

Learning About Diabetes

Why are we concerned about diabetes?

Diabetes affects over 29.1 million people in the United States and over 800,000 in Virginia. Diabetes is a chronic disease caused when your pancreas stops producing insulin or your body stops responding to insulin.

How can I prevent diabetes?

The best way to prevent diabetes is to:

- Maintain a healthy weight
- Eat fruits and vegetables, whole grains, and low fat dairy products
- Get at least 150 minutes of exercise each week



What should I do if I have diabetes?

- Routinely check your blood glucose levels
- Take your medications as directed
- Visit your doctor for regular checkups
- Ask your doctor to refer you to a diabetes educator to help you to better self-manage your diabetes
- Live an active and healthy lifestyle to prevent complications such as kidney damage and heart disease

For more information: www.cdc.gov/diabetes, www.ndep.nih.gov, www.diabetes.org

**Join University of Virginia and Martha Jefferson Hospital for Diabetes Awareness
Community Day!**

**November 14th from 9am-1pm
at the Jefferson School City Center in Charlottesville**



11/15

Health  Whys

A public health message from
www.tjhd.org

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