

November 13, 2018

FLORIDA HEALTH IN INDIAN RIVER RECOGNIZES DIABETES AWARENESS MONTH



Contact:

Stacy Brock, Public Information Officer

Stacy.brock@flhealth.gov

772-794-7479

Indian River County, Fla.—The Florida Department of Health in Indian River County recognizes November as Diabetes Awareness Month, a month set aside every year to raise awareness about diabetes and promote the importance of taking steps to confront diabetes as a critical health issue. The theme for this year is *The Family and Diabetes*, strengthening the role of the family in the management, care, prevention, and education of diabetes.

Maintaining a healthy lifestyle by eating nutritional foods and regular physical activity can help to decrease the risks of diabetes in adults and children, said Miranda Hawker, Florida Department of Health in Indian River County Health Officer.

The number of people diagnosed with diabetes has more than tripled in the last 20 years in the U.S. In Florida, it is estimated that over 2.4 million people have diabetes and over 5.8 million have prediabetes. Diabetes is the seventh leading cause of death in Florida.

There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant). Women with diabetes have more difficulty conceiving and may have poor pregnancy outcomes, so it is especially important for women to be aware of their risk factors for developing diabetes, including having a family history of diabetes as well as age, weight, and physical activity level.

There isn't a cure yet for diabetes, but a healthy lifestyle can reduce its impact on your life. Thanks to better treatments, people with diabetes are now living longer—and with a better quality of life—than ever before. A blood test from your health care provider can determine if you have diabetes. Early treatment can prevent serious problems diabetes can cause, such as loss of eyesight or kidney damage.

On Wednesday, November 14, 2018, DOH-Indian River Employees will wear BLUE in support of World Diabetes Day and will participate in a 30-minute group walk beginning at 12:30pm to promote a healthy lifestyle.

To learn more about diabetes prevention and self-management, visit

www.floridahealth.gov/diabetes

For more information about National Diabetes Month, visit [International Diabetes Federation](#) [American Diabetes Association](#) [National Diabetes Month 2018 Toolkit](#)

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on [Facebook](#), [Instagram](#) and Twitter at [@HealthyFla](#). For more information about the Florida Department of Health, please visit www.FloridaHealth.gov.