

PENNINGTON & RED LAKE COUNTIES WELLNESS COALITION NEWSLETTER November 2015



November is Diabetes Awareness Month

What are Diabetes and Prediabetes?

Diabetes is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin, as in Type 1 Diabetes, or can't use its own insulin as well as it should, as in Type 2 Diabetes. This causes sugar to build up in your blood.

A person with prediabetes has a blood sugar level higher than normal, but not high enough yet for a diagnosis of diabetes. He or she is at higher risk for developing type 2 diabetes and other serious health problems, including heart disease and stroke.

What You Should Know

You are at increased risk for developing prediabetes and type 2 diabetes if you:

- Are 45 years of age or older.
- Are overweight.
- Have a parent with diabetes.
- Have a sister or brother with diabetes.
- Have a family background that is African-American, Hispanic/Latino, American-Indian, Asian-American, or Pacific-Islander.
- Had diabetes while pregnant (gestational diabetes), or gave birth to a baby weighing 9 pounds or more.
- Are physically active less than three times a week.

Will it be you?

- 2 out of every 5 Americans are expected to develop type 2 diabetes during their lifetime. More than 29 million Americans have diabetes; 1 in 4 doesn't know.

- 86 million adults – more than 1 in 3 U.S. adults – have prediabetes, where their blood sugar levels are higher than normal but not high enough to be classified as type 2 diabetes.
- More than 1 in 2 Hispanic men and women (over 50%) non-Hispanic black women are predicted to develop diabetes, reports a major study of over 1 million U.S. adults between 1985 and 2011.

What You Can Do

Research shows that modest weight loss and regular physical activity can help prevent or delay type 2 diabetes by up to 58% in people with prediabetes. Modest weight loss means 5% to 7% of body weight, which is 10 to 14 pounds for a 200-pound person. Getting at least 150 minutes each week of physical activity, such as brisk walking, also is important.

www.cdc.gov/Features/LivingWithDiabetes/

Symptoms of Diabetes

The following symptoms of diabetes are typical. However, some people with type 2 diabetes have symptoms so mild that they go unnoticed.

- Urinating often
- Feeling very thirsty
- Feeling very hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.

www.diabetes.org/diabetes-basics/symptoms

According to the CDC: 7 out of 10 Teen Tobacco Users Currently Use Flavored Tobacco.

In late September, the Morbidity and Mortality Weekly Report from the CDC published an analysis of data from the National Youth Tobacco Survey (NYTS) which highlights the use of flavored and novel tobacco products by youth. According to the 2014 NYTS, 18 percent of middle and high school students have used a flavored product in the past 30 days, and only 6 percent have used a non-flavored product.

The tobacco industry appeals directly to youth with candy flavors, low prices, colorful packaging, and novel products, such as electronic cigarettes, hookah, and cigars. As youth cigarette smoking declines, the industry has been forced to embrace new products and strategies to recruit replacements for the dwindling smoking population.

While middle school students use flavored tobacco products, the data show the trend of flavored tobacco use is far more troubling among high schoolers. Electronic cigarettes, which are often flavored and have seen rapid growth in recent years, are used by 9 percent of high schoolers. They are followed by hookah (6 percent), cigars (5 percent), menthol cigarettes (5 percent), any smokeless tobacco (4 percent), and tobacco in pipes (1 percent). Menthol cigarettes continue to disproportionately impact young people generally and African American youth specifically. About half of white, non-Hispanic high school tobacco users smoked menthol cigarettes in the past 30 days, whereas nearly three quarters of non-Hispanic blacks reported the same. Source:

<http://1.usa.gov/1i19nMD>

Tweets from our Teens

Twitter address: @RedPennWellness

Cigarettes are the most littered item on Earth.
1.69 billion pounds of butts end up as toxic litter.

Parenting Tips

EATING MEALS TOGETHER

Having family meal time is getting harder for families to do. It is a great time to sit down and talk about what is going on in each other's lives. It makes a statement to children how to make it a priority in your family's lives. You can discuss issues at school, and what is new with your child. Your child can also learn what is going on with you. It is very important to give your children values about family meal times. Studies show that the lines of communication are better when you sit down as a family. It is not always able to be done, due to jobs or other schedules but it is important to try and do it.

Infant Safe Sleep Week

Governor Mark Dayton has proclaimed November 1 through November 7, 2015 Infant Safe Sleep Week in Minnesota.

Stating, "Whereas: The state of Minnesota is dedicated to the wellbeing of children and recognizes that their future depends on the care and quality of their early childhood experiences... Every year about 50 Minnesota babies die suddenly and unexpectedly, and most of these deaths happen in an unsafe sleep environment... Parents, families, child care providers and hospitals can engage in safe sleep practices by placing infants on their backs in a safety approved crib free of blankets, pillows, bumper pads, stuffed animals, and toys, and that is located in a smoke-free environment... Safe sleep practices should be followed every time an infant sleeps or naps... Safe Sleep Week in Minnesota provides an opportunity... to promote awareness of safe sleep practices and ensure the safety of infants while they sleep..."

Proclaimed by Mark Dayton, Governor of Minnesota



Public Health & Home Health Care
Serving Pennington & Red Lake Counties
218-681-0876 TRF or 218-253-4378 RLF
www.intercountynursingservice.com