



**Reeves County**  
Hospital District

**Press Release**  
**FOR IMMEDIATE RELEASE**

**Media Contact**  
Venetta Seals | [rhcacares@rchd.care](mailto:rhcacares@rchd.care)  
(432) 447-3551, ext. 6350

## **Everyday Choices Help Prevent Type 2 Diabetes**

*Improving your overall health is key to managing your risk of diabetes.*

PECOS, Texas (July 10, 2020) – Approximately 1 in 10 Texans is living with diabetes, and many more are at risk of developing the disease. Since Type 2 diabetes is largely preventable, taking simple steps to improve your health can lower your risk of developing it.

“If you are at risk of developing diabetes, making prevention a priority can make all the difference,” said Robert "Bob" Rice, NP at the Pecos Valley Rural Health Clinic, a service of Reeves County Hospital District. “Improving your lifestyle and consulting with your healthcare provider are key to avoiding type 2 diabetes.”

According to the Centers for Disease Control and Prevention, diabetes affects more than 30 million people across the nation and is one of the leading causes of death. An estimated 88 million, or 1 in 3 Americans, have what is known as prediabetes, a health condition in which blood sugar levels are elevated. Those with prediabetes are at high risk of developing diabetes.

Those who are overweight, have diabetic relatives and are over age 35 are at the highest risk of developing Type 2 diabetes. Statistics also show that women are at a higher risk for diabetes than men, as are those with a family history of the disease. Diabetes can cause blindness, destruction of tissues through infections such as gangrene and disease of the kidneys and heart.

Fortunately, lifestyle changes can lower the risk of developing diabetes. For example, adding more physical activity to your weekly routine can help you lose excessive weight and improve your body’s ability to manage insulin and blood sugar.

Exercise can increase your body’s insulin sensitivity. Studies have shown that those with prediabetes who engage in moderate exercise several times a week are often able to lower their risk of developing diabetes. Exercise can include activities such as jogging, riding a bicycle, swimming, walking and strength training.

**MORE**



## **Everyday Choices Help Prevent Type 2 Diabetes**

### **Page 2**

Along with physical activity, focusing on your diet is key to lowering your risk of diabetes and improving your overall health. Meals should include a healthy balance of starches, fruits and vegetables, proteins, and fats. It is also important to pay attention to which types of carbohydrates go into each meal and to incorporate more whole grains into what you eat. Avoiding sugary beverages can also help you manage your health.

Since being overweight is one of the most common risks associated with developing diabetes, diet and exercise together are a powerful way to help prevent the disease.

According to Rice, consulting with your healthcare provider is key to assessing and managing your risk of developing diabetes. A simple blood test available through the Pecos Valley Rural Health Clinic can determine whether you have diabetes or at risk.

“Many people do not know that they are living with diabetes,” Rice said. “Finding out where you stand, whether you have diabetes or prediabetes, can help you make the lifestyle changes you need to improve your health.”

Rice added that an annual wellness exam at the Pecos Valley Rural Health Clinic is an excellent opportunity to discuss your risk and learn about getting tested. Additionally, those living with diabetes can consult with their provider about better ways to manage their condition.

Reeves County Hospital District offers a nationally accredited Diabetes Education Program, which helps those living with diabetes or prediabetes better manage their condition and improve their overall quality of life. By offering individual and group sessions, this program provides participants with tools and support to manage types 1 and 2 diabetes, prediabetes, and gestational diabetes. Referrals are accepted from any healthcare provider.

To learn more about local healthcare services or to schedule an appointment at the Pecos Valley Rural Health Clinic, please call 432-447-056.

###