

## EMPLOYEE ASSISTANCE PROGRAM

# AMERICAN DIABETES MONTH

November is American Diabetes Month, a campaign to raise awareness and educate the public about the epidemic of diabetes in the United States and encourage prevention. The Centers for Disease Control (CDC) estimate that in 2018, 13 percent of American adults had diabetes, with millions more undiagnosed. But even those individuals who are prediabetic or at high risk can take steps to prevent or delay the onset of type 2 diabetes.

A healthy diet, physical activity, and early treatment can reverse blood sugar levels to a normal range for some people, and even small changes can make a difference.

Here are tips to reduce your risk or help you manage prediabetes or diabetes:

- **Try small but consistent changes in your diet.** Eating well doesn't have to be boring or expensive. The basics of healthy eating include fruits and vegetables, lean meats and plant-based sources of protein, less processed food, less sugar, and avoidance of foods with trans fats.
- **Engage in physical activity at least 150 minutes per week.** Consult your doctor if you haven't been active or are concerned about your health. Find an activity you enjoy, such as walking, biking, gardening, or swimming.
- **Maintain a healthy weight.** Even a weight loss of 2 to 5 percent of your body weight can improve your blood sugar levels, blood pressure, and energy level.



<https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf>