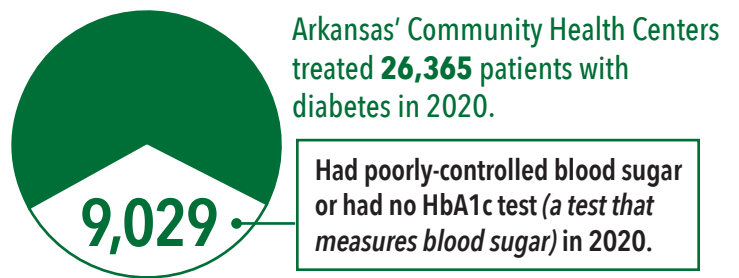
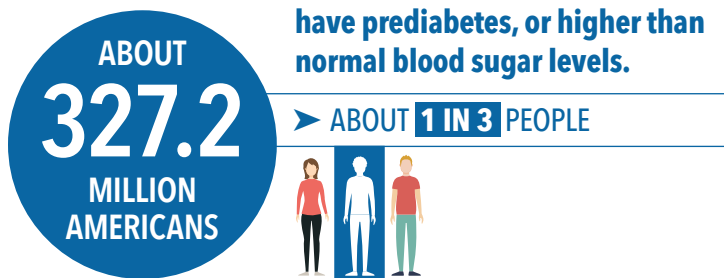
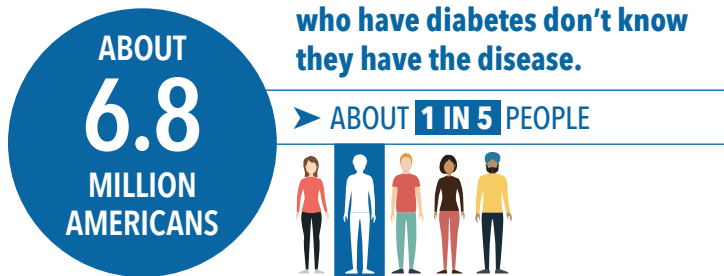
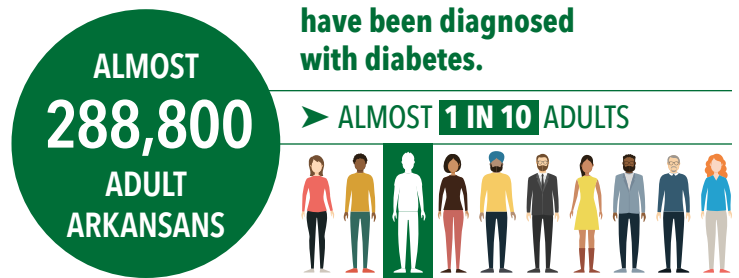
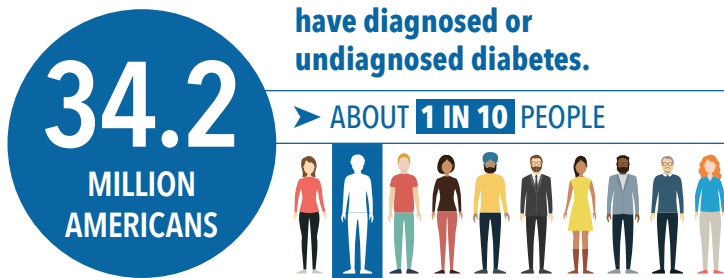


NOVEMBER IS AMERICAN DIABETES MONTH

Diabetes is a disease that occurs when your **blood glucose**, also called **blood sugar**, is too high. Over time, having too much glucose in your blood can cause problems, such as heart disease, nerve damage, eye problems, and kidney disease. You can take steps to prevent diabetes or manage it.

U.S. FIGURES ARE FROM 2018; ARKANSAS FIGURES ARE FROM 2014, EXCEPT WHERE NOTED.



ARE YOU AT RISK FOR DIABETES?

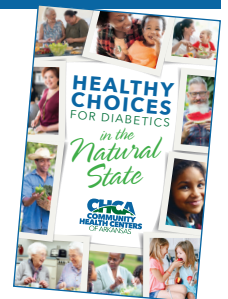
About **1.5 million people** who are 18 years or older diagnosed will be diagnosed with new cases of diabetes in 2018. Are you at risk? Some of the warning signs are:

- Being overweight.
- Having a family history of diabetes.
- Not being physically active.
- Being 45 or older.

HOW DO YOU MANAGE DIABETES AND TYPE 2 DIABETES?

You can manage diabetes and prevent or delay type 2 diabetes by:

- Working with a health professional at your community health center.
- Losing weight if needed and staying active.
- Eating healthy. (Download our helpful guide at www.chc-ar.org/health-infographics.)



TO LEARN MORE ABOUT DIABETES AND LIVING WITH DIABETES, VISIT WWW.CDC.GOV/DIABETES.

To find a health center, visit www.chc-ar.org/health-center-list or call **501-374-8225**.

SOURCE: www.niddk.nih.gov/health-information/diabetes • www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes • www.healthy.arkansas.gov/programs-services/topics/diabetes • www.cdc.gov/diabetes/library/socialmedia/infographics/diabetes.html • www.cdc.gov/diabetes/pdfs/library/Diabetes-Report-Card-2019-508.pdf

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