

NOVEMBER IS DIABETES AWARENESS MONTH!

30.3 million

PEOPLE HAVE **DIABETES**



that's about **1** out of every **10**
1 out of **5** don't know they have **diabetes**
8 out of **10** don't know they have **prediabetes**



You can **MANAGE** diabetes:

-  **EAT HEALTHY**
-  **STAY ACTIVE**
-  **LOSE WEIGHT** (if needed)
-  **WORK WITH A HEALTHCARE PROFESSIONAL**

-  **LOSE WEIGHT** (if needed)
-  **EAT HEALTHY**
-  **BE MORE ACTIVE**

You can **PREVENT** or **DELAY** type 2 diabetes:

Type 2

Diabetes

Risk Factors:

- Being **Overweight**
- Having a **Family History**
- Being **Physically Inactive**
- Being **45 & Older**

Source: <https://www.cdc.gov/diabetes>