

## November is Diabetes Awareness Month

November is Diabetes Awareness Month! Diabetes is the 7<sup>th</sup> leading cause of death in the United States. Diabetes contributes to high blood pressure, heart disease, stroke, and many other complications. Some of the main contributors to Type 2 Diabetes are being overweight, unhealthy diet, and physical inactivity. 1 in 11 American has diabetes, and 86 million Americans are at risk for diabetes. Fortunately, you can take steps to reduce your risk of Type 2 Diabetes!

### **Eating Healthy!**

Try to include more fruits, vegetables, and whole grains in your diet.

Incorporate a variety of foods – Eat a rainbow!

Moderation is key! – Watch your portions at Thanksgiving dinner!

Reduce sugary drinks.

Reduce refined sugary snacks.

### **Stay Active!**

Try to be active for at least 30 minutes each day.

Incorporate walks after meals.

Housework and cleaning counts as physical activity!

Take the stairs instead of the elevator.

Take a bike to close destinations rather than driving.

Stay motivated by getting the family involved!

*Get the family moving after that big turkey day dinner!*