



**Press Release**  
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## **Staying Healthy Through the Holidays: Diabetes Management Tips**

*Knox County Hospital District shares advice to help manage diabetes and enjoy the festive season.*

KNOX CITY, Texas (Dec. 13, 2024) – The holidays are a time of celebration, gatherings, and plenty of tempting foods. For those managing diabetes, this season can present unique challenges. Knox County Hospital District (KCHD) encourages everyone to enjoy the festivities while prioritizing health with these simple, practical tips.

“Holiday events are filled with treats and rich foods, making it easy to lose track of healthy habits,” said Dr. Ruth Ebangit at Knox City Clinic. “With a little planning, you can indulge in the season while staying on top of your diabetes management.”

### **Stick to Your Routine and Stay Consistent**

Holiday schedules can be unpredictable, but maintaining your routine helps manage blood sugar levels. Try to stick to regular meal times, even if there’s a big dinner planned. Skipping meals can lead to overindulging later and cause blood sugar spikes. Carry a healthy snack, such as nuts, yogurt, or a piece of fruit, to help keep you on track if meals get delayed.

“Consistency is key,” Dr. Ebangit explained. “Eating balanced meals throughout the day can help you avoid extreme highs and lows in your blood sugar.”

### **Make Smart Food Choices**

When faced with holiday spreads, focus on healthier options like fresh vegetables, fruits, lean proteins, and whole grains. Instead of sugary desserts, opt for naturally sweet snacks like apples, berries, or nuts. If you’re cooking or bringing a dish, consider recipes with less sugar or healthier substitutes. Swap out refined carbs for whole-grain alternatives and use herbs and spices instead of heavy sauces for flavor.

“Choosing healthier alternatives doesn’t mean you’re missing out,” Dr. Ebangit said. “You can still enjoy delicious holiday flavors without compromising your health.”

### **Keep Moving and Stay Active**

Physical activity is an effective way to manage blood sugar levels and reduce holiday stress. Whether it’s a family walk, dancing at a party, or a quick workout, staying active helps balance those holiday indulgences. Try scheduling an active outing, like a game of touch football or a nature hike, to blend fun with exercise. Staying hydrated also supports energy levels and helps control cravings.

“Don’t underestimate the power of movement,” Dr. Ebangit added. “Even small activities like a 10-minute walk after a meal can make a big difference.”

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#### **Watch Your Portions and Pace Yourself**

Holiday meals can often lead to overeating. Be mindful of portion sizes by using smaller plates, starting with vegetables or salads, and eating slowly. Giving yourself time between bites helps your body recognize when you're full. Consider pausing before going back for seconds to assess if you're still maintaining control.

"Portion control helps you enjoy holiday meals without going overboard," Dr. Ebangit said. "Taking your time to savor your food makes the experience more enjoyable and healthier."

#### **Know Your Risk and Get Screened**

Millions of Americans are at risk for developing diabetes, particularly those who are over 35, overweight, or have a family history of the disease. Early detection is crucial. Knox County Hospital District offers diabetes screenings to help identify risk factors and provide guidance for prevention and management. Understanding your risk can empower you to take steps toward healthier habits.

"The holidays are a great time to reflect on your health," Dr. Ebangit noted. "A simple screening can give you the information you need to take control of your well-being."

#### **Support Close to Home**

If you need support or guidance during the holidays, Munday Clinic and Knox City Clinic are here to help. Whether you need a diabetes screening, management tips, or general healthcare services, local care is always within reach. The dedicated staff at KCHD is committed to providing personalized care to help you stay healthy year-round.

"Spending time with friends and loved ones makes the holiday season so special," Dr. Ebangit adds. "So, taking the time to prioritize your health and safety means you will be able to enjoy this time of year better."

#### **About Knox County Hospital District**

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education, and more. For additional information, please call 940-657-3535 or visit [www.knoxhospital.org](http://www.knoxhospital.org).

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