



TARGET '0'—NO HOLIDAY WEIGHT GAIN

The Target '0' No Holiday Weight Gain Program is the simplest program of the year and can have a huge impact on your health. This program does not require reports or tracking logs, so it is easy to participate and have success. To encourage more spouse participation in this program, a pair of movie tickets will be given to every spouse who registers. This is in addition to the movie tickets received upon successful completion of the program.

All participants will be required to submit a registration form and individual weigh-ins will be required at the beginning and at the completion of the program. Individuals may select the scale to be used, but the same scale will be required for the pre-holiday and post-holiday weigh-ins. On-site scales are located in the First Aid Office, the Staywell Center, and Brian Coles' office. If a participant does not wish to enter his/her personal weight on the registration form, write "private" or leave the weight blank.

Preholiday weigh-ins must be completed by November 27. Final weigh-ins will begin on January 2 and continue until January 14. Remember that the first weigh-in is the only one that will count. Shift workers may report when they return to day shift; however, the final weigh-in must be completed by January 14.

Diabetes

Diabetes is a chronic (long-lasting) health condition that affects how a person's body turns food into energy.

Most of the food an individual eats is broken down into sugar (also called glucose) and released into the bloodstream. When a person's blood sugar goes up, it signals the pancreas to release insulin. Insulin acts like a key to let the blood sugar into the body's cells to use as energy.

If an individual has diabetes, his/her body either doesn't make enough insulin or it cannot use the

insulin it makes as well as it should. When there is not enough insulin, or cells stop responding to insulin, too much blood sugar stays in the bloodstream. Over time, that may cause serious health problems such as heart disease, vision loss, and kidney disease.

There is not a cure for diabetes, but losing weight, eating healthy food, and being active can help. Taking medicine as needed, getting diabetes self-management education and support, and keeping health care appointments can also reduce the impact of diabetes on a person's life.

Diabetes by the Numbers

- In the U.S. 30.3 million adults have diabetes and one in four of those adults do not know they have it.
- Diabetes is the seventh leading cause of death in the United States.
- Diabetes is the number one cause of kidney failure, lower-limb amputations, and adult blindness.
- In the last 20 years, the number of adults diagnosed with diabetes has more than doubled.

Types of Diabetes

There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant).

Type 1 Diabetes

Type 1 diabetes is thought to be caused by an autoimmune reaction (the body attacks itself by mistake) that stops an individual's body from making insulin. Symptoms of type 1 diabetes often develop quickly. It is usually diagnosed in children, teens, and young adults. The number of people with type 1 diabetes is about five percent. If a person has type 1 diabetes, he/she will need to take insulin every day to survive. Known risk factors include:

- Family history: Having a parent, brother, or sister with type 1 diabetes.

Age: A person can get type 1 diabetes at any age, but it's more likely to develop when the individual is a child, teen, or a young adult. In the United States, whites are more likely to develop type 1 diabetes than African Americans and Hispanic/Latino Americans. Currently, no one knows how to prevent type 1 diabetes.

Type 2 Diabetes

With type 2 diabetes, an individual's body does not use insulin well and cannot keep the blood sugar at normal levels. About 90 percent of people with diabetes have type 2. It develops over many years and is usually diagnosed in adults (but more and more in children, teens, and young adults). A person may not notice any symptoms, so it is important to have the blood sugar tested if a person is at risk.

An individual is at risk for developing type 2 diabetes if the person:

- Has prediabetes.
- Is overweight.
- Is 45 years or older.
- Has a parent, brother, or sister with type 2 diabetes.
- Is physically active less than three times a week.
- Has had gestational diabetes (diabetes during pregnancy) or has given birth to a baby who weighed more than nine pounds.
- Is African American, Hispanic/Latino American, American Indian, or Alaska Native. Pacific Islanders and Asian Americans are also at a higher risk.

An individual can prevent or delay type 2 diabetes with simple, proven lifestyle changes such as, losing weight (if he/she is overweight), eating healthier, and regular physical activity.

Gestational Diabetes

Gestational diabetes develops in pregnant women who have never had diabetes. If a woman has gestational diabetes, her baby could be at a higher risk for health problems. Gestational diabetes usually goes away after the baby is born, but the risk increases for type 2 diabetes later in the mother's life. The baby is more likely to develop obesity as a child or teen, and is likely have type 2 diabetes later in life.

A woman is at risk for developing gestational diabetes if she:

- Had gestational diabetes during a previous pregnancy.
- Has given birth to a baby who weighed more than nine pounds.
- Is overweight.
- Is older than 25.
- Has a family history of type 2 diabetes.
- Has a hormone disorder called polycystic ovary syndrome (PCOS).
- Is African American, Hispanic/Latino American, American Indian, Alaska Native, Native Hawaiian, or Pacific Islander.

Before a woman becomes pregnant, she may be able to prevent gestational diabetes by losing weight, (if she is overweight), eating healthier, and regular physical activity.

Prediabetes

In the United States, 84.1 million adults—more than one in three—have prediabetes. Ninety percent of adults do not know they have diabetes. With prediabetes, blood sugar levels are higher than normal, but not high enough to be diagnosed as type 2 diabetes. Prediabetes raises the risk for type 2 diabetes, heart disease, and stroke. An individual is at risk for developing prediabetes if:

- The person is overweight.
- He/she is 45 years or older.
- The person has a parent, brother, or sister with type 2 diabetes.
- The individual is physically active less than 3 times a week.
- She has had gestational diabetes or given birth to a baby who weighed more than nine pounds.
- The person is African American, Hispanic/Latino American, American Indian, or Alaska Native. Pacific Islanders and Asian Americans are also at higher risk.

Prediabetes can be prevented or reversed with simple, proven lifestyle changes such as losing weight, eating healthier, and regular physical activity. The CDC-led National Diabetes Prevention Program can help individuals make healthy changes that will have lasting results.

Individuals with questions about diabetes, sports and diabetes, controlling diabetes, and exercise with diabetes, please contact Ginger or Brian.

Source: [Centers for Disease Control and Prevention, https://www.cdc.gov/diabetes/basics/risk-factors.html](https://www.cdc.gov/diabetes/basics/risk-factors.html)
<https://www.cdc.gov/diabetes/basics/diabetes.html>

