



**Public Health**  
Prevent. Promote. Protect.

## Diabetes Awareness Month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, getting more physical activity, and losing weight.

### **How can American Diabetes Month make a difference?**

We can use this month to raise awareness about diabetes risk factors and encourage people to make healthy changes.

### **Here are just a few ideas:**

- Make small changes, like taking the stairs instead of the elevator.
- Get regular checkups. Know your blood pressure and cholesterol by having it checked, and ask the doctor about your diabetes risk.
- Ask doctors and nurses about the importance of healthy eating and physical activity.