

November is National Diabetes Month

Almost 30 million children and adults in the United States have diabetes, 86 million Americans have prediabetes and 1.4 million Americans are diagnosed with diabetes every year

-American Diabetic Association

Type 2 diabetes risk factors include

CDC

- Being overweight.
- Being 45 years or older.
- Having a parent, brother, or sister with type 2 diabetes.
- Being physically active less than 3 times a week.
- Ever having gestational diabetes or giving birth to a baby who weighed more than 9 pounds.

Race and ethnicity also matter: African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at higher risk for type 2 diabetes.

Know Your ABCs

CDC

Work with your doctor to manage your diabetes ABCs, and keep a record of your numbers. Results will help determine if your treatment plan is working and you're able to stay in your target range—**for example, an A1C of 7%** or less—or if adjustments need to be made. Staying on track will help lower your risk of additional health problems.

- **A**—the A1C test, which measures average blood sugar over 2 to 3 months.
- **B**—blood pressure, the force of blood flow inside blood vessels.
- **C**—cholesterol, a group of blood fats that affect the risk of heart attack or stroke.
- **s**—stop smoking or don't start.

- **Click on “Diabetes” on our webpage for more articles:** <https://www.bnl.gov/hr/ocmed/hpp/>
- Don't forget to take the diabetes risk test <http://main.diabetes.org/dorg/PDFs/risk-test-paper-version.pdf>
- More info on CDC: It's Your Life. Treat Your Diabetes Well. <https://www.cdc.gov/features/livingwithdiabetes/>