

Healthy People

November - Diabetes Awareness Month

Some quick facts about diabetes from the American Diabetes Association:

- Almost 30 million people in the United States have diabetes.
- Another 86 million Americans have pre-diabetes and are at risk for getting type 2 diabetes.
- The total cost of diabetes in the United States is about \$245 billion.

Lower Your Risk!

Healthy Weight: Staying at a healthy weight can help you prevent and manage problems like type 2 diabetes, heart disease, high blood pressure, unhealthy cholesterol, and high blood glucose.

Healthy Eating: Eating healthy is one of the most important things you can do to lower your risk for type 2 diabetes and heart disease.

Physical Activity: Physical activity can do a lot for you, even if you haven't been very active lately. Any amount of exercise is better than no exercise at all!

Log on to the American Diabetes Association at <http://www.diabetes.org/are-you-at-risk/lower-your-risk> and check out these tips:

• CheckUp America

Lower your risk for type 2 diabetes and heart disease with CheckUp America.

• Small Steps for Your Health

Making just a few small changes can have a big impact on your weight and health. Learn how to make these changes step-by-step.

• High Blood Glucose

Managing your blood glucose (sugar) can help you prevent and manage type 2 diabetes.

• High Blood Pressure

High blood pressure raises your risk for heart disease, stroke, and other problems. Managing blood pressure can help prevent these problems.

• All About Cholesterol

Unhealthy cholesterol levels can raise your risk for type 2 diabetes and heart disease.

• Age, Race, Gender & Family History

There are some things that affect your risk that you can't change. Being aware of them can help you take smart steps to lower your risk.

• Gestational Diabetes

If you've had gestational diabetes, you're at higher risk of it in future pregnancies and of type 2 diabetes later in life.

• Smoking

Smoking causes a lot of problems in your body and can raise your risk of heart attack or stroke.

• Diabetes and Cancer

Type 2 diabetes and certain cancers share many risk factors. Lower your risk for both.



The theme for 2014 is "America Gets Cooking to Stop Diabetes". For more information, check out the American Diabetes Association website at www.diabetes.org. There will be weekly updates in November including:

- tips on staying healthy during the holiday season
- how to host a food-themed event,
- vote for your favorite recipes!