**National Diabetes Month**

**DIABETES – BY THE NUMBERS**

- **Nearly 26 Million**
  - Children and adults in the United States have diabetes.

- **Another 79 Million**
  - Americans have pre-diabetes and are at risk for developing type 2 diabetes.

- **In the average company,**
  - **$900,000**
    - is the projected increase in annual cost if 50% of employees with pre-diabetes develop diabetes.

- Total costs associated with diabetes in 2012:
  - **$245 Billion**

- According to the ADA, losing just 7% of your body weight (which translates to 15 pounds if you weigh 200 pounds) and exercising can reduce your risk for type 2 diabetes by 58%.

**THE ABC’S OF DIABETES**

- **A – A1C**
  - Checking your A1C allows you to see your blood glucose average for the past 2-3 months. This allows you to see trends in high or low blood glucose levels.

- **B – Blood Pressure**
  - Higher blood pressure means the heart has to work much harder to pump blood. Risk of developing diabetes raises with high blood pressure.

- **C – Cholesterol**
  - Your cholesterol levels are affected by high blood pressure and high blood glucose. This increases your risk of developing diabetes.

**WHAT CAN I DO?**

- **Eat healthy!**
  - Maintaining a healthy weight is one of the best ways to help lower your risk of developing type 2 diabetes. Ensure you are making healthy choices at home, as well as work to support your health.
  - • Bringing food from home allows you to control calories and ingredients in your food.
  - • Stock healthy snacks (fresh veggies, fruits, or whole wheat crackers) in your desk.
  - • Choose colorful salads in the cafeteria and skip the creamy dressing.
  - • Choose grilled lean meats without heavy sauces or breading for a healthy lunch or dinner.

- **Get active!**
  - Physical activity is a great way to reduce your weight and the risk of developing diabetes.
  - **Aerobic Exercise**
    - • Get outdoors and take a brisk walk.
    - • Try out an aerobics class, like Zumba.
    - • Get up from your desk at least once an hour and take a lap around the office.
  - **Strength Training**
    - • Perform body weight exercises (squats, push ups) several times per week.
    - • Use resistance bands if you are traveling or working from home.
    - • Try out a strength and toning class.

- **Get rid of stress!**
  - Prolonged stress can lead to increased blood glucose levels and blood pressure. Stress management coping techniques are vital to disease management. Coping techniques can include:
    - • Maintaining a regular physical activity routine
    - • Deep breathing
    - • Progressive muscle relaxation
    - • Maintaining a positive mental outlook
    - • Having open lines of communication with your doctor regarding your care management

**Sources:**