

NOVEMBER IS NATIONAL DIABETES MONTH

# 26

MILLION REASONS  
to control diabetes

26 million people are living with diabetes  
& 79 million more are at risk

These staggering numbers mean that 105 million  
Americans have diabetes or prediabetes

Now is the time to “Take Charge” of your diabetes

Visit: [cdc.gov/diabetes](http://cdc.gov/diabetes)  
[yourdiabetesinfo.org](http://yourdiabetesinfo.org) 1.800.CDC.INFO



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention