

NATIONAL DIABETES MONTH

In November, National Diabetes Month focuses attention on the growing toll of diabetes on American's health. From the physical, emotional, and social effects to the financial and damaging health consequences, diabetes impacts more than 30 million people in the United States. Also known as American Diabetes Month, the month focus on making healthy changes and reducing the risk of type 2 diabetes.

- Get a physical. Regular checkups let us know where we stand and what changes we need to make. Ask questions, too!
- When we make small changes, we are more likely to stick with them. So, add one or two small changes at a time, instead of huge sweeping changes.
- Keep track of your goals. We are more likely to be honest if we write down our daily intake than if we just guess.
- Get a buddy. It's more fun when we make changes together than if we go it alone.
- Learn more from the [American Diabetes Association](#).

Did you know?

Election day in North Carolina is tomorrow, Nov. 2

Most municipalities in North Carolina conduct elections in odd-numbered years, including 2021. This is when voters choose who will represent them in local government offices, such as mayor and councilperson. Some municipalities may also conduct property tax or other referenda.

