

American Diabetes 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.

30 MILLION

The number of Americans with diabetes.

84 MILLION

The number of adults at risk of developing type 2 diabetes.



What are the different types of diabetes?


- Type 2 diabetes, which results from a combination of resistance to the action of insulin and insufficient insulin production
- Type 1 diabetes, which results when the body loses its ability to produce insulin
- Gestational diabetes, a common complication of pregnancy.

3

SMALL CHANGES EVERYONE CAN MAKE



TAKE THE STAIRS INSTEAD OF THE ELEVATOR



GET REGULAR CHECKUPS AND ASK ABOUT YOUR RISK LEVEL



REMINDE PEOPLE ABOUT THE IMPORTANCE OF HEALTHY EATING AND PHYSICAL ACTIVITY

HOW TO PREVENT OR DELAY TYPE 2 DIABETES:

If you are at risk for diabetes, you may be able to prevent or delay getting it. If you make these changes, you will get other health benefits as well!

- Losing weight and keeping it off. Weight control is an important part of diabetes prevention.
- Following a healthy eating plan. It is important to reduce the amount of calories you eat and drink each day, so you can lose weight and keep it off.
- Get regular exercise. Exercise has many health benefits, including helping you to lose weight and lower your blood sugar levels.
- Don't smoke. Smoking can contribute to insulin resistance, which can lead to type 2 diabetes.
- Talk to your health care provider to see whether there is anything else you can do to delay or to prevent type 2 diabetes.

