November is National Diabetes Month. Here are just a few of the recent statistics on Diabetes:

*Nearly 30 million children and adults in the United States have diabetes.

*Another 86 million Americans have pre-diabetes and are at risk for developing Type 2 diabetes.

*The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is $245 billion.

CCSD CURRENTLY HAS NEARLY 50 STUDENTS WITH HEALTH PLANS FOR DIABETES

If you notice that any student has a health need and no Health Plan, please notify the Nursing Office.

Many studies suggest that just one 12 ounce serving of SUGARY SODA daily increases your chance of developing Type 2 Diabetes by 22%!
Diabetes Symptoms

*Urinating often
*Feeling very thirsty
*Feeling very hungry—even though you are eating
*Extreme fatigue
*Blurry vision
*Cuts/bruises that are slow to heal
*Weight loss—even though you are eating more (type 1)
*Tingling, pain, or numbness in the hands/feet (type 2)

***Do you have questions or concerns about diabetes symptoms? Check with your health care provider...

Did you know?...The average American will consume **4500 calories** and 229 grams of fat on Thanksgiving Day...