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# Monthly Safety Blast

*Produced by the Southwest Center for Agricultural Health, Injury Prevention and Education*

**November 2014**

## November is National Diabetes Month!

More than 29 million Americans have diabetes, and it is estimated that one in every four people with diabetes does not even know they have the disease. If left undiagnosed or untreated, diabetes can lead to serious health problems, including heart attack and stroke.

Can you talk about risk? Who is at risk for developing diabetes? For example, people who are overweight, their age, race, gender and family history of diabetes all play a part in their risk for diabetes. Farmers, ranchers and loggers are all aging, and they need to know how they can lower their risk of having diabetes.

The good news is that people with diabetes can lower their chances of having diabetes-related heart problems by managing their Diabetes ABCs.

- A... is for the A1C test (A-one-C). This is a blood test that measures your average blood sugar (glucose) level over the past 3 months.
- B... is for Blood pressure.
- C... is for Cholesterol.
- S... is for stopping smoking.

Agriculture, forestry and fishing (AFF) workers are just as much at risk for diabetes as the next person. If an AFF worker is an diabetic then they need to be more aware of their diabetes when operating machinery, being outdoors in drastic climate changes and when one will be working alone.



### Tips for managing/monitoring diabetes while on the job:

- Take blood-sugar testing machine
- Take insulin in a cool-pack box (needs to stay cold)
- Take snacks
- Take breaks when needed
- Wear medical ID bracelet or necklace

### Resources:

- CDC; What is Diabetes? <http://www.yourdiabetesinfo.org/American>
- Diabetes Association <http://www.diabetes.org>

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*Sharing is caring!*



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