

NEWS RELEASE

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Pumpkin Pie, Turkey, Football, Diabetes, Oh My!

Bismarck, N.D. – Pumpkin pie, turkey, football, diabetes, oh my! Wait, diabetes? Thanksgiving may take the spotlight for November, but November is also Diabetes Awareness month. With more than 1 in 11 North Dakota adults living with diabetes and more than 1 in 3 at risk for developing type 2 diabetes, increasing awareness is crucial.

Thanksgiving and the holiday season are wonderful times to celebrate with family and friends. It can also be a difficult time to resist temptations, resulting in weight gain that lingers long after the parties are over and candy dishes are empty. Extra weight increases the risk for type 2 diabetes and many other chronic diseases. Losing 5 to 7 percent of a person's body weight can decrease a person's risk for type 2 diabetes by nearly 60 percent!

The National Diabetes Prevention Program (NDPP) can help those at risk for type 2 diabetes lose weight to prevent or delay type 2 diabetes. The NDPP is a year-long program that provides support and encouragement to make life-long changes resulting in sustainable weight loss. To find out if you are at risk for prediabetes and eligible to participate in a NDPP near you, take the risk test at <http://diabetesnd.org/diabetes-prevention/prediabetes/>.

One lesson from the National Diabetes Prevention Program focuses on making changes during the holiday season. This year, set some goals to keep your health on track.

- Plan ahead and budget calories wisely. Skip items you can get anytime and opt for a homemade treat that makes an appearance once a year.
- Rethink your drink. Calories from sugar-sweetened and alcoholic beverages can add up fast. Opt for sparkling water, unsweetened tea or water to stay within your calorie budget.
- After you dish up, stay away from the room with the food table to avoid temptations. Bring healthy dishes to share at holiday parties and potlucks. Plan holiday gatherings and events that don't involve food.

If you are interested in learning more about the National Diabetes Prevention Program, go to www.diabetesnd.org/diabetes-prevention/prevention-program/. Find a program near you at www.diabetesnd.org/diabetes-prevention/find-a-lifestyle-coach/.

For more information, contact Jane Myers, Diabetes Program Director for the North Dakota Department of Health, at 701-328-2698 or jmyers@nd.gov.

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