

Contact: Lisa Marshall  
Taney County Health Department  
320 Rinehart Road  
Phone: (417) 334-4544  
Email: [lisa.marshall@lpha.mo.gov](mailto:lisa.marshall@lpha.mo.gov)



## **FOR IMMEDIATE RELEASE**

November is Diabetes Awareness Month  
November 20, 2024

November is Diabetes Awareness Month, a time for learning about diabetes and how it affects millions of people. The Taney County Health Department (TCHD) wants to help you understand more about diabetes and share tips on how to prevent and manage it better.

### **What Is Diabetes**

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Over 37 million people in the U.S. have diabetes, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart. The good news is that taking control of your health may prevent diabetes.

### **How You Can Prevent Diabetes**

Many people don't realize they are at risk for diabetes because there aren't always clear symptoms. It's important to know if you have risk factors like being overweight, not exercising enough, or having family members with diabetes. Small changes such as eating more fruits and vegetables, walking or exercising regularly, and getting check-ups with your healthcare provider can help prevent diabetes.

### **How You Can Manage Your Diabetes**

For people who already have diabetes, managing it can be hard. Here are some simple ways to manage your diabetes:

- Make and eat healthy food
- Be active most days
- Test your blood sugar often
- Take medicines as prescribed
- Learn ways to manage stress
- See your health care provider regularly

This Diabetes Awareness Month, TCHD invites everyone to learn more about diabetes, get tested, and share information with friends and family. Together, we can help prevent diabetes and support those who are living with it.

For more information contact the Taney County Health Department at 417-334-4544, visit our website at [www.taneycohealth.org](http://www.taneycohealth.org), or like our Facebook, Instagram and Pinterest pages.

###

As a leader in health, the Taney County Health Department serves Taney County residents and visitors in their pursuit of a healthy lifestyle and environment. The Taney County Health Department's mission is to create a healthy and safe community for people to live, work, and play, today and in the future. Caring, serving, and protecting Taney County since 1961. Please visit our website [www.taneycohealth.org](http://www.taneycohealth.org) to learn more about our services.