



## FOR IMMEDIATE RELEASE

October 30, 2017

Contact:

Health Communications  
(970) 400-2523

### **Five Tips for Taking Control During American Diabetes Month**

**Weld County, Colorado** – National Diabetes Month is observed every November to raise awareness about this major public health issue. An estimated 30.3 million people in the United States have diabetes and 84.1 million have been diagnosed with prediabetes. In Weld County, 9.5% (or about 30,000) of the population has received a diagnosis of diabetes. The Weld County Department of Public Health and Environment (WCDPHE) says that when it comes to diabetes, prevention is key.

Diabetes prevention involves healthy eating, becoming more physically active and losing extra weight. It's never too late to start. Making your lifestyle changes now may help you avoid the serious health complications of diabetes down the road, such as nerve, kidney and heart damage. Consider the latest diabetes prevention tips from the American Diabetes Association:

1. **Be more physically active – Strive for at least 30 minutes of moderate activity, such as walking or house cleaning.**
  - Physical Activity helps with weight loss
  - Lowers blood sugar
  - Boosts sensitivity to insulin – which helps keep blood sugar within a normal range

Research shows that aerobic exercise and strength training can help control diabetes. The greatest benefit comes from a fitness program that includes both.

2. **Eat plenty of fiber**
  - Fiber reduces risk of diabetes by improving blood sugar control
  - Lowers risk of heart disease
  - Promotes weight loss by helping you feel full longer

Foods high in fiber include fruits, vegetables, beans, whole grains and nuts.

**Health Administration  
Vital Records**

Tele: 970-304-6410  
Fax: 970-304-6412

**Public Health &  
Clinical Services**

Tele: 970-304-6420  
Fax: 970-304-6416

**Environmental Health  
Services**

Tele: 970-304-6415  
Fax: 970-304-6411

**Communication,  
Education & Planning**

Tele: 970-304-6470  
Fax: 970-304-6452

**Emergency Preparedness  
& Response**

Tele: 970-304-6470  
Fax: 970-304-6452



**Public Health**

### **3. Go for whole grains**

It's not clear why, but whole grains may reduce your risk of diabetes and help maintain blood sugar levels. Try to make at least half your grains whole grains. Many foods made from whole grains come ready to eat, including various breads, pasta products and cereals. Look for the word "whole" or 100% whole grain on the package and being listed among the first few items in the ingredient list.

### **4. Lose extra weight**

If you're overweight, diabetes prevention may hinge on weight loss. Every pound lost can improve health. Research study participants that lost a modest amount of weight – around 7 percent of initial body weight – and exercised regularly reduced their risk of developing diabetes by almost 60 percent.

### **5. Skip fad diets and make healthier choices.**

Low-carb diets, the glycemic index diet or other fad diets may help with weight loss at first, but their effectiveness in preventing diabetes isn't known, nor are their long-term effects. Weight loss plans that exclude or strictly limit an entire food group may lack essential nutrients. A healthy-eating plan includes a variety of fruits, vegetables, whole grains, lean proteins and low-fat dairy foods along with portion control.

### **When to see the doctor**

If a person is older than age 45 and their weight is normal, a doctor will determine if diabetes testing is appropriate. The American Diabetes Association recommends blood glucose screening if:

- An individual is age 45 or older and overweight
- Or they are younger than age 45, overweight, with one or more additional risk factors for type 2 diabetes, such as a sedentary lifestyle or a family history of diabetes.

For more information on preventing diabetes, visit [www.weldhealth.org](http://www.weldhealth.org).

####