

National Diabetes Month

November is National Diabetes Month. This year's focus is on the link between diabetes and cardiovascular disease.

Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes. This is because, over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. The good news is that the steps you take to manage your diabetes can also help lower your chances of having heart disease or a stroke:

- Stop smoking or using other tobacco products.
 - Quitting smoking isn't easy. It takes time and a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout on November 21 be the day you start your journey toward a smoke-free life.
- Manage your A1C, blood pressure and cholesterol levels.
- Develop or maintain healthy lifestyle habits - be more physically active and learn ways to manage stress.
- Take medicines as prescribed by your doctor.

Eating Doesn't Have to be Boring

When you're managing diabetes, your eating plan is a powerful tool. But eating healthy can feel boring and dull, right? It doesn't have to. Try these quick tips to add flavor to your daily habits, including healthy twists to your favorite foods.



*Make it a
lifestyle, not a
duty.*

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