



**Press Release**

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## **Clarity and Confidence for the Diabetic After the Holidays**

*Practical food preparation and healthy routines support diabetes management in the new year*

KNOX CITY, Texas (Jan. 16, 2026) — With the holidays behind us and a new year underway, many individuals are refocusing on their health and wellness goals. For the diabetic, this season is an ideal time to gain clarity and confidence around food preparation, daily habits, and practical choices that support long-term health. At Knox County Hospital District, medical providers are encouraging those living with diabetes to approach the new year with understanding, balance, and realistic steps toward better wellness.

Living with diabetes does not require perfection or extreme lifestyle changes. Instead, consistent habits, informed food choices, and regular physical activity can help individuals manage their condition while maintaining a full and active life.

“After the holidays, it’s common for people to feel uncertain about what they should be eating or how to get back into a healthy routine,” said Chris Scott-FNP. “For the diabetic, the focus should be on learning what works for their body and building meals that provide steady energy and better blood sugar control.”

One of the most effective strategies in diabetes management is developing a clear approach to meals and food preparation. Planning meals ahead of time, paying attention to portion sizes, and choosing nutrient-rich foods can reduce stress and help stabilize blood glucose levels throughout the day.

“When people understand how different foods affect their blood sugar, they feel more confident and more in control,” Scott explained. “Food preparation becomes a tool for wellness rather than something to fear.”

Balanced meals often include vegetables, lean proteins, whole grains or other complex carbohydrates, and healthy fats. Medical providers also encourage limiting sugary beverages, which can cause blood sugar to rise quickly, and choosing water or other low-sugar options instead.

Physical activity is another important component of diabetes care. Regular movement helps the body use insulin more effectively, supports heart health, and improves overall energy levels. Even moderate activity, such as walking or light strength exercises, can provide meaningful benefits when practiced consistently.

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## Clarity and Confidence for the Diabetic After the Holidays

Page 2

“Exercise doesn’t have to be intense to make a difference,” said Scott. “What matters most is finding activities that are enjoyable and sustainable. Movement paired with healthy eating can significantly support diabetes management.”

According to national health data, Type 2 diabetes accounts for the majority of diabetes cases and is often influenced by factors such as age, family history, weight, and lifestyle habits. Diabetes and prediabetes can often be identified through a simple blood test, making early detection and ongoing monitoring essential.

“At Knox County Hospital District, education and access are central to how we care for our community,” said Stephen Kuehler, CEO. “When individuals understand their condition and feel supported by knowledgeable medical staff, they are far more likely to make choices that protect their health over the long term.”

Kuehler emphasized that managing diabetes is a partnership between patients and their healthcare team. “Our providers take the time to listen, educate, and guide patients through practical steps they can take every day,” Kuehler said. “Our goal is to help the diabetic feel informed, empowered, and supported.”

Regular check-ins with a medical provider allow for personalized guidance, routine monitoring, and timely adjustments as health needs change. These visits also provide an opportunity to address questions, discuss challenges, and reinforce healthy habits.

“Diabetes requires attention, but it does not define a person’s future,” Scott added. “With the right knowledge and support, individuals can lead active, fulfilling lives while managing their condition.”

As the new year begins, Knox County Hospital District encourages residents to view this season as a fresh start—one focused on clarity, preparation, and steady progress toward better health.

Individuals interested in diabetes screening, nutrition guidance, or wellness support are encouraged to schedule an appointment at one of Knox County Hospital District’s clinics. Appointments are available at the Knox City Clinic by calling 940-657-3535, or at the Munday Clinic by calling 940-422-4321.

### **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).