When it Comes to Diabetes, Family Support is Critical to Staying Healthy

This National Diabetes Month, the National Diabetes Education Program & Its Partners Remind People that Diabetes is a Family Affair

Petersburg, VA – Diabetes affects nearly 26 million Americans and an estimated 79 million people are at risk for developing the disease. In Virginia diabetes affects more than 531,000 adults. For people living with diabetes or at risk for type 2 diabetes, family support is critical to staying healthy.

In observance of National Diabetes Month 2013, the National Diabetes Education Program (NDEP) and Virginia Cooperative Extension-Petersburg Office want people to know that Diabetes is a Family Affair. NDEP and its partners are working with individuals, families and communities to take action and encourage simple, but important lifestyle changes to improve their health – particularly if they have diabetes or are at risk for the disease.

Diabetes is a challenging disease that affects the entire family in many ways. For people with diabetes and their families, it’s important to work together to manage diabetes and prevent serious health problems such as heart disease, stroke, blindness, kidney disease, and nerve damage that can lead to amputation. People with diabetes who have a strong family support system are better able to cope with the day-to-day challenges associated with the disease.

“Whether family means loved ones at home, school, work, place of worship, or in the community, having a support system is an important part of staying healthy,” said Katrina of VCE. “The NDEP has many resources to help people work together to improve their health to prevent diabetes and its complications.”

It’s also important to know that having a family history of diabetes, such as a mother, father, brother or sister with type 2 diabetes, puts you at greater risk for developing type 2 diabetes. The good news is that you – and your family – can take small, but important steps to delay or prevent type 2 diabetes.

Petersburg Virginia Cooperative Extension office is hosting a FREE educational program called “Balanced Living With Diabetes” in observance of National Diabetes Month. This 4 week educational series is designed to help people with Type 2 Diabetes better manage their blood glucose by improving their nutrition and physical activity habits. Call Katrina or Mrs. Stanifer for additional information and to register. Additional Information listed on our website. Registration DEADLINE is November 25th and the class dates are December 2, 9, 16 & 23 from 10:00 A.M.-12:30 P.M. The class will be limited to the first 10 to register. Family members are welcome and encouraged to attend!

The U.S. Department of Health and Human Services’ National Diabetes Education Program (NDEP) is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations. Visit www.YourDiabetesInfo.org/DiabetesMonth2013 to learn more.