

November is National Diabetes Awareness Month

This month raises awareness about diabetes risks factors and encourage people to make healthy changes. [World Diabetes Day](#) is November 14. According to the International Diabetes Federation, it is the world's largest diabetes awareness campaign, reaching a global audience of over 1 billion people in more than 160 countries. The campaign draws attention to issues of paramount importance to the diabetes world and keeps diabetes firmly in the public and political spotlight.

Key Statistics

Did you know that 29.1 million people in the United States have diabetes, and an estimated 86 million people age 20 years or older have prediabetes? And, one in four people who have diabetes don't even know they have it. That's why it's so important to understand what diabetes is, and how to recognize the signs. After all, the more you know, the more informed decisions you can make about your health.

Managing Diabetes

Diabetes can affect many aspects of your life and can cause serious health problems over time. The good news is, you can help keep your diabetes under control.

Be Physically Active

Being physically active is especially important if you have diabetes. When combined with healthy eating, it can help keep blood glucose, blood pressure and cholesterol in check.

A Physical activity should consist of:

- Aerobic activities, such as brisk walking.
- Strength exercises two to three times a week, such as lifting hand weights.
- Stretching to increase flexibility, lower stress, and help prevent muscle soreness after physical activity adults should aim for 30 minutes of moderate activity at least five days of the week

Resources & Information

- [American Diabetes Association](#)
- [Centers for Disease Control and Prevention](#)
- [International Diabetes Federation](#)
- [National Institute of Diabetes and Digestive and Kidney Diseases](#)
- [Office of Disease Prevention and Health Promotion](#)