Key Messages:

- Nearly 26 million Americans have diabetes.
- Another 79 million adults in the United States have prediabetes, a condition that increases their chances of developing type 2 diabetes.
- 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.
- The total estimated cost of diagnosed diabetes in 2012 is $245 billion, including $176 billion in direct medical costs and $69 billion in reduced productivity.
- November is National Diabetes Month. This November, the NDEP and partners are reminding people that Diabetes is a Family Affair.
  - If you have a family history of diabetes, you are at risk.
  - If you – or someone you love – has diabetes, family support is important.
  - Help your community stay healthy. Community settings such as schools, worksites, senior centers, and places of worship are part of an extended family, and so is your health care team.
  - Visit www.YourDiabetesInfo.org/DiabetesMonth2013 to learn more. You can also find NDEP’s National Diabetes Month Campaign Talking Points on this page.

Related Tools and Resources:

- 4 Steps to Manage Your Diabetes for Life shares four steps to help people with diabetes understand, monitor, and manage their diabetes to help them stay healthy.
- Help a Loved One with Diabetes provides practical tips for helping a loved one cope with diabetes and things you can do to help.
- Family Health History Quiz. Knowing your family health history is important. Take this quiz to learn more about your family history of diabetes.
- Tasty Recipes for People with Diabetes and Their Families is a bilingual recipe booklet that can help families make healthy food choices without giving up the foods they love.
- Helping the Student with Diabetes Succeed: A Guide for School Personnel is a comprehensive guide to help students with diabetes, their health care team, school staff, and parents work together to help students manage their diabetes safely and effectively in the school setting.
- Call 1-888-693-NDEP (6337) or visit www.YourDiabetesInfo.org for more information on managing and preventing type 2 diabetes.