



## November is Diabetes Awareness Month

Diabetes Awareness Month is all about shining a light on this condition, risks factors for diabetes, and encouraging 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.

### 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.** Learn how to eat the right amounts of the right foods, including a healthy balance of all major food groups.
- **Take time to exercise.** 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 one of the following giveaways:

- **Apple iPad**
- **\$100 Gift Card**
- **Ninja Pressure Cooker**
- **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.

**Thank You for Showing Support  
for Breast Cancer Awareness Month!**

### Soil Conservation



## Office of Homeland Security



## Office of Central Services



Office of Human Resources Management  
Level Up – Employee Wellness Program  
1400 McCormick Drive, Suite 351  
Largo, MD 20774  
[LevelUp@co.pg.md.us](mailto:LevelUp@co.pg.md.us)