

Nursing Matters

Cache County School District

November is National Diabetes Month. Here are just a few of the recent statistics on Diabetes:

*Nearly 30 million children and adults in the United States have diabetes.

*Another 86 million Americans have pre-diabetes and are at risk for developing Type 2 diabetes.

*The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$245 billion.

CCSD CURRENTLY HAS NEARLY 50 STUDENTS WITH HEALTH PLANS FOR DIABETES

If you notice that any student has a health need and no Health Plan, please notify the Nursing Office.



Lower your risk for Type 2 Diabetes

- *STAY AT HEALTHY WEIGHT
- *EAT SMART
- *BE PHYSICALLY ACTIVE

Many studies suggest that just one 12 ounce serving of SUGARY SODA daily increases your chance of developing Type 2 Diabetes by 22%!

Diabetes Symptoms

- *Urinating often
- *Feeling very thirsty
- *Feeling very hungry-even though you are eating
- *Extreme fatigue
- *Blurry vision
- *Cuts/bruises that are slow to heal
- *Weight loss-even though you are eating more (type 1)
- *Tingling, pain, or numbness in the hands/feet (type 2)
- ***Do you have questions or concerns about diabetes symptoms? Check with your health care provider...

Did you know?...The average American will consume **4500 calories** and 229 grams of fat on Thanksgiving Day...



WALK your way to health...

Something as simple as a daily brisk walk can help you live a healthier life.

- *Maintain a healthy weight.
- *Prevent or manage various conditions, including heart disease, high blood pressure, and **Type 2 Diabetes**.
- *Strengthen your bones.
- *Lift your mood.
- *Improve your balance and coordination.

The faster, farther and more frequently you walk, the greater the benefits.

Consider going for a Thanksgiving walk around the block.

Look for more info on walking in January!