 times a week
- Had gestational diabetes or gave birth to a baby who weighed more than 9lbs
- Are African American, Hispanic or Latino, American Indian, Alaska Native, Pacific Islander, or Asian American

TYPE 1 DIABETES:

Type 1 diabetes is thought to be caused by an autoimmune reaction (the body attacks itself by mistake) that stops your body from making insulin. Approximately 5-10% of the people who have diabetes have type 1.

TYPE 2 DIABETES:

With Type 2, your body doesn't use insulin well and can't keep blood sugar at normal levels. About 90-95% of people with diabetes have type 2. It develops over many years and is usually diagnosed in adults

WHAT IS DIABETES?

A chronic (long-lasting) health condition that affects how your body turns food into energy.

Most of the food you eat is broken down into sugar (also called glucose) and released into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.

With prediabetes, your blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes

Prediabetes increases your risk of:

TYPE 2 DIABETES

HEART DISEASE

STROKE

If you have prediabetes, losing weight by:

can cut your risk of getting type 2 diabetes in

HALF

EATING HEALTHY

&

BEING MORE ACTIVE

THE ROAD TO TYPE 2 DIABETES

	A1C TEST	FASTING BLOOD SUGAR TEST	GLUCOSE TOLERANCE TEST
DIABETES	6.5% or above	126 mg/dL or above	200 mg/dL or above
PREDIABETES	5.7 – 6.4%	100-125 mg/dL	140-199 mg/dL
NORMAL	Below 5.7%	99 mg/dL or below	140 mg/dL or below

Source: American Diabetes Association

The Nation's
**MODIFIABLE RISK FACTORS
FOR TYPE 2 DIABETES**

PREDIABETES

Prediabetes is a serious health condition in which blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. A person with prediabetes is at high risk of type 2 diabetes, heart disease, and stroke. More than 88 million US adults—1 in 3—have prediabetes, and 90% of them don't know they have it.

OVERWEIGHT & LACK OF PHYSICAL ACTIVITY

Not getting enough physical activity can raise the risk of type 2 diabetes. That's because physical activity helps control blood sugar, weight, and blood pressure, as well as raise "good" cholesterol and lower "bad" cholesterol. It can also help people with diabetes prevent heart and blood flow problems, reducing the risk of heart disease and nerve damage, which are serious complications of diabetes. However, only 1 in 4 US adults and 1 in 5 high school students get enough physical activity.

SMOKING

The risk of developing type 2 diabetes is 30% to 40% higher for current smokers than nonsmokers. Evidence shows that smoking is associated with increased belly fat, a known risk factor for type 2 diabetes. The more cigarettes a person smokes, the higher their risk of developing type 2 diabetes.

**IF YOU HAVE ANY OF THESE RISK FACTORS,
IT IS POSSIBLE TO REVERSE THEM BY
PRIORITIZING YOUR HEALTH!**

Smart Moves to PREVENT TYPE 2 DIABETES

CUT SUGAR & REFINED CARBS FROM YOUR DIET

Eating foods high in refined carbs and sugar increases blood sugar and insulin levels, which may lead to diabetes over time. Avoiding these foods may help reduce your risk.

WORK OUT REGULARLY

Performing physical activity on a regular basis can increase insulin secretion and sensitivity, which may help prevent the progression from prediabetes to diabetes.

DRINK WATER AS YOUR PRIMARY BEVERAGE

Drinking water instead of other beverages may help control blood sugar and insulin levels, thereby reducing the risk of diabetes.

LOSE WEIGHT IF OVERWEIGHT OR OBESE

Carrying excess weight, particularly in the abdominal area, increases the likelihood of developing diabetes.

QUIT SMOKING

Smoking is strongly linked to the risk of diabetes, especially in heavy smokers. Quitting has been shown to reduce this risk over time.

BE MINDFUL OF PORTION SIZES

Avoiding large portion sizes can help reduce insulin and blood sugar levels and decrease the risk of diabetes.

AVOID SEDENTARY BEHAVIORS

Avoiding sedentary behaviors like excessive sitting has been shown to reduce your risk of getting diabetes.

EAT A HIGH FIBER DIET

Consuming a good fiber source at each meal can help prevent spikes in blood sugar and insulin levels.

OPTIMIZE VITAMIN-D LEVELS

Consuming foods high in vitamin D or taking supplements can help optimize vitamin D blood levels, which can reduce your risk of diabetes.

MINIMIZE INTAKE OF PROCESSED FOODS

Minimizing processed foods and focusing on whole foods with protective effects on health may help decrease the risk of diabetes.

Mindful Moments

SELF SOOTHING MEDITATION



Nourish

THE BEST VEGAN CHILI

Recipe From: <https://www.jaroflemons.com/the-best-vegan-chili-recipe/>



ingredients

- 1 green bell pepper
- 6 stalks celery
- 2 Tbsp olive oil
- 1 Tbsp dried onion flakes
- 1 15 oz. can chickpeas drained
- 1 15 oz. can black beans drained
- 1 15 oz. can pinto beans drained
- 1 15 oz. can kidney beans drained
- 1 14 oz. can diced tomatoes
- 1 15 oz. can tomato sauce
- 3 cups vegetable broth
- 2 Tbsp chili powder
- 1 Tbsp cumin
- 1 tsp paprika
- 1 tsp minced garlic
- salt/pepper to taste

recipe preparation

- Chop the celery and bell pepper into small pieces.
- Pour the olive oil into a large stock pot and combine the celery, bell pepper, and onion flakes.
- Cook for about 10 minutes (or until the celery is a little bit soft).
- Add in the beans, chickpeas, and broth.
- Cook for about another 10 minutes.
- Add in the diced tomatoes, tomato sauce, spices, and salt/pepper (to taste).
- Continue to cook for another 10 minutes or until everything is soft.
- Serve and enjoy!