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DOH-Citrus Recognizes National Diabetes Awareness Month

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Citrus County, Fla. — The Florida Department of Health in Citrus County (DOH-Citrus) emphasizes the importance of diabetes prevention and management during National Diabetes Awareness Month, recognized annually in November.

There are two main types of diabetes. In type 1 diabetes, which is not preventable, the body cannot produce enough insulin, requiring insulin treatment. In type 2 diabetes, the body makes insulin, but the insulin does not work. Type 2 diabetes is most common; however, it can be preventable by practicing a [healthy lifestyle](#).

Diabetes Prevention and Management

Several lifestyle factors can help individuals prevent or manage diabetes:

- **Stay active:** Regular physical activity helps the body use insulin more easily. It is recommended for adults to exercise 30 minutes per day, five days a week. Walking is one of the easiest ways to start.
- **Nutritious eating:** Healthy eating plays an important role in lowering the risk for type 2 diabetes. A diet with whole grains, healthy fats, non-starchy vegetables, and reduced sugar can help the body better regulate insulin.
- **Manage stress:** Adding stress-reducing activities into daily routines can help maintain normal blood sugar levels. Getting enough sleep is key to reducing stress. Adults should aim for seven to nine hours of sleep per night.

Type 1 Diabetes Early Detection Program

This year, the Florida Legislature passed [Senate Bill 958](#), Type 1 Diabetes Early Detection Program. The Florida Department of Health, in collaboration with school districts throughout the state, has developed informational materials for the early detection of type 1 diabetes for parents and guardians of students. This program promotes early detection of type 1 diabetes in children by educating parents and guardians on risk factors, warning signs, screening, and recommendations.

DOH-Citrus Diabetes Education Programs

The Prevent2T Curriculum helps those with pre-diabetes manage the symptoms of diabetes and work toward improving their overall health, with the overall goal of preventing type 2 diabetes.

The Diabetes Empowerment Education Program (DEEP) is designed for individuals living with diabetes. DEEP provides participants with the tools to manage their disease and live healthier lives.

The Diabetes Support Group, which meets monthly, provides ongoing support for those living with diabetes or pre-diabetes. For more information or to register call 352-513-6083.

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