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IMMEDIATE RELEASE

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Date: November 13, 2026

November is American Diabetes Month

Crystal Falls and Kingsford, Michigan – November 2026. According to the American Diabetes Association (ADA), every 21 seconds someone in the U.S. is newly diagnosed with diabetes. November is American Diabetes Month. This month serves as an opportunity to raise awareness that a diagnosis is not the end of the story. Throughout the month of November, the ADA will be running a national educational and awareness campaign celebrating the progress made in diabetes care, the contributions that made progress possible, and the push for continued breakthroughs. You may notice some of their ads at cinemas, in doctor's offices, through sports, in online forums, and on TV. No matter where people are on their diabetes journey, the ADA has programs and resources available to support them in living well. Knowing your risk and being aware of the symptoms of diabetes is important. Early detection and treatment can prevent or delay diabetes and diabetes related complications, including heart, kidney, and eye disease, nerve damage, and more. People with a family history of type 1 diabetes should talk with their provider about getting screened to find out if they have it or the autoantibodies that put them at risk for developing it. You can develop type 2 diabetes at any age, even during childhood. Some risk factors of type 2 diabetes include being overweight or obese, age 35 or older, family history of diabetes, sedentary lifestyle, or history of gestational diabetes.

The WIC program has a registered dietician available to meet with pregnant moms who meet the program requirements that have been diagnosed with gestational diabetes and need more education or support. WIC is currently available to women who are currently pregnant, postpartum (up to 6 months after the end of a pregnancy), or breastfeeding (up to the infant's first birthday), infants, and children up to their fifth birthday depending on income requirements. Income guidelines are available at didhd.org, under Community Health Services, WIC. If you are interested in scheduling a WIC appointment, please contact our office at 906-265-9913 (Iron County) or 906-774-1868 (Dickinson County). For more information on diabetes, visit diabetes.org.

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