



## November is National Diabetes Month

November is National Diabetes Month, a time when communities across the country seek to bring attention to diabetes. This year's focus is on taking action to prevent diabetes health problems.

“Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves and heart, and it is linked to some types of cancer.

Over 10 percent of Americans have Type 1, Type 2, or gestational diabetes, and tens of millions more remain at risk of developing this chronic condition. While the scientific community has made strides over the past several decades to help patients manage symptoms, too many loved ones must still contend with the daily challenge of managing blood sugar levels, the dangers of long-term health complications, and the frustration of being diagnosed with a disease that has yet to be cured.

### Fast Facts on Diabetes

#### Diabetes

- **Total:** 37.3 million people have diabetes (11.3% of the US population)
- **Diagnosed:** 28.7 million people, including 28.5 million adults
- **Undiagnosed:** 8.5 million people (23.0% of adults are undiagnosed)

#### Prediabetes

- **Total:** 96 million people aged 18 years or older have prediabetes (38.0% of the adult US population)
- **65 years or older:** 26.4 million people aged 65 years or older (48.8%) have prediabetes

Know your NUMBERS, Eat Healthy

### Source

<https://www.census.gov/newsroom/stories/diabetes-month.html#:~:text=%E2%80%9CNovember%20is%20National%20Diabetes%20Month,blood%20sugar%2C%20is%20too%20high>

<https://www.cdc.gov/diabetes/basics/index.html>

