

Resident Wellness Newsletter

November Is Diabetes Awareness Month

According to the Centers for Disease Control and Prevention (CDC) approximately 26 million Americans have Type 2 Diabetes. That includes about 27 percent of Americans age 65 or older. Type II Diabetes, which constitutes about 90-95% of all types of diabetes, is common in adults. It is caused by resistance to insulin, the hormone that absorbs sugar from your diet. The unabsorbed sugar causes the symptoms of diabetes and can lead to health issues such as heart disease, obesity and kidney failure.

Healthline listed 13 actions you can take to avoid getting diabetes:

1. Cut sugar/refined carbs from your diet
2. Get regular exercise
3. Drink water as your primary beverage
4. Lose weight if you are overweight
5. Quit smoking
6. Follow a low-carb diet
7. Watch portion sizes
8. Avoid sedentary behaviors
9. Eat a high-fiber diet
10. Optimize Vitamin D levels
11. Minimize intake of processed foods
12. Drink coffee or tea
13. Consider taking natural herbs (Curcumin & Berberine)

For more detailed information about any of these actions, you can view the article on the **Healthline website**. [1]

As a Resident in a Community that provides **Live 2 B Healthy®** senior fitness classes, you have access to one of the most important tools you can use to beat diabetes: **regular opportunities to exercise!**

Exercise increases the insulin sensitivity of your cells, so, during exercise, less insulin is required to keep your blood sugar levels under control. One study in people with prediabetes found that moderate-intensity exercise increased insulin sensitivity



by 51% and high-intensity exercise increased it by 85%. Because this effect was found to only occur on days which the subjects worked out, it is important to maintain a regular weekly workout schedule to gain the most benefit.



Observational studies have also shown a strong link between sedentary lifestyles and the risk of diabetes. A large analysis of 47 various studies found that people who spent the highest amount of time engaging in sedentary behavior had a 91% increased risk of developing diabetes.

Successful exercise programs are those that last 10 weeks or longer. Help your loved one make exercise a success by setting small, achievable goals and encourage them to make their chosen form of physical activity a regular part of their daily routine.

[1] <https://www.healthline.com/nutrition/prevent-diabetes#section8>

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