

WELLNESS CONNECTION

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NOVEMBER 2020

HEALTHY HARMONY - Diabetes Awareness Month

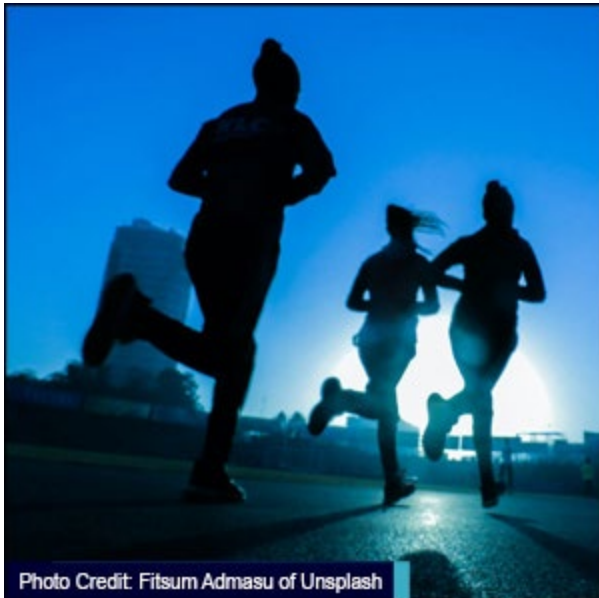


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By Jackie Billhymer

November is National Diabetes Month. Having diabetes means your body does not make enough insulin to regulate the glucose in your blood. The disease affects 34.2 million people (over 10 percent of the United States population) and is one of the leading causes of death in the U.S. The most common types of diabetes are Type 1, Type 2, and gestational diabetes. Type 1 diabetes means your body does not produce insulin, Type 2 diabetes means your body does not respond to insulin as well as it should or it does not make enough and gestational diabetes occurs during pregnancy. Eighty-eight million people also have prediabetes, which means they are at greater risk of developing Type 2 diabetes (the most common type) without changes to their diet and an increase

in exercise.

If diabetes is not controlled through proper management and prevention, it can cause major health problems, such as blindness, nerve damage, and kidney disease. The Center for Disease Control and Prevention has a great [resource](#) called “Your Game Plan to Prevent Type 2 Diabetes.” The plan outlines these steps for preventing Type 2 diabetes:

- **Set a weight loss goal** – use the charts they provide to lose at least 5-10 percent of your current weight.
- **Follow a healthy eating plan for weight loss** – check out their recommendations for reading food labels, eating from each food group, and eating on the run.

- **Get moving** – be active for at least 30 minutes, five days a week.
- **Track your progress** – weigh yourself at least once a week, track the food you eat and your activity.
- **Talk with your healthcare providers** – always check with your doctor before making any changes.
- **Get support for changing your lifestyle** – find family, friends, neighbors and coworkers who will support you and research programs and resources that can help.

Don't forget that the University of Illinois System and the State of Illinois Central Management Services (CMS) offer [wellness programs](#), including a weight-loss benefit that offers a maximum \$200 rebate towards the cost of an approved weight-loss program. Check with your health insurance provider as well, as they may have additional programs available to you.

