**Don’t Feed the Diabetes National Diabetes Awareness Month 2021 – Newsletter Copy**

|  | **NEWSLETTER CONTENT** |
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| **IMAGE** | Download Image: Diabetes Month Badge - DFTD NDAM 2021 - TOOLKIT.jpg |
| **COPY #1**  **(SPREAD THE WORD)** | November is National Diabetes Awareness Month. More than 45 percent of Monterey County adults have prediabetes or type 2 diabetes. It’s more important than ever that we all work together to make better choices for healthier living in our community. Don’t Feed the Diabetes keeps our county informed with resources and programs to help prevent or manage type 2 diabetes.  **Visit the National Diabetes Awareness Month toolkit webpage to help spread the message with your neighbors, colleagues, family, and friends.** The toolkit makes it easy — simple as copy and paste — to share and connect our community to resources and programs on a wide array of platforms.  [www.DontFeedTheDiabetes.com/NationalDiabetesMonth](http://www.DontFeedTheDiabetes.com/NationalDiabetesMonth) |
| **COPY #2**  **(TAKE ACTION)** | How can I help my community stay healthy and keep type 2 diabetes out of Monterey County during National Diabetes Awareness Month? Great question. Don’t Feed the Diabetes tees up three easy steps you can take today.  **Step 1: Know your risk**  Diabetes can increase your risk for health complications, including your heart, eyes, kidneys, and nerves. It is also the seventh-leading cause of death in the United States. Knowing your risk is the key to helping you avoid type 2 diabetes.  Learn more and discover your personal risk at [www.DontFeedTheDiabetes.com](http://www.DontFeedTheDiabetes.com) by clicking the “What’s Your Risk?” button.  **Step 2: Talk to your doctor**  If you are at risk, speak with your doctor about including an A1C test in your regular set of labs. Your A1C shows your average levels of blood sugar over the past three months.  Ultimately, this test helps your doctor diagnose any possibility of prediabetes or type 2 diabetes. If you are already a diagnosed diabetic, this critical test will assist your doctor in setting treatment goals and helping you manage your diabetes. With proper care, you can significantly reduce your risk of health complications.  **Step 3: Tell a friend**  Now that you know a little bit more about diabetes, please share this information with your friends and family. In fact, more than a third of adults in our country have prediabetes, and 84 percent of them don’t know they have it. In most cases, type 2 diabetes, which accounts for 90 to 95 percent of all diagnosed cases of diabetes, can be prevented with lifestyle changes.  Together, we can make better choices for healthier living in Monterey County. |