

November is Diabetes Awareness Month



Pictured: Committeeman Doug Tomson, Health Officer Siobhan Spano, Mayor Frank DeCore

Mayor DeCore and the Township Committee presented a proclamation at the November 9th Township Committee meeting recognizing November as National Diabetes Awareness Month.

Diabetes is one of the leading causes of disability and death in the United States, with over 29 million people having been diagnosed with Diabetes and another 86 million adults at high risk of developing Type 2 Diabetes. Diabetes causes more deaths per year than Breast Cancer and AIDS combined. 1 in 3 people will be diagnosed with Diabetes by 2050 if changes aren't made now.

The American Diabetes Association has set out on a mission to prevent and cure Diabetes and to improve the lives of all people affected by Diabetes recommending living a healthy lifestyle to lower your risk of developing Diabetes.

Adults who are at high risk can lower that risk by more than half by making simple healthy lifestyle changes such as staying active and eating whole grain foods, fruits, vegetables and limiting the amount of sugary drinks. Losing just 7% of your body weight can offer significant health benefits.