

THE PULSE

BY THE NUMBERS



1 in 5 people in the U.S. do not know they have diabetes.

DIABETES IS THE 8TH LEADING CAUSE OF DEATH IN THE UNITED STATES AND MAY ACTUALLY BE UNDERREPORTED

DID YOU KNOW FOR EVERY TWO HOURS SPENT WATCHING TELEVISION IS ASSOCIATED WITH A 14% INCREASE IN DIABETES RISK?

Source: [CDC Diabetes Quick Facts](#).



FOCUS

DIABETES AWARENESS MONTH

Diabetes is an increasing epidemic worldwide. November is a time to bring awareness to this chronic condition and educate the public on the available resources. Managing diabetes can be a challenge. Health plans often provide easier access to care and management, which can be a game-changer. These programs can provide counseling with health professionals, diet plans, exercise schedules, and proper medication usage.

There are even [artificial intelligence platforms](#) that analyze genetics, gut bacteria, or lifestyle habits to create personalized programs including fitness, nutrition, or sleep management to reduce the risk of diabetes.



DETAIL

LET'S NOT SUGARCOAT IT.

According to the World Health Organization (WHO), about [422 million people worldwide have diabetes](#), and 1.5 million deaths are directly attributed to diabetes each year.

What is diabetes? Diabetes is a chronic condition that affects how your body is able to turn food into energy. The food you eat is broken down into glucose which is released into your bloodstream. When your blood sugar goes up, your pancreas releases insulin which allows the blood sugar to enter your body's cells for use as energy. A person with diabetes does not make enough insulin or is unable to use insulin properly.

Different types of diabetes: Diabetes refers to a group of diseases that impact your blood sugar. There are different types of diabetes: Type 1 diabetes, type 2 diabetes, and gestational diabetes. Prediabetes is when blood sugar levels are abnormally high, but not high enough to be diagnosed as type 2 diabetes.

Diabetes is a major cause of blindness, kidney failure, heart attacks, stroke, and lower limb amputation. Those diagnosed with diabetes need to focus on a healthy lifestyle. To learn more about diabetes, the different types, and to find resources, [visit American Diabetes Month](#).



READS & SOUNDBITES

- Podcast: Reclaim Your Rise
- Podcast: Diabetes Connections with Stacey Simms
- Read: [The Case Against Sugar](#) by Gary Taubes