



November

2018

American Diabetes Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1</p> <p>Diabetes is one of the leading causes of disability and death in the United States</p>	<p>2</p>	<p>3</p> <p>t can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled</p>
<p>4</p>	<p>5</p> <p>One in 10 Americans have diabetes — that's more than 30 million people.</p>	<p>6</p>	<p>7</p> <p>another 84 million adults in the United States are at high risk of developing type 2 diabetes.</p>	<p>8</p>	<p>9</p> <p>People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes.</p>	<p>10</p>
<p>11</p> <p>These changes include: eating healthy, getting more physical activity, and losing weight.</p>	<p>12</p>	<p>13</p> <p>You can take steps to prevent #diabetes. Learn more: http://1.usa.gov/17Ky9Ji.</p>	<p>14</p>	<p>15</p> <p>Living with diabetes? Check out these recipe ideas for people with #diabetes and their families: http://1.usa.gov/NuYIAh</p>		
<p>18</p>	<p>19</p> <p>Are you at risk for type 2 #diabetes? Take this quiz to find out: http://bit.ly/1o3MPaD</p>	<p>20</p>	<p>21</p>	<p>22</p>		
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>		

Ready to make some healthy changes? Check out 50 ways you can prevent #diabetes: <https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-type-2-diabetes/50-ways>