

**WTNS Radio OSU Extension Update for November 5, 2023**  
**Healthy People. Healthy Finances. Healthy Relationships.**

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about managing diabetes well, and as always look at some upcoming programs from OSU Extension.

Chances are you know someone with diabetes. Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. The concern with diabetes is that poor management can lead to damage of the eyes, kidneys, nerves, and heart, and is even linked to some types of cancer. According to the American Diabetes Association, diabetes causes more deaths than breast cancer and AIDS combined.

November is National Diabetes Month, recognized by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDKD). This is a time when individuals, families, and communities across the country seek to bring attention to diabetes. This year's focus is taking action to prevent diabetes health problems. These complications do not have to occur. But it takes intentional management of this disease to keep diabetes under control.

The NIDDKD campaign this year is "Take Charge of Tomorrow." Here are key suggestions for diabetes management.

1.     Manage your blood glucose, blood pressure, and cholesterol levels.

These are called the ABCs. A is for the A1C test that health care professionals use to measure your average blood glucose levels. B is for blood pressure. C is for cholesterol. Ask your health care team what your ABCs goals should be and then learn how your lifestyle choices can impact these levels.

2.     Take small steps toward healthy habits.

Lifestyle habits such as planning healthy meals, being physically active, getting enough sleep, and not smoking may help you manage your diabetes ABCs. If this means a lot of change for you, start slowly with one habit to change. Build healthier habits from there.

3.     Work with your health care team.

Managing diabetes takes a team. Your health care team may include a primary care provider, diabetes specialist, registered dietitian, or certified diabetes educator.

And now let's look at what's new from OSU Extension.

OSU Extension is offering two programs during November to help people with diabetes and their supporters.

The "Take Charge of Your Diabetes During the Holidays" program is for those with diabetes or pre-diabetes and their family members or caretakers. Preparing nutritious foods that taste good can be difficult at any time of the year. It is no wonder that the holidays present special challenges for individuals with diabetes. During the Take Charge of Your Diabetes During the Holidays program you will learn how to prepare favorite holiday foods that are both nutritious and delicious. Cooking demonstrations and samples will be provided. Leslie Mayle, Registered Dietitian at Coshocton Regional Medical Center, will also provide you with tips for managing your diabetes during the holidays.

Take Charge of Your Diabetes During the Holidays will be held on Tuesday, November 14 from 11:30 AM – 1:00 PM at the County Services Building, Room 145, 724 S. 7th Street, Coshocton. Program cost is \$5 and registration is required by Monday, November 13. Registration is limited to 30 participants. Register online at [go.osu.edu/takecharge2023](https://go.osu.edu/takecharge2023) or call OSU Extension for more details at 740-622-2265.

Are you or someone you know looking for diabetes educational resources? Please join OSU Extension's Diabetes team for free live online classes throughout the month of November. The webinar series is designed to help individuals manage diabetes, especially during the holidays. Topics include: November 6 – Holiday Snacking Guide, November 13 – Be Savvy with Holiday Spirits, November 20 – Team up with Your A1C – Tailgates. To register for one or more of the Noon sessions, go to [go.osu.edu/diabetesseries](https://go.osu.edu/diabetesseries).

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at [coshocton.osu.edu](https://coshocton.osu.edu). Make it a healthy day!