Public Service Announcement

Diabetes Awareness Month

Start Date: November 13, 2025
End Date: November 30, 2025
Nunavut-wide **75 sec**

November is Diabetes Awareness Month. Diabetes is a chronic condition where the body struggles to control blood sugar levels. Unmanaged blood sugar levels can lead to severe complications such as heart disease, stroke or kidney disease.

Type 1 diabetes, usually diagnosed in children and young adults, requires daily insulin management. Type 2 diabetes is the most common form of diabetes, and if you're over 40 years old, it is recommended to get tested **at least once every three years**. Certain factors can increase your risk of developing Type 2 diabetes, such as having relatives who have diabetes, having high blood pressure or high cholesterol, or having low physical activity levels.

Preventing or delaying Type 2 diabetes is possible through lifestyle changes, such as:

- Limiting alcohol consumption and quitting or reducing smoking.
- Choosing country food when available.
- Eating balanced meals when accessing store bought food.
- Aiming for 30-60 minutes of activity on most days, for example, hunting, housework or walking.
- Attending regular health check-ups.

For more information about diabetes, visit www.livehealthy.gov.nu.ca or talk with your local healthcare provider at your community health centre.

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Media Contact:

Charmaine Deogracias
Manager of Communications
Department of Health
867-975-5712
CDeogracias@gov.nu.ca

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