



NOVEMBER IS DIABETES AWARENESS MONTH

KEY FACTS

- More children, teens, and young adults are developing type 2 diabetes than in the past.
- About 1 in 10 Americans has diabetes; most have type 2.



TYPE 2 DIABETES PREVENTION

- Eat healthy
- Stay active
- Maintain a healthy weight
- Quit smoking

RISK FACTORS FOR TYPE 2 DIABETES



Being overweight



Being physically
inactive



Having a family
history

45+

Being 45 or older

Source: CDC



NOVEMBER 21ST IS THE GREAT AMERICAN SMOKEOUT

Join thousands in taking the first step toward a smoke-free life by **quitting or starting your smoking cessation plan!**

Health Benefits of Quitting Smoking Over Time

- ➔ **A few days**
The carbon monoxide level in your blood drops to normal.
- ➔ **2 weeks to 3 months**
Your circulation improves, and your lung function increases.
- ➔ **1-12 months**
Coughing and shortness of breath decrease. Tiny hair-like structures that move mucus out of the lungs regain normal function, increasing their ability to clean the lungs.
- ➔ **1-2 years**
Your risk of heart attack drops dramatically.
- ➔ **5-10 years**
Your risk of cancers of the mouth, throat, and larynx is cut in half. Your stroke risk decreases.
- ➔ **10 years**
Your risk of lung cancer is about half that of a person who is still smoking. Your risk of cancer of the bladder, esophagus, and kidney decreases.
- ➔ **15 years**
Your risk of coronary heart disease is close to that of a nonsmoker.

Source: [American Cancer Society](https://www.americancancer.org).



As the holiday season approaches, it's the perfect time to reflect on what we're thankful for.

Benefits of Gratitude:

1) Improves Mental Health:

Regularly acknowledging what you're thankful for can reduce stress, anxiety, and depression.

2) Enhances Relationships

Expressing gratitude strengthens bonds with loved ones, fostering a sense of community and support.

3) Boosts Happiness

Focusing on the positives can increase your overall sense of joy and contentment.

Practicing Gratitude:

1) Write a thank you note.

2) Keep a gratitude journal.

3) Practice meditation.

4) Consider volunteering.

5) Reflect on what your grateful for.

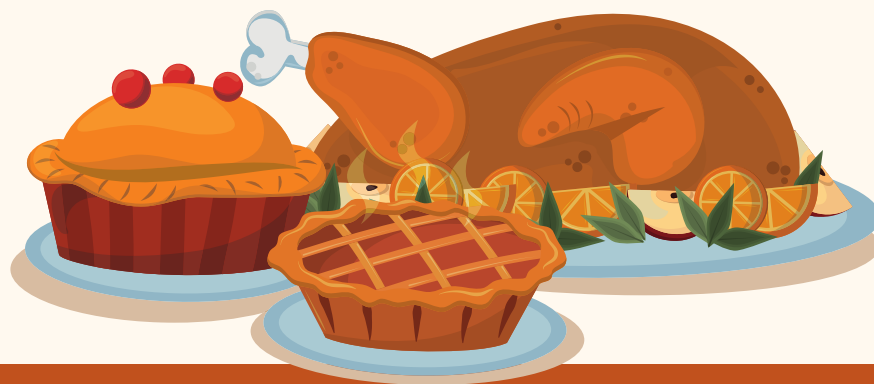
Source: [CDC](https://www.cdc.gov/mentalhealth/need/2019-01-09-gratitude-mental-health.html)



Thanksgiving

FOOD SAFETY

One of the riskiest times of the year to get food poisoning is between Thanksgiving and New Year's Eve. By taking a few simple food safety precautions, you can help prevent foodborne illness and ensure a delicious and safe meal.



CLEAN

Wash your hands, kitchen surfaces, utensils, and cutting boards frequently, especially after handling uncooked food and before touching other foods. Wash produce but not eggs, meat, or your turkey, which can spread harmful bacteria.



SEPARATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.



COOK

Your bird is NOT safe until it reaches at least 165°F. If cooking stuffing inside the turkey, ensure stuffing reaches an internal temperature of 165°F.



STORE

Refrigerate leftovers within two hours at 40°F or below to help reduce the risk of bacterial growth. Consume or freeze leftovers within 3-4 days.

Source: [USDA.gov](https://www.usda.gov)