

Health Department



It is National Diabetes Awareness Month!

November is Diabetes Awareness Month! This is an annual campaign to raise awareness to the growing prevalence of diabetes, the health risks associated with it, and support those living with it.

What is diabetes?

Diabetes is a chronic health condition that occurs when your blood glucose (blood sugar) is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. If you have diabetes, your body either doesn't make enough insulin or doesn't use insulin well. Glucose then stays in your blood and doesn't reach your cells. Over time, having too much glucose in your blood can lead to health problems.

Risk Factors for Type 2:

- Have prediabetes
- Are 45 years or older
- Are physically active less than 3 times a week
- have had gestational diabetes or given birth to a baby who weighed more than 9 pounds
- Have non-alcoholic fatty liver disease
- Have a parent, brother, or sister with type 2 diabetes
- Are overweight

Prevention Tips:

- It is recommended to get at least 30 minutes of movement in a day. If you have not been active, talk with your health care professional about which activities are right for you! Start slowly to build up to your goal.
- Make it a habit to eat healthier! Eat smaller portions or try healthier versions of your favorite recipes. Choosing foods with less fat is another way to reduce calories. Drink water instead of sweetened beverages.
- See your doctor for regular check-ups. As you get older, it's a good idea to regularly check your blood glucose, blood pressure and blood cholesterol levels.



Contact Info

JOSHUA RILATOS 541-272-9083
CHRIS OLEMAN 541-272-4022
SISSY RILATOS 541-270-9643

Wrap it up!



**TO ACCESS A FREE
HIV1 AND 2 TEST KIT,
GO TO
TAKEMEHOME.CO**

U=U

Undetectable=
Untransmittable



Like CTSI's new Facebook page! The CTSI Change Team promotes LGBTQ2S+ programming as well as resources within the community. This is a safe space for all LGBTQ2S Tribal and community members.

