



Press Release
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Healthy Eating Habits Can Help Prevent Diabetes

Knox County Hospital District promotes nutrition and regular exams

Knox County, TX (August 15, 2025) — Good health starts with everyday choices—especially what’s on your plate. Knox County Hospital District (KCHD) is encouraging residents to take a proactive approach to preventing diabetes by combining balanced nutrition with regular wellness exams.

“Food is one of the most powerful tools we have,” said Chris Scott-FNP at the Munday Clinic. “When patients focus on eating well and keeping regular checkups, we can often prevent complications before they start.”

A Growing Health Concern

Diabetes—particularly type 2—affects millions of Americans, often without obvious warning signs. According to the Centers for Disease Control and Prevention (CDC), more than 38 million people in the U.S. are living with diabetes, and another 96 million have prediabetes. Many don’t know they’re at risk.

Unchecked, diabetes can lead to serious problems such as heart disease, kidney damage, nerve pain, and vision loss. “The good news is that type 2 diabetes is often preventable,” Scott said. “By eating smarter, moving more, and scheduling yearly wellness visits, you can take control of your health.”

Recognizing the Early Signs

Diabetes can develop gradually, and mild symptoms may be overlooked. Fatigue, blurred vision, frequent urination, increased thirst or hunger, slow-healing sores, and unexplained weight changes can all signal changes in blood sugar levels.

“People sometimes chalk these up to stress or aging,” Scott explained. “But even small symptoms are worth checking out. Early detection allows for easier and more effective management.”

Nutrition as the First Line of Defense

Healthy eating is one of the most effective tools for both prevention and management. A balanced approach includes fiber, lean protein, healthy fats, and portion awareness. Fiber—found in vegetables, beans, fruits, and whole grains—slows the rate at which sugar enters the bloodstream. Protein and healthy fats help with satiety and reduce cravings for sugary snacks.

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“You don’t have to overhaul your entire diet overnight,” Scott said. “Start small, make one change at a time, and keep going. Those small steps add up.”

Simple swaps to steady blood sugar:

- Choose whole grains (brown rice, oats, whole-wheat pasta) instead of refined grains.
- Replace sugary drinks with water, sparkling water, or unsweetened tea.
- Build meals around vegetables and lean proteins; add fruit for natural sweetness.
- Keep healthy snacks on hand: nuts, plain yogurt, hummus with veggies.
- Limit highly processed foods that hide added sugars and excess sodium.

Why Movement Matters

Physical activity complements a healthy diet by helping the body use insulin more effectively. Aim for at least 150 minutes of moderate movement each week—about 30 minutes a day, five days a week. Walking, gardening, dancing, or even housework can all count toward the goal.

“Move more and sit less,” Scott said. “Even short walks after meals can make a difference.”

Living Well With Diabetes

For those already diagnosed, KCHD offers patient-focused care plans that can include nutrition counseling, medication management, regular lab monitoring, and education on tracking blood sugar. The goal is to help patients feel better and enjoy a higher quality of life.

“A diagnosis is not the end of the road—it’s a new starting point,” Scott emphasized. “With the right support, many people experience better energy, better sleep, and more confidence in managing their health.”

The Importance of Annual Exams

Even if you feel healthy, KCHD recommends scheduling a wellness exam every year. These visits allow your provider to check important health markers like A1C, cholesterol, and blood pressure—key indicators in identifying diabetes risk early.

“Preventive care gives us a chance to act before problems become serious,” Scott said. “It’s one of the simplest and most effective ways to protect your health.”

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Residents are encouraged to call now to schedule a wellness exam and talk with their provider about nutrition and diabetes prevention. For families in Munday, please contact the Munday Clinic at 940-422-5271. Those in Knox City and surrounding areas can reach the Knox City Clinic at 940-657-3906.

About Knox County Hospital District

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. Services include 24-hour emergency care, diagnostic imaging, laboratory testing, long-term care, home health, physical therapy, patient education, and preventive care. For more information, visit www.knoxhospital.org or call 940-657-3535.

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