

Governor proclaims November ‘Diabetes Awareness Month’

Written by Staff Reorts

Friday, 16 November 2018 09:34

Seeks to bring awareness for diabetes prevention, control

Gov. Susana Martinez and the New Mexico Department of Health Diabetes Prevention and Control Program recognize November as Diabetes Awareness Month, the annual health observance increasing awareness about the impact of diabetes for residents, families, and their communities in our state.

Martinez signed a [Diabetes Awareness Month Proclamation](#) naming November as Diabetes Awareness Month in New Mexico and Nov. 14 as World Diabetes Day.

NMDOH estimates more than 220,000 New Mexican adults have diabetes, with only eight out of 10 aware of their condition.

Additionally, an estimated 549,000 New Mexico adults have prediabetes, a condition that precedes type-2 diabetes, in which blood glucose levels are higher than normal. An estimated three out of 10 adults with prediabetes are aware of their condition.

This lack of awareness can lead to health issues that don’t always merit a trip to the doctor. These issues can be a barrier to adults with prediabetes from taking necessary steps to help prevent or delay developing type-2 diabetes. Both diabetes and prediabetes can lead to serious and costly health complications, especially when unrecognized or not properly controlled.

“Our goals are simple: improve health outcomes and connect people to the educational and medical resources they need to live healthier, happier lives,” Department of Health Secretary Lynn Gallagher said. “The Department of Health plays a major role in developing the support network for people with prediabetes and diabetes in our state, and it’s important that residents know having diabetes can be kept under control to improve quality of life.

Paths to Health NM: Tools for Healthier Living Tools for Healthier Living is a Department of Health campaign offering free prevention and self-management programs. Designed for adults

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of all ages, the programs help people gain the confidence and motivation they need to take care of their health, as well as learn new skills to prevent diabetes or better manage their chronic health conditions.

The programs are offered around the state by trained experts in community and medical settings.

To learn more about [Paths to Health NM: Tools for Healthier Living](http://www.pathstohealthnm.org) , visit: www.pathstohealthnm.org or call the referral lines directly at (505) 850-0176 or (575) 703-2343.