



## **November is National Diabetes Month Make a Plan to Prevent Diabetes and Its Complications**

November is National Diabetes Month and the **WV Diabetes Prevention and Control Program** is partnering with the National Diabetes Education Program (NDEP) to raise awareness about the importance of setting goals and making a plan to prevent type 2 diabetes and diabetes-related complications.

Diabetes affects nearly 26 million Americans and an estimated 79 million people are at risk for developing the disease. In **West Virginia** 229,379 people have been diagnosed with diabetes and an estimated 62,162 are at risk for developing the disease.

Even if you know what to do to improve your health, figuring out how to do it and fitting it into your daily routine can be a big challenge. Even small changes – such as losing a small amount of weight and becoming more active can go a long way in preventing type 2 diabetes, as well as managing the disease.

Being physically active can help in the management of diabetes because it helps burn more calories and can help a person maintain a healthy weight. For people at high risk for developing type 2 diabetes, losing ten pounds – if you weigh 200 pounds – can make a big difference in lowering your risk.

Making changes in how you care for your health is a matter of trying and learning. It's all about choosing a goal and working toward it. Making a plan and taking the first step will help you reach your goal.

1. Think about what is important to your health. What are you willing and able to do?
2. Decide what your goals are. What changes do you want to make? Choose one goal to work on first.
3. Decide what steps will help you reach your goal.
4. Pick one step to try this week.

For information about prevention of type 2 diabetes and diabetes - related complications visit [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) or call 1-888-693-NDEP (6337); TTY: 1-866-569-1162.