November

American Diabetes Month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it’s not controlled.

Diabetes affects nearly 30 million children and adults in the U.S. today—nearly 10 percent of the population. One in 11 Americans have diabetes. Furthermore, another 86 million adults in the United States are prediabetic and at high risk of developing type 2 diabetes. Recent estimates project that as many as 1 in 3 American adults will have diabetes by 2050 unless we take steps to Stop Diabetes.

The good news is people who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. If you are overweight, have high blood pressure, or are age 45 or older, you are at higher risk of developing type 2 diabetes. To help prevent type 2 diabetes:

* Eat Healthy
* Get more physical active
* Watch your weight

Talk to your health care provider about the risk factors in your family, take precautions, & support the people you know with Diabetes!

To learn more ways to prevent Diabetes, please visit: <http://www.cdc.gov/diabetes/basics/prevention.html>

**November Health Tips**

Continue to say “BOO” to the Flu!  – This year, the Centers for Disease Control advise everyone 6 months of age and older to get a flu shot during the months of October and November.  Talk to your doctor.

Please keep all sick children home from school especially if they are exhibiting respiratory and stomach symptoms! If you are unsure – stay home and call your health care provider or school nurse for advice.

Allergy & Asthma season is hitting us HARD this year. Monitor all symptoms closely and follow your health care provider’s advice.  If your child has asthma, it is extremely important to keep an inhaler at school.

We can protect and strengthen our own immunity by eating nutritious foods, taking daily walks, sleeping 8 –10 hours a night, reducing stress, and smiling daily : )