National Diabetes Month 2014: NDEP Key Messages

Be Smart About Your Heart: Control the ABCs of Diabetes

Use these tips to help you promote National Diabetes Month to your local newspapers, radio stations and television stations. For more information, visit YourDiabetesInfo.org/DiabetesMonth2014.

What is National Diabetes Month?
National Diabetes Month is observed every November when individuals, organizations, and communities across the country shine a spotlight on diabetes.

What is the National Diabetes Education Program’s theme for National Diabetes Month?
Throughout National Diabetes Month, the NDEP and its partners will work to highlight the critical link between diabetes and heart disease with the theme Be Smart About Your Heart: Control the ABCs of Diabetes.

Why is the link between diabetes and heart disease important?
• More than 29 million people, or about 9 percent of the U.S. population, have diabetes.
• 86 million Americans aged 20 years or older have prediabetes, a condition that increases their chances of developing type 2 diabetes and heart disease.
• More than 8 million people, or nearly 28 percent of people with diabetes, don’t know they have it. If left undiagnosed or untreated, diabetes can lead to serious health problems such as heart disease, blindness, kidney disease, stroke, amputation and even death. With early diagnosis and treatment, people with diabetes may prevent the development of these health problems.
• Heart disease death rates are nearly 2 times higher among adults aged 18 years or older with diagnosed diabetes than among adults without diagnosed diabetes.
• Hospitalization rates for heart attack are also nearly 2 times higher among adults aged 20 years or older with diagnosed diabetes than among adults without diagnosed diabetes.
• Hospitalization rates for stroke are about one and a half times higher among adults with diabetes aged 20 years or older compared with those without diagnosed diabetes.

November 14th is World Diabetes Day
World Diabetes Day takes place on November 14th every year and is an official United Nations World Day. The date was chosen because it marks the birthday of Frederick Banting, who, along with Charles Best, is credited with the discovery of insulin. In 2014, World Diabetes Day will address the topic of healthy eating and its importance both in the prevention of type 2 diabetes and diabetes management. Please visit the International Diabetes Federation (www.idf.org) for more information.