

November is: **American Diabetes Month**

&

Thanksgiving Day is: National Family Health History Day!

NOVEMBER IS AMERICAN DIABETES MONTH®



NOVEMBER
2016
SHARE
YOUR
STORY

Did you know that 1 in 11 Americans today has diabetes? Despite its prevalence, diabetes is an invisible disease. It affects men and women, people young and old, and people of all races, shapes and sizes. Often there are no outward signs from the 29 million Americans who fight this chronic illness every day. That's why there is a critical need to foster awareness and education while breaking down stereotypes, myths and misunderstandings about this growing public health crisis that affects so many of us.



1 in 11
Americans has
diabetes today.



Every **23 seconds**,
someone in the
U.S. is diagnosed
with diabetes.



86 million
Americans are at
risk for diabetes.



Diabetes causes
more deaths than
AIDS and breast
cancer combined.

This is exactly why the American Diabetes Association marks each November as American Diabetes Month: to bring extra attention to the disease and the tens of millions of people affected by it.

This November, the organization will showcase real-life stories of friends, families and neighbors managing the day-to-day triumphs and challenges of diabetes. The 2016 campaign, sponsored by Colgate Total® (National Oral Care Strategic Partner) and Medtronic Diabetes®, invites us to use **#ThisIsDiabetes** to share our personal stories and to start a dialogue about what it really means to live with diabetes.

Diabetes is more than the medications and devices used to manage it. For many, diabetes dictates how they organize their day, what they eat at every meal, how they choose to be physically active and how they spend their money. People with diabetes can have health care costs that are 2.3 times higher than someone without diabetes, as type 1 and type 2 require very specific forms of treatment.

This is how you can get involved.

- SHARE** Share your story, photo or video on social media using #ThisIsDiabetes
- ADVOCATE** Become an advocate to help ensure diabetes gets the attention it deserves
- DONATE** Donate to help make the Association's critical work possible
- POST** Use the new Facebook profile picture frame to tell the world "This Is Diabetes" all month long

Visit diabetes.org/adm or call 1-800-DIABETES

 American Diabetes Association.

#ThisIsDiabetes

There's a way for everybody to participate during American Diabetes Month in November. Share your story, or encourage a friend or family member to share theirs using #ThisIsDiabetes. Be sure to also follow the American Diabetes Association on [Facebook](#), [Instagram](#), and [Twitter](#).

You can also update your Facebook profile picture to help raise awareness, sign up to become an advocate and donate to help the American Diabetes Association continue their critical work. To learn more and view #ThisIsDiabetes stories from around the country, check out diabetes.org/adm.

Check this link for info: <http://www.diabetes.org/in-my-community/american-diabetes-month.html>

Especially of Parents and Children:

Diabetes is a disease that affects the whole family, especially when a child is diagnosed. Whether you're a parent, sibling or other family member, your support and understanding can make all the difference.

1. Diabetes is a disease that affects the whole family, especially when a child is diagnosed. Whether you're a parent, sibling or other family member, your support and understanding can make all the difference.
2. Children, especially African American, Latino, and Native American children are at risk for type 2 diabetes.
3. Being a teenager is hard enough, but being diagnosed with diabetes is a special challenge.
4. Make sure your child's school is prepared to handle diabetes.

5. Strike the right balance between caring and hovering.

Check out more info and resources at for parents and kids by clicking on the following link:

<http://www.diabetes.org/living-with-diabetes/parents-and-kids/?loc=superfooter>



Thanksgiving Day is

National Family Health History Day!

The Surgeon General's Family Health History Initiative

To help focus attention on the importance of family history, the Surgeon General, in cooperation with other agencies with the U.S. Department of Health and Human Services, has launched a national public health campaign, called the Surgeon General's Family History Initiative, to encourage all American families to learn more about their family health history.

Find out more at:

<http://www.hhs.gov/programs/prevention-and-wellness/family-health-history/index.html>