

# NOVEMBER IS AMERICAN DIABETES MONTH®

## Your weekly guide to American Diabetes Month!

Diabetes can come out of nowhere. Even if you're not thinking about it, that doesn't mean diabetes isn't thinking about you. Nearly 50% of American adults have diabetes or prediabetes. Diabetes reaches us all. *Do something about it.*

### *Know your risk in 60 seconds*

One in three American adults is at risk for type 2 diabetes. The first step toward preventing or delaying diabetes is to know your risk. [Take the one-minute risk test](#) to find out. In the anonymous test, you'll provide information about your age, weight, ethnicity and family history to determine your risk level. It's that simple. By understanding your risk, you can take the necessary steps to help prevent or delay type 2 diabetes.



### *Did you know?*

Georgia is in the nation's diabetes belt. That means rates of diabetes are higher in our state than in other parts of the country. Here's a snapshot:

- Approximately **1,121,495 people in Georgia**, or 14.2% of the adult population, **have diabetes**.
- Of these, an estimated **241,000 have diabetes but don't know it**, greatly increasing their health risk.
- In addition, **2,599,000 people in Georgia**, 36.1% of the adult population, **have prediabetes** with blood glucose levels higher than normal but not yet high enough to be diagnosed as diabetes.
- **Every year an estimated 53,000 people in Georgia are diagnosed with diabetes.**

The good news is you can take steps to lower your risk of complications or of developing type 2 diabetes. The sooner you start taking control of your health, the less likely you are to have serious medical complications. Visit [diabetes.org/findaprogram](https://diabetes.org/findaprogram) to find your local ADA-approved diabetes education program.



**Help spread  
the word.**

**#ThisIsDiabetes**

**American  
Diabetes  
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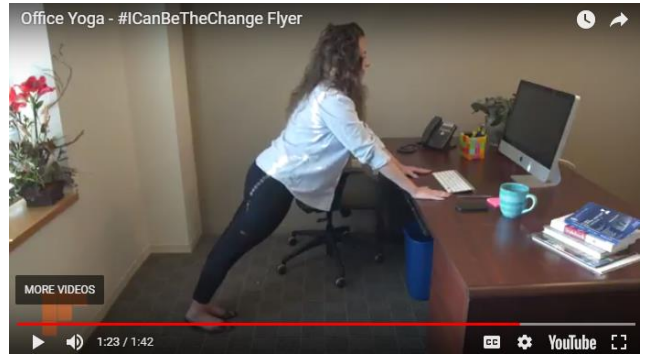
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### Office Yoga!

Hitting the yoga studio after work isn't always easy. But something called office yoga is catching on, and it's exactly what it sounds like. Try [this pose](#) at your desk to add a little activity to your daily office routine!

Want more ideas for healthy living? Check out the #ICanBeTheChange campaign, a partnership of Golden Peanut & Tree Nuts, ShareWIK Health Entertainment and ADA, on social media:

Facebook - [IcanBeTheChange](#)  
Twitter - [IcanBeTheChnge](#)  
Instagram - [IcanBeTheChnge](#)



### Lend your voice to those who need it

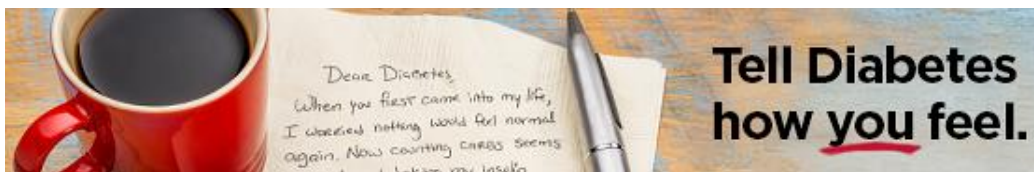


American Diabetes Association advocates raise the voices of individuals and communities, urging policy makers to take action to prevent diabetes, provide access to high-quality affordable health care, fund diabetes research and programs and end discrimination against people with diabetes.

Earlier this year, advocates from 33 states presented Congress with a petition to Make Insulin Affordable with over 235,000 signatures. We need your help to support the cause! Help stand up for people living with diabetes and sign up to be an advocate today at [diabetes.org/advocacywins](https://diabetes.org/advocacywins).

### Join the conversation

Diabetes disease touches us all, and we're asking you to imagine what you would say in a letter to Diabetes. Then share it online using [#DearDiabetes](#). To learn how to help raise awareness about diabetes all month long, visit [diabetes.org/deardiabetes](https://diabetes.org/deardiabetes).



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