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**PRESS RELEASE – For Immediate Release**

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**November is National Diabetes Month**

In observance of National Diabetes Month, South Central Public Health District is promoting the National Diabetes Education Program's "Tips to Help You Stay Healthy" booklet. With the help of a health care provider, a plan can be created to improve diabetes care. The following are some steps from "Tips to Help You Stay Healthy:"

Step 1: Learn about diabetes

- Take classes and join a support group about living with diabetes.
- Read about diabetes online at [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org).
- Ask your diabetes health care team how you can learn more.

Step 2: Know your numbers

- Hemoglobin A1c target for many people is below 7. The A1c test measures the average blood sugar level for the previous 2-3 months.
- LDL, or bad cholesterol, target is below 100.
- Blood pressure target for most people is less than 130/80.

Step 3: Manage your diabetes (diabetes care plan)

- Keep track of your diabetes numbers (see above).
- Learn how and when to check your own blood glucose.
- Be active for 30-60 minutes most days of the week.
- Stop smoking.

- Eat healthy foods.
- Seek help if you feel down.
- Take your medicines even when you feel good.
- Check your feet every day.
- Brush your teeth and floss every day.
- Tell your health care team if your eyesight changes.

Step 4: Get regular care

- Contact your health care team if you have any questions or problems.
- Use a record to keep track of your numbers and checkups.
- Talk to your doctor if you plan to get pregnant.
- Ask what diabetes services are covered by Medicare and other insurance.

Diabetes can be overwhelming. Trying to figure out how to improve your health and how to make the necessary changes to manage diabetes can be challenging. With the assistance of your doctor and other health care providers, you can manage your diabetes! This booklet can help those that live with diabetes learn how to better manage their diabetes.

If you would like a copy of “Tips to Help You Stay Healthy,” visit [http://ndep.nih.gov/media/NDEP8\\_TipsToHelp\\_4p\\_2c\\_508.pdf](http://ndep.nih.gov/media/NDEP8_TipsToHelp_4p_2c_508.pdf) or [www.phd5.idaho.gov](http://www.phd5.idaho.gov) or call South Central Public Health District at 737-5988.

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