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DOH-Escambia Recognizes National Diabetes Awareness Month

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Pensacola, Fla. — The Florida Department of Health in Escambia County (DOH-Escambia) 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.

RESET: Small Steps, Big Change

DOH-Escambia offers the RESET: Small Steps, Big Change Program, part of the National Diabetes Prevention Program. Designed for adults with prediabetes or who are at risk for type 2 diabetes, this evidence-based lifestyle change program can prevent or delay the development of the disease by more than 58%. Visit Escambia.FLHealth.gov to learn more or sign up.

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