**November – Preventing & Managing Diabetes**

**Subject:** Take Control of Diabetes: Prevention and Management Resources

November is **National Diabetes Month**, a great time to focus on how we can prevent and manage diabetes to live healthier lives. Whether you're looking to reduce your risk or manage an existing condition, there are steps you can take to improve your health and well-being.

**Preventing Diabetes: Know Your Risk**

One in three American adults has prediabetes, but many don’t know it. The good news is that prediabetes can often be reversed with lifestyle changes. A great first step is to assess your risk:

* **Take the Prediabetes Risk Quiz:** Find out if you're at risk for prediabetes by taking this quick [quiz](https://www.cdc.gov/prediabetes/risktest/index.html) from the U.S. Centers for Disease Control and Prevention.

**Managing Diabetes: Stay on Top of Your Health**

If you’ve been diagnosed with diabetes, managing it well is key to living a healthy life. Here are a few tips for staying on track:

* **Monitor Blood Sugar Regularly:** Keep a record of your blood sugar levels to understand how your body reacts to certain foods, activities, or medications.
* **Stay Active:** Regular physical activity helps control blood sugar levels. Aim for at least 30 minutes of moderate exercise most days of the week.
* **Eat Mindfully:** A balanced diet with whole grains, lean proteins, and vegetables can help manage blood sugar. Be mindful of portion sizes and carbohydrate intake.

**Free Resources: Diabetes Prevention and Management Workshops**

For Vermonters, free Diabetes Prevention and Diabetes Management workshops are available through MyHealthyVT. These workshops provide expert guidance and peer support to help you prevent or manage diabetes. [Learn more and sign up here](https://www.myhealthyvt.org/workshop_dates/?cat=3,2).

For New Hampshire residents, UNH Extension also offers free programs to help manage diabetes. [Learn more and sign up here](https://extension.unh.edu/health-well-being/programs/chronic-disease-self-management-program#workshops).

Taking steps to prevent or manage diabetes can help you feel better and stay healthier in the long run. This November, let’s take action together for better health!