

TIP OF THE WEEK



November is Diabetes Awareness Month

Diabetes is a leading cause of disability and death in the US. One in 11 Americans have it and many more are at risk.

Being overweight, having high blood pressure, or being age 45 or over mean higher risk for developing type 2 diabetes.

The GOOD NEWS is that healthy changes can greatly lower your risk! These include **increasing physical activity** and **eating a healthier diet**.

If you are concerned about your risk, talk to your doctor and ask for help in creating a healthy lifestyle plan to reduce your risk for diabetes and other health issues.


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