

A decorative illustration of a black vine with green leaves and a large orange pumpkin with a green stem and leaves. The vine starts at the top left, goes down, then curves to the right and then back down to the bottom right. The pumpkin is positioned in the lower-left quadrant of the page.

November is Diabetes Awareness Month

Greetings from the Hopi Wellness Center!

We do hope our communities are doing well and staying safe during these trying times. The team has been adjusting to the current Covid-19 pandemic; and have been developing programs and activities to get you moving and providing you with continued health and wellness activities.

November is Diabetes Awareness month; the Hopi Wellness Center team is working hard to join in the fight against diabetes. During this month, communities come together to bring awareness to the diabetes epidemic. Like the current Covid-19 pandemic, diabetes does not discriminate, however, it can be prevented by taking and making healthier choices. This is the time to get educated, find resources and make sure all those around us are aware of their risk. There are three types of diabetes; Type 1 diabetes is when the body does not produce insulin, it is not preventable but can be managed with insulin injections, Type 2 is the most common form of diabetes; Type 2 is when your body does not use insulin properly. It is a largely preventable and treatable non-communicable disease that is rapidly increasing in numbers worldwide and there is gestational diabetes; it is diabetes diagnosed for the first-time during pregnancy. Throughout the month of November, awareness is shared through education and simple reminders to allow us to get back on track with blood glucose checks, taking your medication, making healthy food choices and incorporating some type of physical activity.

For the month of November, the HWC team put together a number of activities to bring awareness to the Hopi community regarding diabetes. Join the team in a month-long calendar of events. You may visit the Hopi Wellness Center Facebook page to follow along. Activities began on November 1 with a Diabetes Awareness Virtual Kick-Off Walk/Run. Throughout the month there will be daily physical activities with our Fitness Center team, personal testimonies, nutrition education and cooking videos. We will also be joining the Notah Begay NB3 activities beginning the week of November 2-8, 2020. We look forward to you and your family joining in the events! Do not forget to mask up, wash your hands frequently and practice social distancing.

Enjoy the activities and stay safe!