

NOVEMBER NEWSLETTER

Diabetes Awareness

2026



DID YOU KNOW? More than 1 in 3 U.S. adults has prediabetes.

Diabetes affects millions of individuals and families. Understanding the differences between Type 1 diabetes, Type 2 diabetes, and prediabetes can help individuals take steps to support their health and access the right resources.

Type 1 diabetes is an autoimmune condition in which the body no longer produces insulin. It can develop at any age and requires lifelong management.

Type 2 diabetes occurs when the body becomes resistant to insulin or does not produce enough insulin. [Healthy eating, physical activity, and weight management can help reduce risk.](#)

Prediabetes occurs when blood sugar levels are higher than normal but not yet in the diabetes range. Many people with prediabetes do not know they have it. Healthy habits can help prevent or delay type 2 diabetes.

KNOW. CHECK. ACT

KNOW your risk for diabetes and prediabetes

CHECK your blood pressure, cholesterol & blood sugar as recommended

ACT by attending a [health class](#), connecting with a [wellness coach](#) or by trying some [healthy recipes](#).

REGIONAL HIGHLIGHTS

Guided Meditation for Cultivating Gratitude - Monday, Nov. 2, 12-1 PM ET [Register Here](#)

Gratitude can help you feel more positive emotions, relish good experiences, improve your health, deal with adversity, and build strong relationships. Join us for this webinar to unlock the transformative power of a mindful gratitude practice.

Truth About Sugars - Wednesday, Nov. 18, 12-1 PM ET- [Register Here](#)

Get a better understanding of the basics of sugar and artificial sweeteners and learn ways to reduce their intake.

Eating Healthy Over the Holidays - Friday, Nov. 20, 12-12:30 PM ET [Register Here](#)

Discover healthy food swaps and tips to enjoy your favorite holiday foods while staying on track.

Take Charge of Your Health! Explore programs and support through the Center for Healthy Weight and Lifestyle Medicine:

[Learn More Here](#)

