



DECEMBER 2025

LYNN PUBLIC HEALTH NEWSLETTER



NOVEMBER MONTHLY HEALTH THEME:

AMERICAN DIABETES MONTH



November is American Diabetes Month – a time to raise awareness, education, and promote research and prevention about one of the fastest growing chronic diseases that affect many individuals. This year marks the 85th year the American Diabetes Association, a voluntary health organization focused on ending diabetes.

In the United States:

- 136 million Americans have diabetes or prediabetes
- 1.2 million Americans are diagnosed each year with diabetes
- 1 in 3 older adults has diabetes
- Diabetes contributes to the deaths of ~400,000 Americans annually

In Massachusetts:

- 560,400 adults in Massachusetts have diagnosed diabetes
- ~31,000 adults in Massachusetts will be diagnosed with diabetes each year

The most common types of diabetes are:

- Type 1: Occurs when your body does not make insulin or does not make enough insulin. Typically diagnosed in young people, but can develop at any age. There is no way to prevent type 1 diabetes, but if not treated, it can lead to complications and insulin will need to be taken every day.
- Type 2: Occurs when your body does not use insulin properly. Develops most often in middle-aged and older adults, but has been increasing in younger people. Treatment for type 2 diabetes include: an eating plan, physical activity, and medication.
- Gestational Diabetes: Develops only during pregnancy and usually goes away after birth. Can occur due to the placenta hormones potentially blocking the mother's insulin, leading to insulin resistance and can pose health risks when left untreated. Treatment varies from person to person, but can include special meal plans, physical activity, daily blood glucose testing, and insulin injections

Diagnosing and treating diabetes is important because there is potential to develop other diseases that are increased by having diabetes including: heart disease, neuropathy, and eye disease.

For more information, visit: <https://diabetes.org/>

"A healthy attitude is contagious, but don't wait to catch it from others. Be a carrier."
– Tom Stoppard



December Health Themes

Seasonal Affective Disorder Month

Human Rights Awareness Month



Scan the QR code and sign-up to receive updates from the division and our monthly newsletter.



ONGOING FALL & WINTER INITIATIVES

4TH ANNUAL SOCKS AND SCARVES DRIVE

We will be accepting donations during the fall and winter months for **New, Unopened** winter items including, but not limited to: **socks, scarves, hats, mittens, etc.**



If you or someone you know are in need of winter items, come down and pick some up!



Drop Off:

Lynn City Hall
Community Health Resource Room (rm: 108)
3 City Hall Square
Lynn, MA 01901

WINTER COAT DRIVE

Have any unused coats or jackets you no longer wear?

We will be collecting new or lightly used coats and jackets. The collections of coats and jacket we receive will be donated to a local organization.





WALK-IN FLU VACCINATIONS

Every Thursday 11am to 1pm

If you would like to schedule a different day to receive the flu vaccine, or if you or someone you know are a Lynn resident and homebound, please contact us:

Phone: **781-598-4000 ext. 6719**

Email: **lynnpublichealth@lynnma.gov**

WHERE HAS PUBLIC HEALTH BEEN?



**November 13th
Veterans and
Community
Resource Fair**



Left to right: Erini, Nick, and Abdel



LYNN CALM TEAM



Left to right: Jorge, Javier, and Abdel

In October, the Lynn CALM team had **111 community interactions!** Throughout the month, the team connected unhoused residents with essential treatment services and vital resources, offering support when and where it was needed most. They also stepped into community “hot spot” areas, engaging directly with residents to address concerns, ease tensions, and help prevent potential escalation. Beyond outreach, the Lynn CALM team maintains presence in the community by actively participating in local events, including Trunk or Treat, the Stop the Violence: Lynn Against Violence Walk, and volunteering at My Brother’s Table.

Contact Info:

- 781-905-2256(CALM)
- calm@lynnma.gov, for *non-urgent questions*
- 95 Pleasant Street Door #6 Lynn, MA 01901
- www.lynncalmteam.org**

The CALM Team is an unarmed, care-focused team that meets community members where they are.

They can help with:

- *Non-Crisis Mental Health*
- *Assistance for Unhoused Persons*
- *Non-violent Conflicts and Concerns*
- *Mediations between neighbors, families, or youth*
- *Connection to detox and other recovery services*

What school do you go to?

I'm a Senior at Lynn Tech studying Health Technology.

What are your career goals and how would this internship help you achieve them?

One of my career goals is to finish college. Since I am first generation, I would love to get accepted to a really good college and eventually become a pediatric nurse practitioner. I hope this internship will help me overcome my fears communicating with people from all backgrounds, gain hands on experience, and to be able to prepare for both college and future jobs.

What do you like to do for fun?

I love to serve at my local church, Iglesia de Dios de la Profecia as I am a very faith oriented woman. I also like to discover new things like food, sharing moments with my family, and I love music.

MEET OUR NEW CO-OP STUDENT: KIMBERLY

