



Press Release
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Healthy Holidays: Diabetes Tips for a Joyful Season

Reeves Regional Health offers strategies to help manage diabetes during the festive season.

PECOS, Texas (Dec. 18, 2024) – The holiday season brings joy, celebration, and plenty of delicious food. While it’s a time of indulgence for many, it can be particularly challenging for those managing diabetes. Reeves Regional Health encourages everyone to stay healthy and mindful this season with practical tips for balancing holiday cheer and wellness.

“Holiday gatherings often revolve around food, making it easy to stray from healthy habits,” said Dr. Martina B. Swinger. A distinguished board-certified family practice physician and surgical obstetrician at Reeves Regional Rural Health Clinic. “With a little preparation and awareness, you can enjoy the festivities without compromising your health.”

According to the Centers for Disease Control and Prevention (CDC), diabetes affects over 38 million Americans and is one of the leading causes of death. Maintaining a healthy routine, even during the holidays, can make a big difference in managing diabetes.

Plan Ahead for Success

Holiday schedules can be unpredictable, but having a plan helps you stay on track. If you’re attending a gathering, eat a balanced snack beforehand to avoid overeating later. If possible, offer to bring a dish that fits your dietary needs so you have a healthy option available.

Sticking to your usual meal times is essential for blood sugar control. Even with a large meal planned, avoid skipping earlier meals, as this can lead to unstable blood sugar levels and overeating.

Choose Healthier Alternatives

Holiday spreads are often filled with rich and sugary foods. Opt for fresh fruits, vegetables, and lean proteins over high-sugar desserts and carb-heavy dishes. For example, a vegetable platter with hummus or salsa can be a satisfying appetizer.

“Substituting sugary treats with healthier options allows you to enjoy holiday flavors without the guilt,” Dr. Swinger said. “Simple swaps, like choosing fruit over sweets or sparkling water over sugary drinks, can go a long way.”

Stay Active and Engaged

Physical activity is an excellent way to balance holiday indulgences. Whether it’s a post-meal walk, a dance session with family, or a fun game outdoors, staying active helps manage blood sugar levels and reduces stress.

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“Movement doesn’t have to be a chore,” Dr. Swinger added. “Incorporate fun activities that get everyone involved and keep the focus on spending quality time together.”

Mind Your Portions

Holiday feasts can tempt anyone to overeat. Practice portion control by using smaller plates, starting with vegetables, and eating slowly to give your body time to feel full. Consider pausing before going back for seconds to decide if you’re truly hungry.

Being aware of your portion sizes can prevent blood sugar spikes and support overall health. If you’re at risk for diabetes, maintaining healthy eating habits is especially important.

Know Your Risk and Get Screened

Millions of Americans are at risk for developing diabetes, especially those over age 35, individuals with a family history of diabetes, and people who are overweight. The CDC reports that early detection and lifestyle changes can help prevent or delay the onset of the disease.

Reeves Regional Health offers diabetes screenings to help identify those at risk and provide guidance for managing or preventing the disease.

“With the right strategies, you can enjoy all the wonderful moments the season has to offer while keeping your health a priority,” Dr. Swinger said. “And remember, if you need support or health services, Reeves Regional Rural Health Clinic is here for you.”

To learn more about diabetes care and screenings, call Reeves Regional Rural Health Clinic at 432-447-0565 or visit www.reevesregionalhealth.com.

About Reeves Regional Health

Reeves Regional Health (RRH), formally known as Reeves County Hospital District, provides healthcare services for Reeves County and neighboring West Texas communities. Founded in 1954, RRH, a Level IV Trauma Center, offers various medical services, including emergency care, diagnostic imaging, physical therapy, general surgery, a clinical laboratory, and more. RRH also operates Reeves Regional Home Health and Hospice, and Reeves Regional Rural Health Clinic. In November 2022, RRH began serving patients from a new \$115 million, 140,000-square-foot campus. For more information, please visit www.reevesregional.com.

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