November Article

Diabetes is one of the leading causes of disability and death in the United States. One in 11 Americans have diabetes — that’s more than 29 million people. And another 86 million adults in the United States are at high risk of developing type 2 diabetes.

To raise awareness about diabetes and healthy living, The Bloomfield Department of Health and Human services is proudly participating in American Diabetes Month.

If you are overweight, have high blood pressure, or are age 45 or older, you are at higher risk of developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk. To help prevent type 2 diabetes:

* Watch your weight
* Eat healthy
* Get more physical activity

To get more Information on diabetes check out these out:

[Take the Diabetes risk test](http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/?loc=atrisk-slabnav)

[General Diabetes Information](http://www.diabetes.org/diabetes-basics/?loc=db-slabnav)

[How to prevent diabetes](http://www.diabetes.org/are-you-at-risk/?loc=atrisk-slabnav)