

November 4, 2025

## **DOH-Monroe Hosts Multiple Events in Recognition of National Diabetes Awareness Month**



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**Monroe County, Fla. —** The Florida Department of Health in Monroe County (DOH-Monroe) invites the public to attend multiple events scheduled throughout the Florida Keys during the month of November 2025. In observance of National Diabetes Awareness Month, recognized annually in November, these events emphasize the importance of diabetes prevention and management.

Registration is not required for the following free events:

- November 14, 2025  
11:00 a.m. – 3:00 p.m.  
Community Health of South Florida, Inc.  
Key West Health Center  
727 Fort St.  
Key West, FL 33040  
Event description: Nutrition presentation provided by Community Health of South Florida Inc. and Lower Keys Medical Center, free glucose and blood pressure screenings, free glucose monitoring kits and blood pressure cuffs (provided by DOH-Monroe, while supplies last), free gift cards for those who complete full screenings (while supplies last), prizes and giveaways, lite bites provided.
- November 18, 2025  
10:30 a.m. – 11:00 p.m. -- Screenings provided by Rural Health Network.  
11:00 a.m. – 12:30 p.m. – Diabetes presentation by Dr. Frank Lavernia.  
Key West Library  
700 Fleming Street  
Key West, FL 33040  
Event description: diabetes presentation, free glucose and blood pressure screenings, and free glucose monitoring kits and blood pressure monitors (while supplies last.)

- November 18, 2025  
 4:30 – 5:00 p.m. -- Screenings provided by Rural Health Network.  
 5:00 – 6:30 p.m. – Diabetes presentation By Dr. Frank Lavernia.  
 Big Pine Library  
 213 Key Deer Blvd.  
 Big Pine Key, FL 33043  
 Event description: diabetes presentation, free glucose and blood pressure screenings, and free glucose monitoring kits and blood pressure monitors (while supplies last.)
- November 19, 2025  
 10:00 a.m. – 11:00 p.m. -- Screenings provided by Las Marinas Medical Center.  
 11:00 a.m. – 12:30 p.m. – Diabetes presentation.  
 Islamorada Library  
 81830 Overseas Hwy.  
 Islamorada, FL 33036  
 Event description: diabetes presentation, free glucose and blood pressure screenings, and free glucose monitoring kits and blood pressure monitors (while supplies last.)
- November 19, 2025  
 1:00 – 4:00 p.m. -- Screenings provided by Game Changer mobile unit – UM Sylvester Comprehensive Cancer Center.  
 2:00 p.m. – 3:30 p.m. – Diabetes presentation.  
 Key Largo Library  
 101485 Overseas Hwy.  
 Key Largo, FL 33037  
 Event description: diabetes presentation, free glucose and blood pressure screenings, and free glucose monitoring kits and blood pressure monitors (while supplies last.)
- November 20, 2025  
 12:30 – 1:00 p.m. – Screenings provided by DOH-Monroe.  
 1:00 – 2:30 pm. – Diabetes presentation.  
 Marathon Public Library  
 3490 Overseas Hwy.  
 Marathon, FL 33050  
 Event description: diabetes presentation, free glucose and blood pressure screenings, and free glucose monitoring kits and blood pressure monitors (while supplies last.)
- November 20, 2025  
 3:00 – 5:00 p.m. –Screenings provided by Game Changer mobile unit – UM Sylvester Comprehensive Cancer Center.  
 4:00 – 5:30 pm. – Diabetes presentation by Dr. Frank Lavernia.  
 Coral Isles Church  
 90001 Overseas Hwy.  
 Tavernier, FL 33070  
 Event description: diabetes presentation, free glucose and blood pressure screenings, and free glucose monitoring kits and blood pressure monitors (while supplies last.)

There are two main types of diabetes. In type 1 diabetes, which is not preventable, the body cannot produce enough insulin, requiring insulin treatment. In type 2 diabetes, the body makes insulin, but the insulin does not work. Type 2 diabetes is most common; however, it can be preventable by practicing a [healthy lifestyle](#).

## Diabetes Prevention and Management

Several lifestyle factors can help individuals prevent or manage diabetes:

- **Stay active:** Regular physical activity helps the body use insulin more easily. It is recommended for adults to exercise 30 minutes per day, five days a week. Walking is one of the easiest ways to start.
- **Nutritious eating:** Healthy eating plays an important role in lowering the risk for type 2 diabetes. A diet with whole grains, healthy fats, non-starchy vegetables, and reduced sugar can help the body better regulate insulin.
- **Manage stress:** Adding stress-reducing activities into daily routines can help maintain normal blood sugar levels. Getting enough sleep is key to reducing stress. Adults should aim for seven to nine hours of sleep per night.

## Type 1 Diabetes Early Detection Program

This year, the Florida Legislature passed [Senate Bill 958](#), Type 1 Diabetes Early Detection Program. The Florida Department of Health, in collaboration with school districts throughout the state, has developed informational materials for the early detection of type 1 diabetes for parents and guardians of students. This program promotes early detection of type 1 diabetes in children by educating parents and guardians on risk factors, warning signs, screening, and recommendations.

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## About the Florida Department of Health

The Department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.

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