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## November is American Diabetes Month

American Diabetes Month is an opportunity for communities to bring attention towards health problems relating to diabetes. Diabetes affects about 1-in-10 Americans, and about 1-in-5 people with diabetes are undiagnosed. Another 96 million Americans aged 18 years or older have prediabetes. Usually, individuals with prediabetes are also unaware that they are at risk of being diagnosed with the disease. Spreading information and resources about diabetes can help save and improve many lives.

### What is Diabetes?

Diabetes is a chronic condition that affects the body's ability to produce enough insulin or not being able to use it as well as it should. Your body breaks down the food you eat into sugar (glucose) that then releases into your bloodstream. When blood sugar levels increase, it signals the pancreas to release insulin. Insulin is the key that allows blood sugar to be released into your body's cells to use as energy. A

few common health problems caused by diabetes can include heart disease, vision loss, and kidney disease.

## Different Types of Diabetes

### Type 1 Diabetes:

This type of diabetes is an autoimmune disease that occurs when the body mistakenly destroys beta cells in our pancreas that creates insulin. So, the body does not have enough insulin to regulate blood sugar levels. Type 1 diabetes can be diagnosed at any age with symptoms developing quickly. It is unknown how to prevent type 1 diabetes since an individual's genetics isn't as likely of a culprit for the disease when compared to type 2 diabetes.

People diagnosed with Type 1 diabetes will need insulin to take through different methods such as a syringe, pen, or an oral inhaler. A dose of insulin should usually take place before, during, or after mealtimes to help regulate the spike in someone's blood sugar levels from the food they eat.

### Type 2 Diabetes:

This type of diabetes is the most common with 90% - 95% of people with the disease having type 2 diabetes. Type 2 diabetes develops over years and usually affects children, teens, and adults. Symptoms are not as easily noticed, so it is important to have your blood sugar levels tested regularly. Genetics also play a huge role in the likelihood of being diagnosed with Type 2 diabetes. But unlike type 1 diabetes, type 2 can be easily prevented or delayed with healthy lifestyle changes. These healthy changes include:

- Losing or preventing weight gain
- Eating healthy foods
- Being physically active on a regular basis

Individuals with prediabetes have a chance to make these necessary changes if they want to avoid the permanent effects of the disease. Prediabetes means that someone's blood sugar levels are very high, but not high enough to be diagnosed with the disease. Prediabetes is very common as it affects at least 1-in-3 Americans and most people with it do not know that they are at risk.

### Gestational Diabetes:

Gestational diabetes occurs in about 2%-14% of pregnant women in the U.S. who did not have diabetes prior to becoming pregnant. Contributing factors in a pregnant woman's body being unable to produce enough insulin can include the rapid weight gain during pregnancy and the hormones from the placenta preventing the body from producing enough insulin.

While this type of diabetes goes away after pregnancy, it increases the risk of being diagnosed with type 2 diabetes in the future. The negative effects that this disease has on a newborn baby include:

- Child obesity
- High risk of type 2 diabetes
- Premature birth
- Breathing problems and hypoglycemia (can cause seizures in newborns)

## **Effects of Diabetes**

Diabetes can cause many short-term and long-term health issues that can become life-threatening. Immediately noticeable effects include:

- Fatigue
- Blurry vision
- Numbness in hands or feet
- Slow-healing wounds
- Increased and constant thirst

Diabetes affects the blood vessel's ability to create blood-flow and lower blood sugar levels. Organs like your heart, kidneys, pancreas are easily affected. Organs and limbs that lack proper blood flow are susceptible to functional failure. These more serious complications can include:

- Coronary artery disease
- Heart attack
- Stroke
- Kidney failure (causing the need for dialysis treatment)
- Nerve damage (neuropathy)
- Amputations (of hands, feet, or entire limbs)

## **Diabetes Management**

Living with diabetes can be difficult at times, but making necessary changes can help to free your mind and body from the constant effects of the disease. Regular visits with your primary physician, healthy lifestyle changes, and taking necessary medication to regulate the effects of diabetes are important for individuals who have prediabetes or are already diagnosed. Any noticeable symptoms need to be taken seriously so that cholesterol and blood sugar levels can begin to be monitored. Necessary medication like insulin or prescription drugs used to counter blood pressure levels should be taken regularly. It is important to note that effectiveness of these medications depends on the timing and size of the dose prescribed.

## To Help Manage Diabetes:

- Avoid unhealthy foods and drinks (such as processed foods)
- Maintain a balanced diet
- Follow exercise plan (Aim for about 20-25 minutes a day)
- Exercise
- Keep blood pressure low
- Reduce stress
- Improve sleep

## Activities you can do:

- Walking briskly
- Doing housework
- Dancing
- Bicycling
- Playing Sports

Healthy Fontana has a variety of programs including Fontana Walks! that serves as a community challenge for those who participate in our group walks. Through help from partners, the program has continued and has offered taste tests/food demos, tips on how to include more fruits and vegetables into a daily lifestyle, as well as how to access free resources in the community. Count your steps, earn incentives, improve your health, and join Healthy Fontana every month to work towards a healthier and happier lifestyle.

## Resources

American diabetes Month brings attention to community members that may be at risk of diabetes and are unaware of information on the disease and the complications that come with it. It is important to spread accurate information on diabetes in hopes of preventing a diagnosis to someone that you know, or to help improve the lives of those dealing with the effects of the disease.

[CDC's Living with Diabetes:](#) This site provides education resources, disease management or prevention, and other resources relating to diabetes.

[CDC's "What is Diabetes?":](#) This includes information on how the disease affects crucial bodily functions and the different types of diabetes that can be diagnosed.

[CDC's "National Diabetes Statistic Report":](#) This provides alarming statistics on how Diabetes affects a large percent of the U.S. population.

[Healthline's "What are the Different Types of Diabetes?"](#): This includes detailed information on the different types of Diabetes and what kind of individual may be more susceptible to one or the other.

[Healthline's "What is Gestational Diabetes?"](#): This provides information on how gestational diabetes affects pregnant women and their unborn babies.

[Cleveland Clinic's "Symptoms and Causes of Diabetes"](#): This provides details on the short and long-term complications associated with diabetes and how to avoid a diagnosis of the disease.

[CDC's "Facts, Stats, and Impacts of Diabetes"](#): This provides more alarming statistics that Diabetes has had on the U.S. population.

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## Health Observances

Throughout the year, there are countless health observances that raise awareness for a variety of conditions (both big and small) and remind consumers to be proactive and stay on top of their health.

### Month-Long Observances:

[Bladder health Month](#)

[COPD Awareness Month](#)

[Lung Cancer Awareness Month](#)

[National Alzheimer's Disease Awareness Month](#)

[National Epilepsy Awareness Month](#)

[National Marrow Awareness Month](#)

[National Hospice and Palliative Care Month](#)

### Weeks to Note:

[Mouth Cancer Awareness Week - November 11-17](#)

[GERD Awareness Week - November 23-29](#)

### Days to Note:

[National Volunteer Managers Day - November 5](#)

[World Diabetes Day - November 14](#)

[Children's Grief Awareness Day - November 16](#)

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## Patatas Bravas Recipe

Serves 8

Prep time: 20 minutes

Cook time: 25 minutes

What you will need:

- 2 tbsp olive oil
- 1 large onion, chopped.
- 2 cloves garlic, crushed.
- 2 tsp smoked paprika.
- 2 large tomatoes chopped or 200g (about 7.05 oz) tin chopped tomatoes.
- 150ml (about 5.07 oz) vegetable stock
- 1.65 lbs. of potatoes, cut into chunks.
- freshly ground black pepper

To Make:

- Heat half of the oil in a non-stick pan, add the onion and garlic and fry for 4-5 minutes until softened.
- Add the paprika, tomatoes and stock, bring to the boil and simmer for 15 minutes. Season with plenty of black pepper, transfer to a blender or food processor and blend until smooth.
- Meanwhile, cook the potatoes in boiling water for 7-8 minutes, until just tender.
- Drain and toss in the remaining oil. Place on a baking sheet and cook under a hot grill for 5-6 minutes until golden brown all over.
- Serve the potatoes with the tomato sauce.



### *Did you know...?*

**Olive Oil** is a healthy fat that can help improve blood sugar control and reduce the risk of heart disease. Olive oil is rich in monounsaturated and polyunsaturated fats, which can help lower cholesterol levels and improve insulin sensitivity.

Olive oil is a healthier alternative that can be used in a multitude of dishes like this one.

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## Upcoming Events\*\*

**\*\* Times/Locations Subject to Change \*\***  
**\*\*Cancellations may also apply if inclement weather**

Visit the Healthy Fontana booth at one (or all) of these upcoming events for FREE resources and giveaways!

- **Thursdays, November 16 & 30:** Fontana Farmers' Market, 4:30pm–7:30pm, Southridge Park (Don Day Center Parking Lot)
- **Sundays, November 19 & 26:** Fontana Farmers' Market, 10am-3pm, Fontana Park
- **Saturday, November 19:** Fontana Walks!, 8am, Mary Vagle Nature Center

**SAVE THE DATE!**

- **Saturday, December 2:** Container Gardening presented by a Master Gardener, 9-10am, Central City Park Gardens
- **Saturday, December 9:** Fontana Walks! at Fontana Christmas Parade, 8am, Corner of Sierra Ave. and Arrow Hwy.



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**Looking for ways to be more active, but don't know how or have the resources?**



**\$500 RECREATION SCHOLARSHIP**

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APPLY: YOUTH UNDER 18 | 909-350-6606 OR HOUSING@FONTANACA.GOV  
SENIOR OVER 62 | 909-854-5151 OR FONTANA SENIOR CENTER

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The Healthy Fontana team is here to support you and help provide you with resources on how to be a healthier version of yourself. For more information about Healthy Fontana or the programs available to you, visit the [Healthy Fontana website](#) or connect with us via one of the ways below.

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**Connect with Healthy Fontana**

Community Services Department  
16860 Valencia Ave | Fontana, CA 92335  
Hotline: (909) 350-6542 | [healthy@fontanaca.gov](mailto:healthy@fontanaca.gov)

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