



NOVEMBER 2021

American Diabetes Month

More than 34 million people in the United States have diabetes—95% have Type 2 diabetes, while the remaining 5% have Type 1. Both types of diabetes center around the inability to control one's blood sugar. American Diabetes Month is intended to raise awareness about this serious disease.

While you can't prevent Type 1 diabetes, Type 2 diabetes is largely preventable. Making the following six lifestyle changes can greatly reduce your risk of developing the disease:

1. Manage your weight.
2. Increase your activity level.
3. Talk with your doctor about your risks.
4. Monitor your carbohydrate intake.
5. Maintain a healthy diet.
6. Choose whole grains.

Visit www.diabetes.org to learn more.

Take Action

Awareness only goes so far toward improving your health—you also need to take action. Use this section to track your weekly progress as you establish your healthier lifestyle.

Week 1 (10/31-11/6) – **Create a wellness plan**

What do you want to improve this month? Set a short-term health goal and a plan for achieving it.

Week 2 (11/7-11/13) – **Get started**

Are you ready? Begin your plan and stick to it.

Week 3 (11/14-11/20) – **Look for improvement**

How are you doing? Think about what's working with your plan and if you need to adjust it.

Week 4 (11/21-11/27) – **Reflect**

Did you reach your goal? Consider what worked with the plan and what should change next month.