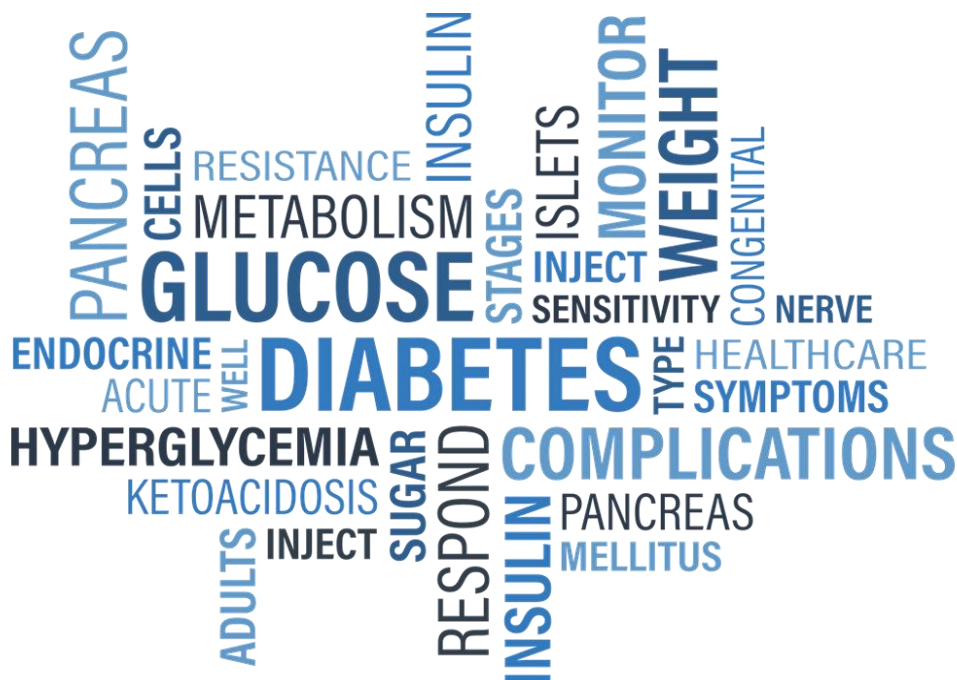




Human Resources  
Department  
1201 E. 8<sup>th</sup> Street  
Mission, TX 78572  
956-580-8631  
[www.missiontexas.us](http://www.missiontexas.us)



*Welcome to this month's edition of Live Well, Work Well. In this issue we will be focusing on the importance of Diabetes Awareness.*

## **Diabetes. Are You At Risk?**

Diabetes is a growing problem. More than 29 million people in the U.S. have it. One in four of them don't even know it.

There is no cure for diabetes. But, making changes in your life may help you live easier.

- Take your medicine just like your doctor tells you.
- Eat a healthy diet with plenty of fruits and veggies.
- Get active!
- See your doctor routinely. He can help you stay on track.

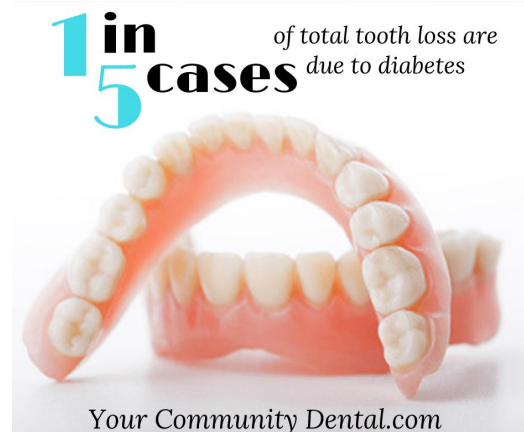
The most common type of diabetes is Type 2. This is where the body does not use insulin the way it should. The older you are, a history of diabetes in your family, high blood pressure and being overweight all raise your risk.

Knowing your risk! The risk of getting Type 2 diabetes is higher for men than for women. Some groups also have a higher risk. These include African Americans, Latinos, Native Americans and Asian American/Pacific Islanders.

## Dental Care and Diabetes: Do A Double Check

About 23.6 million people in the U.S. have diabetes. This serious health problem can have a harmful impact on many parts of the body including the heart, nerves, eyes and kidneys. Diabetes can also impact oral health. That's why you should know the facts. Diabetes can cause a number of oral health problems, including:

- Gum disease
- Tooth decay
- Fungal infections
- Changes in taste
- Salivary glands that don't work normally
- More infections and slow healing
- Inflammatory skin diseases that cause mouth lesions



Source: American Dental Association

## Special Care

Diabetic dental patients need to use extra care. You should follow your dentist's advice. Your dentist may suggest more frequent exams and cleanings. If you have this illness, consider these ideas:

- Have regular exams and screenings for gum disease.
- Get care for dry mouth. This is a frequent problem for diabetics and can lead to more tooth decay.
- Keep blood sugar levels in check.
- Brush twice a day with a fluoride toothpaste and floss between teeth daily.
- Eat a healthy diet.



Diabetes doesn't have to mean double trouble for your oral health. A proper diet, regular visits to the dentist and practicing good oral hygiene can help keep your smile bright.

Source: American Dental Association

## Taking Care of Youth Who Have Diabetes



Diabetes is one of the most common chronic conditions in school-age youth in the United States, affecting about 193,000 youth under 20 years old. Regardless of their age, sometimes youth who have diabetes need support with their diabetes care. That's why it's important to help your child or teen develop a plan to manage diabetes, and work with their health care team to adjust the diabetes self-care plan as needed.

Here are some tips to consider for our youth's diabetes self-care plan.

- Manage blood glucose levels. Make sure your child or teen takes their medicines as prescribed, at the right time, and the right dose - even when they feel good or have reached their blood glucose, blood pressure, and cholesterol goals.
- Encourage healthy habits. Follow a healthy eating plan (especially if your youth is taking insulin), get enough sleep, and aim for regular physical activity. Youth with type 1 diabetes should also check their blood glucose levels before, during, or after physical activity.
- Stay prepared for emergencies. A basic "go-kit" could include
  - Medical supplies and equipment (at least a week's worth)
  - Emergency and health care professional contact lists
  - A medication list, including doses and dosing schedules, and allergy list
  - Face coverings, hand sanitizer, and disinfecting wipes may also be added to your "go-kit" during a pandemic.
- Monitor for diabetes complications. Early diagnosis and treatment can help reduce risk for heart disease, vision loss, nerve damage, and other related health problems.
- Seek mental health support. Encourage them to connect with other youth who have diabetes. Youth may not be used to talking about feeling anxious or alone about their diabetes. Speak with your health care team for help.

## Make Diabetes Prevention Your Intention

You can do a lot to lower your chances of getting diabetes. Exercising regularly, reducing fat and calorie intake, losing a little weight, cutting out tobacco products, and lowering blood pressure and cholesterol levels can enhance your health. To help lower your risk of diabetes:



- Make a plan to change behavior.
- Decide exactly what you will do and when you will do it.
- Plan what you need to get ready.
- Think about what might prevent you from reaching your goals.
- If you smoke, enroll in a smoking cessation program.
- Find family and friends who will support and encourage you.
- Decide how you will reward yourself when you do what you have planned.

*Source: The National Institute of Diabetes and Digestive and Kidney Diseases*

## Stop Diabetes In Its Tracks

Before people develop type 2 diabetes, they almost always have pre-diabetes – blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. More than 54 million people in the United States have this condition.

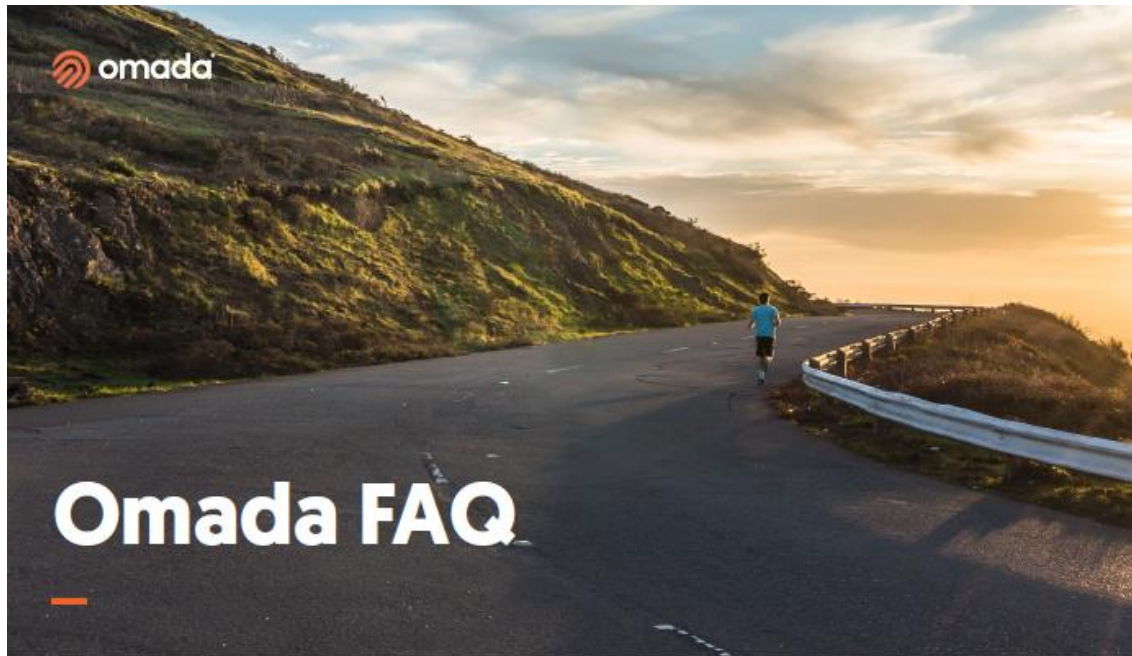
If you have pre-diabetes, you can prevent the development of diabetes by:

- Engaging in just 30 minutes of daily moderate physical activity
- Making healthy food choices
- Reducing your body weight by five to 10 percent



*Source: American Diabetes Association*

# Did You Know?



## What is Omada?

Omada is an online behavioral counseling program designed to help at-risk individuals combat obesity-related chronic disease. Participants in the Omada program learn how to make modest health changes that could lead to weight loss and reduced risk for type 2 diabetes and heart disease. Learn more and watch the 2-minute video at [omadahealth.com/mission](https://omadahealth.com/mission)

## How do I apply?

Individuals interested in the Omada program can visit [omadahealth.com/mission](https://omadahealth.com/mission) to take a 1-minute health screener and find out if they meet the clinical enrollment criteria to participate in the program. The risk screener asks a few questions about height, weight, and health conditions. Those who are eligible to enroll will receive an email invitation to join the Omada program.

## Are family members eligible for Omada?

Yes, adult family members who are covered under your Blue Cross and Blue Shield of Texas health plan and meet the clinical enrollment criteria are eligible for Omada.

## How much does it cost?

If you or your adult family members are enrolled in our Blue Cross and Blue Shield of Texas health plan and are at risk for type 2 diabetes or heart disease, the Omada program is included in your benefits.

## Why is City of Mission offering this program?

Sixty percent of Americans are now at risk for chronic disease. By partnering with Omada, City of Mission can offer at-risk individuals the help they need to proactively manage their health and work towards positive outcomes.



# Let's Get Moving! Move of the Month

## PLANKSGIVING 30 days of Thanks and Planks



Day 1: 20s	Day 10: rest	Day 20: rest
Day 2: 30s	Day 11: 1 min	Day 21: 1m45s
Day 3: 30s	Day 12: 1 min	Day 22: 1m45s
Day 4: 35s	Day 13: 1m10s	Day 23: 2 min
Day 5: rest	Day 14: 1m20s	Day 24: 2 min
Day 6: 40s	Day 15: rest	Day 25: rest
Day 7: 45s	Day 16: 1m20s	Day 26: 2m15s
Day 8: 45s	Day 17: 1m30s	Day 27: 2m15s
Day 9: 50s	Day 18: 1m30s	Day 28: 2m30s
	Day 19: 1m45s	Day 29: 2m45s
		Day 30: 3 min



### Coming Soon!

- *Stress Management Virtual Health Seminar (November)*
- *Pre-Retirement Seminar (December)*