



PROJECT NAF

Nurturing Asheville & Area Families

What Are You Thankful For?

MESSAGE FROM BELINDA K. GRANT, EXECUTIVE DIRECTOR

The Thanksgiving Holiday has become a time for families and friends to get together, give thanks for our many blessings, and oh yeah, eating a scrumptious meal – probably too much. For many, Thanksgiving is a wonderful time to celebrate getting out of school, having time off from work, and the start of the Christmas holiday season.

It is also a time to “Count Our Many Blessings,” and an opportunity to focus on our health. In addition to Thanksgiving, November is American Diabetes Month; time for the Great American Smokeout; and National Family Health History Day.

Did You Know?

Diabetes is the seventh leading cause of death in the United States. Today, 29.1 million people in the United States have been diagnosed with diabetes, according to the Centers for Disease Control and Prevention.

Diabetes affects 26 million Americans, with 19 million people diagnosed, and seven million undiagnosed. An estimated 79 million American adults aged 20 years or older have prediabetes, which puts them at high risk for developing the disease.

What is Diabetes?

Diabetes is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes

a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood.

Gestational diabetes is a type of diabetes that only pregnant women get. If not treated, it can cause problems for mothers and babies. Gestational diabetes develops in 2% to 10% of all pregnancies, but usually disappears when a pregnancy is over.

Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and amputations of the foot, toe, or leg. (Source: CDC)

Risk Factors for Type 2 Diabetes

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 family history of type 2 diabetes, are physically active fewer than three times per week, ever gave birth to a baby that weighed more than 9 pounds, or ever had diabetes while pregnant (gestational diabetes)

Tips for Diabetes Prevention

- Make smarter food choices
- Increase physical activity
- Maintain a healthy weight
- Reduce salt and sugar intake

Why Quit Using Tobacco?

Did You Know?

Tobacco use is the number one cause of preventable death in the United States and in North Carolina. If that's not enough reason to quit, then consider the following:

If you smoke one pack a day, you can save \$1,800 or more per year if you quit.

Within 2 weeks to 3 months of quitting, your heart attack risk drops and your lung function improves.

Within 5 to 15 years after quitting, your risk of stroke is that of a person who never smoked.

Healthy Living! Are You Worth It? It is important to know the difference between wanting to quit and needing to quit. Most people know that they need to quit, and are aware of the health effects of tobacco use.

Identify Reasons You Want to Quit – To improve your health, for a loved one, so that you can enjoy playing sports...anything that motivates you.



Get Support

Whether from a family member, a friend, or by calling the N.C. Tobacco Use Quitline, you can get the support you need to help you quit using tobacco. Success rates are much higher for tobacco users who have support while trying to kick the habit.

Make a Plan – Start by setting a quit date and tell your family, friends and co-workers so that they can support you in your attempt to quit using tobacco products. Think about the challenges you will face and how you can handle these challenges.

Get rid of the temptation. Remove all tobacco products from your environment.

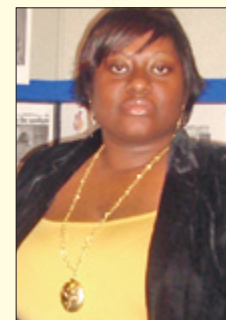
Source: NC DHHS, NC Public Health

Call Quitline NC:
1-800-784-8669
En Español:
1-855-DEJELO-YA
(1-855-335-3569)
TTY#: 1-877-777-6534



Belinda K. Grant, Executive Director of Mount Zion Community Development, Inc.
Photo: Urban News

Message from Shari L. Smith



The NC Tobacco Prevention and Control Branch works to eliminate North Carolinians' exposure to secondhand smoke (SHS).

Shari L. Smith

SHS has been

linked with health problems such as heart disease, heart attack, stroke, lung disease, lung cancer and some other cancers.

Childhood exposure to SHS can lead to upper respiratory infections, decreased lung capacity, ear infections, and even behavioral problems and learning difficulties.

Pregnant women exposed to SHS have increased risk of delivering prematurely or having an infant die of SIDS.

Source: NC DHHS, NC Public Health

National Family Health History Day

Over the holiday or at other times when families gather, the Surgeon General encourages Americans to talk about, and to write down, the health problems that seem to run in their family.

Learning about your family's health history may help ensure a longer, healthier future together. (Surgeon General.gov).

Great American Smokeout

On the third Thursday of November each year the American Cancer Society encourages smokers to make a plan to quit, or to plan in advance and quit smoking that day.

By quitting – even for one day – smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk.

Source: American Cancer Society

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