



# Employee Assistance Program

## NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH

According to the American Diabetes Association, nearly 26 million people in the United States have diabetes. Only 5% of this population has Type 1 diabetes which has an early onset diagnosed in children. Type 2 diabetes is the most common form. Within the body, the glucose (sugar) levels rise higher than normal and your body producing insulin that does not get used correctly. Overtime, the insulin cannot keep the glucose at a healthy level in your blood stream. There are many contributing factors to Type 2 diabetes including: being overweight, genetics, gender, age, and physical activity level. There are many common myths about diabetes that can make it hard for people to get the facts and help prevent this disease!

**Myth:** This is not that serious

**FACT:** Diabetes causes more deaths a year than breast cancer and AIDS combined.

**Myth:** If you are overweight, you will get diabetes

**FACT:** being overweight can be a risk factor, but that does not mean you will get diabetes. Many individuals with diabetes can be at healthy or moderately overweight. There are many other risk factors than just being overweight that need to be checked!

**Myth:** Eating too much sugar causes diabetes

**FACT:** This is not that simple. There are links of drinking sugary drinks to Type 2 diabetes, but there are more factors that come into play such as genetics and lifestyle. It is recommended that you limit your intake of sugary drinks as it can raise your glucose levels in the blood stream

**Myth:** People with diabetes should eat special foods

**FACT:** A healthy meal plan looks the same for those with or without diabetes. Eat lean proteins, non-starchy vegetables, whole grains, and healthy fats and fruits.

Lower your risk by: being at a healthy weight, exercising at least 2-3 days a week, and eating healthier. For more information visit the American Diabetes Association: <http://www.diabetes.org/>

**For seminars offered by EAP on Healthy Workplace Styles , Employee Enrichment Seminars, and Nutrition please contact your EAP office: 631-4300**