



## November is Diabetes Awareness Month

Diabetes Awareness Month is all about shining a light on this condition, risks factors for diabetes, and encourages people to make healthy changes to prevent diabetes. Level Up will provide you with a variety of resources and information to educate and inform you about diabetes.

### What is Diabetes?

According to the Centers for Disease Control and Prevention (CDC), diabetes is 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. There isn't a cure yet for diabetes, but losing weight, eating healthy food, and being active can really help.

### Type 1 Diabetes

Type 1 diabetes occurs when your pancreas stops making insulin. Insulin is a hormone that helps the body's cells use sugar (glucose) for energy. It also helps the body store extra energy in muscle, fat, and liver cells. Without insulin, this sugar can't get into your cells to do its work. It stays in your blood instead. And then your blood sugar level gets too high.

High blood sugar can harm many parts of the body, such as the eyes, heart, blood vessels, nerves, and kidneys. It can also increase your risk for other health problems (complications).

Type 1 diabetes can occur at any age, but it usually starts in children or young adults. That's why it used to be called juvenile diabetes. There isn't a cure for type 1 diabetes. But with treatment, people can live long and healthy lives.

### Type 2 Diabetes

Type 2 diabetes happens when your body can't use insulin the right way. Over time, the pancreas can't make enough insulin. Without insulin, this sugar can't get into your cells to do its work. It stays in your blood instead. Your blood sugar level then gets too high.

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Type 2 diabetes is different from type 1 diabetes. In type 1 diabetes, the body's immune system destroys the cells that release insulin, so that over time the body can't produce insulin at all. In type 2 diabetes, the body still makes some insulin, but it can't use it the right way. The key to treating type 2 diabetes is to keep blood sugar levels controlled and in your target range.

## Take Control of Your Health

- See your doctor. Regular checkups are important to monitor your health.
- Test your blood sugar levels. You have a better chance of keeping your blood sugar in your target range if you know what your levels are from day to day.
- Keep high blood pressure and high cholesterol under control. This can help you lower your risk of heart and large blood vessel disease.
- Adopt a healthy eating plan and learn how to eat the right amounts of the right foods, including a healthy balance of all major food groups.
- When combined with healthy eating, physical activity can help keep blood glucose, blood pressure and cholesterol in check.
- Quit smoking. This can help you reduce your risk of heart disease and stroke.

Have questions or concerns about your diabetes risk? Talk with your doctor, who can make the appropriate recommendations based on your health history.

### Diabetes Awareness Month Events:

## Register Now for Webinars

Take charge of your health! [Browse the offerings and sign up today!](#)

Each week, Level Up will raffle off **two**:

- **Hamilton Beach Big Mouth Plus 2-Speed Juicer**

**To be entered into the random drawing each week, you must register and attend at least one (1) class scheduled for that week.** Prize winners will be announced during the weekly Wellness Wednesday articles. Prizes will be distributed at the end of the month.



### Colorful Choices:

## Register for the Online Nutrition Challenge by Nov. 12

Are you ready to reduce your health risks, increase your energy, and improve your overall well-being? Then [Colorful Choices](#) is for you! *Colorful Choices* makes it easy to eat at least 5 daily servings of different colored vegetables and fruits—with daily tips, inspiring articles, 260+ fantastic recipes, and more! If you're interested in this 4-week online nutrition challenge, please register by Friday, Nov. 12.

Participate in the *Colorful Choices* online nutrition challenge and you could win big!

**Individual winners will receive:**

- **1<sup>st</sup> Place – Apple Watch**
- **2<sup>nd</sup> Place – Fitbit Ionic**
- **3<sup>rd</sup> Place – \$75 Target Gift Card**



**Team winners will receive:**

- **\$50 Panera Bread Gift Card for each team member**

## Additional Resources

- [American Diabetes Association](#)

- [Centers for Disease Control & Prevention](#)
- [U.S. Department of Health & Human Services](#)

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