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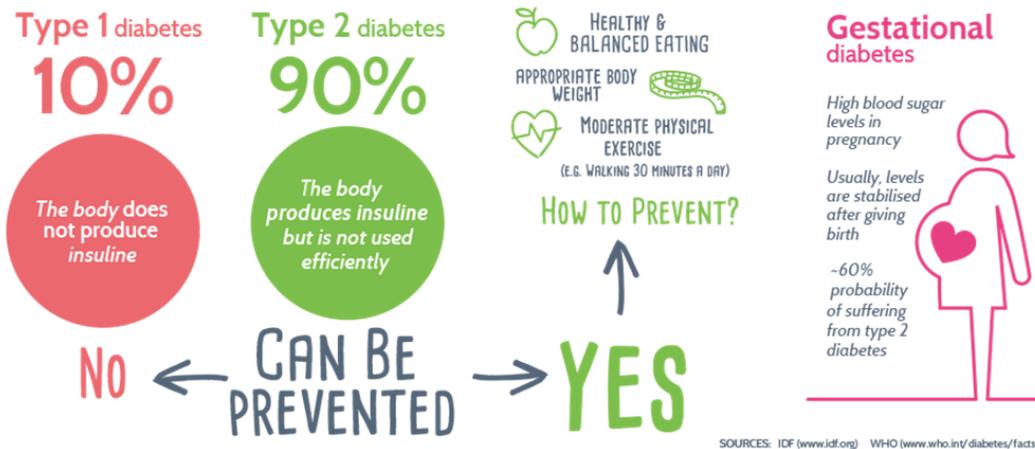


November 2022 | Volume 3, Issue 11

## November is American Diabetes Month

November is a great time for communities to come together and raise awareness on the diabetes epidemic.

Diabetes is a chronic health condition that affects how your body turns food into energy. The condition occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood glucose. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.



### Types of Diabetes:

There are three main types of diabetes: type 1, type 2, and gestational diabetes.

#### Types 1 Diabetes

Type 1 diabetes is characterized by deficient insulin production and requires daily administration of insulin. It is thought to be caused by an autoimmune reaction that attacks and destroys cells in your pancreas that produce insulin. Only about 5-10% of people who have diabetes have type 1. Symptoms for type 1 diabetes often develop quickly and include excessive extraction of urine, thirst, constant hunger, weight loss, vision changes, and fatigue.

#### Types 2 Diabetes

Type 2 diabetes results from the body's ineffective use of insulin and is largely the result of excess body weight and physical inactivity. About 90-95% of people who have diabetes have type 2. It develops over many years and is usually diagnosed in adults but has been becoming more prevalent in children and young adults. Symptoms are similar to those of type 1, but not as evident. Type 2 diabetes can be prevented or delayed with healthy lifestyle changes, such as: losing weight, eating healthy foods, and being active.

#### Gestational Diabetes

Gestational diabetes develops in pregnant women who have never had diabetes. Children born from women with gestational diabetes have a higher risk for health problems, including obesity and the onset of type 2 diabetes later in life. It is usually detected during a prenatal screening and goes away after pregnancy.

## Prediabetes

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. With healthy lifestyle changes, prediabetes can be reversed.

### Key facts

- The number of people with diabetes rose from 108 million in 1980 to 422 million in 2014. Prevalence has been rising more rapidly in low- and middle-income countries than in high-income countries.
- Diabetes is a major cause of blindness, kidney failure, heart attacks, stroke and lower limb amputation.
- In 2019, diabetes and kidney disease (due to diabetes) caused an estimated 2 million deaths.
- A healthy diet, regular physical activity, maintaining a normal body weight and avoiding tobacco use are ways to prevent or delay the onset of type 2 diabetes.
- Diabetes can be treated, and its consequences avoided or delayed with diet, physical activity, medication and regular screening and treatment for complications.

### Sources:

<https://www.diabetes.org/>  
<https://www.niddk.nih.gov/>

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## Other Notable Observances this Month:

### Weeks to Note:

[National Diabetes Education Week](#); November 6 – 12  
[National Radiologic Technology Week](#); November 7-13  
[National Nurse Practitioner Week](#); November 13 – 19

### Days to Notes:

[National Diabetes Heart Connection Day](#); November 9  
[World Pneumonia Day](#); November 12  
[World Diabetes Day](#); November 14  
[World Prematurity Day 2022](#); November 17  
[National Family Health History Day](#); November 25

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## Southwestern Chicken Soup Recipe

A quick and hearty soup with plenty of spice.

Minutes to Prepare: 10

Minutes to Cook: 25

Makes 8 hearty cup-size servings.

### Ingredients:

- 1 lb (16 oz) chicken breasts, chopped into bite-size pieces
- 1 small onion, chopped
- 3 cloves garlic, chopped
- 1 jalapeno pepper, seeded and chopped (leave seeds in for more heat)
- 1 green pepper, chopped
- 4 cups fresh spinach or about 4 oz frozen spinach
- 1 tablespoon cumin
- 1 tablespoon olive oil
- 1 14-oz can chopped tomatoes



- ¼ cup cilantro, torn
- 2 limes, juiced
- 1 14-oz can pinto or black beans, drained and rinsed
- 2 cups cooked brown rice

**To Make:**

1. If you're not using cooked rice, start making rice before you begin the soup.
  3. Heat oil in a large soup pot set over medium-high flame, and add garlic, onion, and peppers. Cook until soft and starting to get some color, about 5 minutes.
  4. Lower heat to medium. Add chicken and cumin and cook another 5 minutes.
  5. Add chicken broth, beans, spinach, and tomatoes. Raise heat to medium high and simmer for 10 minutes.
  6. Remove from heat and add lime juice, stirring well. Season with salt and pepper to taste.
- To serve: place ½ cup rice in bottom of each bowl. Sprinkle avocado and cilantro on top.  
 (For vegetarian version: Heat olive oil, add garlic, onion, and peppers, cooking until fragrant. Add stock, tomatoes, and beans, and allow to simmer for 10 minutes. Add lime juice. Remove from heat and add about 1/4 of an avocado and 1/2 T cilantro to each bowl.)

Nutrition information per serving: Calories: 270.5, Carbohydrate 25.8 g, Dietary Fiber 8 g, Protein 19.9 g, Total Fat 10.6 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 35.1 mg, Sodium 178.4 mg

The Healthy Fontana team is here to support you and provide resources on how to be a healthier version of yourself. For more information about Healthy Fontana or the programs available to you, visit the **Healthy Fontana website** or call (909) 350-6542.

## Upcoming Events\*\*

**\*\* Times/Locations Subject to Change \*\***  
**Events may also be cancelled due to inclement weather**

Visit Healthy Fontana booth at one (or all) of these upcoming events for FREE resources and giveaways!

- **Thursdays, November 3, 10, 17** (**\*11/24 Market Cancelled**) | **Fontana Farmers' Market** | Southridge Park/Don Day Parking Lot, 2pm-7pm
- **Sundays, November 6, 20, 27** (**\*11/13 Market Cancelled**) | **Fontana Farmers' Market** | Fontana Park Aquatic Center Parking Lot, 10am-3pm
- **Saturday, November 19** | **Fontana Walks!** | Fontana Park, 8am
- **Wednesday, November 23** | **Eat & Be Well** | Cypress Neighborhood Center, 11am



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## Connect with Healthy Fontana

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