

WARREN COUNTY HEALTH DISTRICT

News and Information



Public Health
Prevent. Promote. Protect.

Diabetes 101

November is often honored as diabetes awareness month. WCHD wants to take some time to go over diabetes basics, such as the different types and ways to prevent diabetes.

Type 1 Diabetes

Type 1 diabetes is thought to be caused by an autoimmune reaction (the body attacks itself by mistake). This reaction stops your body from making insulin. If you have type 1 diabetes, you'll need to take insulin every day to survive. Currently, no one knows how to prevent type 1 diabetes. Type 1 diabetes is usually diagnosed in children and young adults but can be diagnosed at any age, and symptoms often develop quickly.

Type 2 Diabetes

With type 2 diabetes, your body doesn't use insulin well and can't keep blood sugar at normal levels. It develops over many years and is usually diagnosed in adults (but more and more in children, teens, and young adults). You may not notice any symptoms, so it's important to get your blood sugar tested if you're at risk.

Gestational Diabetes

Gestational diabetes develops in pregnant women who have never had diabetes. If you have gestational diabetes, your baby could be at higher risk for health problems. Gestational diabetes usually goes away after your baby is born. However, it increases your risk for type 2 diabetes later in life. Your baby is more likely to have obesity as a child or teen and develop type 2 diabetes later in life.

Prediabetes

In the United States, about 1 in 3 adults has prediabetes. More than 8 in 10 people with prediabetes don't know they have it. With prediabetes, blood sugar levels are higher than normal, but not high enough for a type 2 diabetes diagnosis. Prediabetes raises your risk for type 2 diabetes, heart disease, and stroke.

Prevention

Prediabetes and type 2 diabetes can be prevented with lifestyle changes, such as exercising and eating healthy. If you have questions about your diabetes risk, WCHD can help! If you have any questions, please contact us at 513-695-1468 or 513-695-1229.

What's Happening at WCHD?

Happy Retirement

After 30 years of service in the public health field, WCHD's Health Commissioner, Duane Stansbury, will be retiring at the end of the month- wish him well!



November 11th: Veteran's Day- WCHD CLOSED



November 27-28th: Thanksgiving- WCHD CLOSED



WCHD Mobile Health is on the road! Check out our calendar for the mobile unit at www.warrencohealthoh.gov/mobile-clinic-calendar



FREE naloxone kits and fentanyl test strips. To set up a time for pick up, call 513-695-1271.



Vaccination Clinics! Adult and childhood vaccines available. Call 513-695-1468 or 513-695-1229 to get scheduled.



Food Safety Tips for the Holidays

Feasting with family and friends is part of many holiday celebrations. Follow these tips to help prevent food poisoning, or foodborne illness, during the holidays.

- 1** Keep foods separated. Keep meat, chicken, turkey, seafood, and eggs separate from all other foods at the grocery store and in the refrigerator. Prevent juices from meat, chicken, turkey, and seafood from dripping or leaking onto other foods by keeping them in containers or sealed plastic bags. Store eggs in their original carton in the main compartment of the refrigerator.
- 2** Cook food thoroughly. Use a food thermometer to make sure meat, chicken, turkey, seafood, and eggs have been cooked to a safe internal temperature to kill germs. Roasts, chops, steaks, and fresh ham should rest for 3 minutes after you remove them from the oven or grill.
- 3** Keep food out of the "danger zone." Germs can grow rapidly in the danger zone between 40°F and 140°F. After food is prepared, keep hot food hot and cold food cold. Refrigerate or freeze perishable food like meat, chicken, turkey, seafood, eggs, cut fruit, cooked rice, and leftovers within 2 hours (1 hour if food is exposed to temperatures above 90°F, such as in a hot car). The temperature in your refrigerator should be set at 40°F or below and the freezer at 0°F or below.
- 4** Use pasteurized eggs for dishes containing raw eggs. Salmonella and other harmful germs can live on both the outside and inside of normal-looking eggs. Many holiday favorites contain raw eggs, including eggnog, tiramisu, hollandaise sauce, and salad dressings. Always use pasteurized eggs when making these and other foods made with raw eggs.



Seasonal Affective Disorder

Many people go through short periods when they feel sad or unlike their usual selves. Sometimes, these mood changes begin and end when the seasons change. Many people feel "down" or have the "winter blues" when the days get shorter in the fall and winter and feel better in the spring when longer daylight hours return.

Sometimes, these mood changes are more serious and can affect how a person feels, thinks, and behaves. If you have noticed significant changes in your mood and behavior when the seasons change, you may be experiencing seasonal affective disorder (SAD).

SAD is a type of depression characterized by a recurrent seasonal pattern, with symptoms lasting about 4–5 months out of the year. The signs and symptoms of SAD include those associated with depression as well as disorder-specific symptoms that differ for winter-pattern versus summer-pattern SAD. Symptoms of SAD can include:

- Persistent sadness or low mood
- Fatigue and low energy
- Difficulty concentrating
- Changes in sleep or appetite
- Loss of interest in activities once enjoyed

There are some steps that you can take to help combat SAD- these include getting more light, staying active, maintaining connections with your friends and family, and talking to a professional if needed.

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