

Teach Flu a Lesson

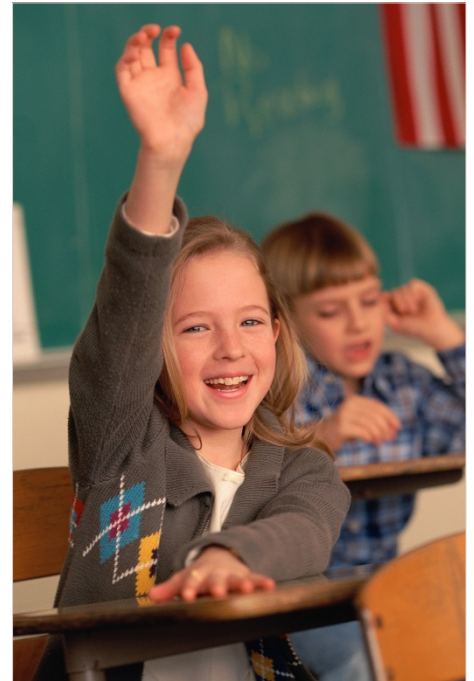
Health department, school system and Healthy Schools LLC team up to immunize students against the flu at no cost.

Marion County public school students are gearing up to fight influenza this school year. A new partnership between the Florida Department of Health in Marion County, Marion County Public Schools and Healthy Schools, LLC is called "Teach Flu a Lesson" and can immunize all students against the flu at no cost. Parents must provide signed consent forms for their children to receive the nasal mist immunization.

Healthy Schools' nurses will administer nasal mist flu immunizations free to students with parental consent in every participating Marion County public school for two days only—December 1 and 2. Parents should be on the lookout for consent forms coming home with students beginning November 12 and return them immediately.

"An annual flu vaccination is the best way to prevent flu," said Mike Napier, interim Health Officer for the Florida Department of Health in Marion County. "This is especially important for our students during the holiday season, so they can be healthy and ready for school after the break."

"Making sure our students stay healthy is a big priority for us," said Superintendent of Schools George Tomin. "Healthy students mean healthy classrooms, and this immunization provides a great opportunity to stay healthy," he added.



Calendar

Nov. 20

- **Health department at Exceptional Student Education Agency Fair, Vanguard High School**

Nov. 27-28

- **Health department closed for Thanksgiving**

Dec. 1

- **FluMist at Marion County Public Schools**
- **Safe Kids Marion meeting**

Dec. 2

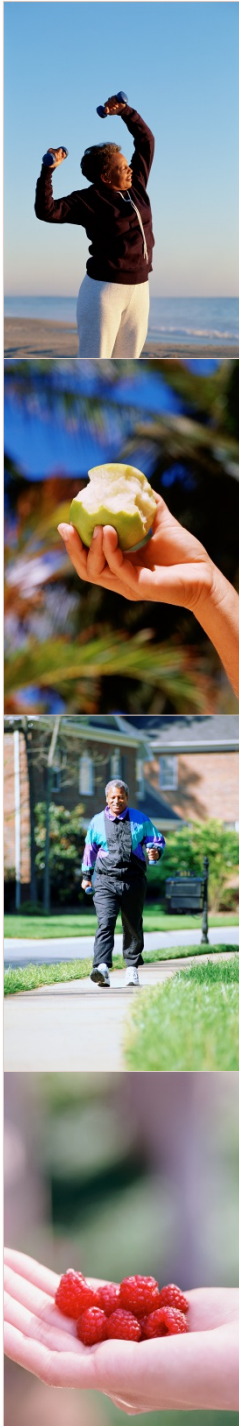
- **FluMist at Marion County Public Schools**

"Teach Flu a Lesson' is a proven initiative that improves the health of students," said Tony Boselli, Healthy Schools' founder. "We are delighted to provide flu vaccine to students in Marion County this year."

The Centers for Disease Control and Prevention recommends everyone aged six months and older receive an annual flu vaccine. Bringing flu vaccines into schools is a proven effective way to increase vaccination rates for children in Florida. Consider these findings:

- Each year in the U.S., an average of 20,000 children under the age of five are hospitalized for flu-related complications.
- Children with chronic health conditions such as asthma and diabetes have an extremely high risk of developing serious flu related complications.
- Children are more likely to get the flu or have flu-related complications because their Immune systems are still developing.
- Because of their diverse populations, schools tend to serve as incubators of influenza in each community.
- During the 2011-12 flu season, 26 child flu deaths were reported to CDC.

More information is on the Florida Department of Health in Marion County website at Marion.FloridaHealth.gov.



Take action during National Diabetes Month

Diabetes affects nearly 26 million Americans and an estimated 79 million people are at risk for developing the disease. More than 12 percent of Marion County’s residents have been diagnosed with diabetes.

November is National Diabetes Month and the National Diabetes Education Program is working to help people better understand how to make the necessary changes in their day-to-day lives in order to prevent type 2 diabetes, manage their diabetes to prevent complications, and live healthier lives.

Even if you know what to do to improve your health, figuring out how to do it and fitting it into your daily routine can be a challenge. That’s why it’s important to set goals and make a plan to prevent type 2 diabetes or manage diabetes to prevent complications.

The National Diabetes Education Program is working to help people make a change to live well by bringing behavior change tools to the community—tools to help people better understand how to make healthy changes.

So how do you get started making these healthy changes? It’s about choosing a goal and working toward it. Making a plan and taking the first step will help you reach your goal. The program’s Make A Plan tool at ndep.nih.gov/MakeAPlan can help you think about what is important to your health and how to break down your goals into small, achievable steps.

Once you have your plan in place, the diabetes education program can provide you with a number of tools to help you meet your health goal. Whether you are looking to eat healthier, be more active, manage your weight, cope better with stress and emotions, the program offers tools and resources to help you reach your health goals.

This November, make a change to live well. Find out how online:

FloridaHealth.gov/diabetes
YourDiabetesInfo.org CDC.gov/diabetes

National Institutes of Health

Fast Facts

You are at increased risk for developing prediabetes and Type 2 diabetes if you:

- Are 45 years of age or older.
- Are overweight.
- Have a parent, sister or brother with diabetes.
- Have a family background that is African-American, Hispanic/Latino, American-Indian, Asian-American, or Pacific-Islander.
- Had diabetes while pregnant (gestational diabetes), or gave birth to a baby weighing 9 pounds or more.
- Are physically active less than three times a week.

Need Info? Call 352-629-0137

Birth & Death Certificates ext. 2064
Communicable Diseases ext. 2088
Dental Clinic 352-622-2664
Environmental Health ext. 2086

Family Planning ext. 2091
Health Education ext. 2195
Healthy Start ext. 2275
HIV/AIDS ext. 2073
Immunizations ext. 2017

Maternity ext. 2089
School Health ext. 2043
Sexually Transmitted Diseases ext. 2073
WIC & Nutrition ext. 2124

Preventing Type 2 diabetes

Simple steps toward a healthier life

People with diabetes have a problem with blood sugar. Their blood sugar, or blood glucose, can climb too high. Having high levels of sugar in your blood can cause a lot of trouble. Diabetes raises your risk for heart disease, blindness, amputations, and other serious issues. But the most common type of diabetes, called Type 2 diabetes, can be prevented or delayed if you know what steps to take.

About 29 million Americans, or nearly 1 in 10 people, have diabetes. Many more have a condition called prediabetes. People with prediabetes usually have no symptoms, yet they're at risk for eventually developing Type 2 diabetes, heart disease, and stroke.

Research shows that you can greatly reduce your risk for Type 2 diabetes and prediabetes by eating a healthy diet, getting plenty of physical activity, and losing excess weight.

Type 2 diabetes arises because of problems related to a hormone called insulin. When our bodies digest the foods we eat, they're broken down and converted to glucose and other molecules, which then travel through the bloodstream. Insulin signals cells to let glucose in for use as an energy source. When a person has Type 2 diabetes, either the body's cells have trouble using insulin, or the body isn't producing enough insulin. As a result, glucose can build up to harmful levels in the blood.

Type 2 diabetes occurs most often in people who are middle-aged or older, but younger people can get it too. "Before the mid- to late-1990s, we almost never saw Type 2 diabetes in youth," says Dr. Barbara Linder, from the National Institutes of Health. But now, type 2 diabetes is becoming more common in young people, alongside increasing rates of childhood obesity.

Some factors that raise people's risk for Type 2 diabetes are beyond their control. Having an immediate family member with diabetes increases your risk. Type 2 diabetes is also more common in some races or ethnicities, including African-Americans, Alaska Natives, American Indians, Asian-Americans, Pacific Islanders, and Hispanic/Latinos.

People who are overweight, obese, or inactive are also much likelier to develop Type 2 diabetes. But these are risk factors that you can change, and doing so will greatly reduce your risk for diabetes.

To understand how weight loss might affect diabetes risk, the National Institutes of Health launched a study in the early 1990s called the [Diabetes Prevention Program](#). Doctors already knew that being overweight or obese was a risk factor for diabetes, but they didn't know if losing weight would reduce that risk.

The study enrolled more than 3,000 people who were overweight and had prediabetes. They were randomly assigned to different groups.

One group met regularly with study staff to focus on healthy behaviors, such as eating fewer calories and exercising more; they aimed to lose at least 7 percent of their body weight and to do at least 150 minutes of physical activity per week. Another group received metformin, a drug commonly used to treat Type 2 diabetes, along with standard advice on diet and exercise. A control group received standard advice and an inactive placebo pill, which had no drug effects.

After an average of around three years, the researchers found that diabetes risk dropped by 58 percent in the group encouraged to make healthy lifestyle changes. About 38 percent in that group had achieved and maintained their weight loss goals and 58 percent their physical activity goals. The group taking metformin was also less likely to

(Continued on page 4)



Get Real!

You don't have to eat like this to prevent type 2 diabetes.

Preventing Type 2 diabetes *(Continued from page 3)*

develop diabetes; their risk dropped by 31 percent compared to the control group.

In a follow-up study, both lifestyle changes and metformin continued to reduce the risk of developing diabetes, although their effects declined. After 10 years, people who continued with lifestyle changes delayed diabetes by about four years compared to people in the control group. People who continued to take metformin delayed diabetes by about two years.

Metformin has long been used and approved for treating Type 2 diabetes. However, the U.S. Food and Drug Administration hasn't approved the drug for preventing Type 2 diabetes. Research suggests that the drug's preventive effects may work best in younger and heavier people. For older people, lifestyle changes were especially helpful; they lowered diabetes risk by 71 percent.

"Weight loss is key, and physical activity is very important, but lifestyle changes are never easy," says Joanne Gallivan, director of the [National Diabetes Education Program](#). The program offers resources to help with weight loss, healthy eating, and physical activity. Specific tips are provided for certain groups of people, such as children and older adults. Most materials are offered in Spanish, and some are available in other languages.

As the [Diabetes Prevention Program](#) showed, diet and exercise can reduce the risk of developing Type 2 diabetes. "You're most likely to succeed at weight loss, Linder says, "if you can find some physical activity that you enjoy and can do every day."

To lose weight, you need to burn more calories than you consume. Participants in the Diabetes Prevention Program followed a low-fat, low-calorie diet. Experts now recognize that different people may need different diets. "If you're eating a lot of fat, that's what you need to cut out. If you're eating a lot of candy, then that's what you need to cut," Linder says. "You have to individualize it."

Experts recommend that people at risk for type 2 diabetes should exercise weekly at moderate intensity for 150 minutes. That's 30 minutes, 5 times a week.

"Get your heart rate up a bit. Work up a mild sweat," says Harvard University's Dr. David Nathan, who leads the Diabetes Prevention Program studies. The training program used in the study is now widely available; for instance, the YMCA now offers a program based on the study.

If you think you might have prediabetes or diabetes, your doctor can help you decide what to do. A blood test called the A1C test can check your average blood glucose level to see if you have prediabetes.

Nathan says that people over 45 should be screened for diabetes, as should other people at increased risk. Risk factors and warning signs for Type 2 diabetes include high blood pressure, high cholesterol, or a history of gestational diabetes or cardiovascular disease.

In 2012, 1.7 million Americans ages 20 and older were newly diagnosed with diabetes. "That's not good, but it's actually less than the 1.9 million new cases we had in 2010," Nathan says. "It may just be that we are turning the corner a little bit."



Get Real!
You don't have to knock yourself out to prevent type 2 diabetes.

National Institutes of Health

Connect with the Florida Department of Health online

