

November is National Diabetes Month

November is National Diabetes Month. The Nebraska Diabetes Prevention and Control Program would like to take this opportunity to share some resources with you to help educate Nebraskans about diabetes. Please share this message with others.

Here are some resources we would like to share:

- Now is a good time to education yourself about diabetes. The Centers for Disease Control and Prevention has a great [description of diabetes, pre-diabetes and risk factors](#).
- The [National Diabetes Education Program website](#) has some resources to help your family and community stay healthy.
- The Diabetes Prevention and Control Program Advisory Group has authored its 2013 Nebraska Diabetes Consensus Guidelines. The Guidelines are now [posted online](#) in a format more accessible for mobile viewing. They are also [available in PDF](#) for printing or saving to your computer. There are lots of updated forms for clinical use – please feel free to make copies and distribute as you wish.
- ActionNow, a community partnership to prevent diabetes and its complications, created a calendar with health tips for each day of November. The calendar is attached to this email.
- Also, feel free to check out the [Events page](#) at our website. There are several events happening during November.
- The Nebraska DPCP and the Nebraska chapter of the Juvenile Diabetes Research Foundation have submitted a State of Nebraska Proclamation for Diabetes Awareness Month (Below) to be signed by Governor Dave Heineman.
- The American Diabetes Association has announced [several recent advances in diabetes research](#).
- As part of the American Diabetes Association’s Living With Type 2 Diabetes program, the ADA is offering a free program, Care4Life, that sends text messages to help with diabetes. [Click here to enroll](#).
- The [CDC’s National Diabetes Prevention Program](#) supports the nationwide implementation of community-based lifestyle change programs for persons at high risk for type 2 diabetes. The program is currently being offered in the [Nebraska Panhandle](#).

**State of Nebraska Proclamation
Diabetes Awareness Month**

Whereas;

Nearly 26 million American children and adults, and about 115,000 children and adults living in Nebraska, have diabetes, a serious disease that has no cure; and

Whereas;

The cost of diabetes to Nebraska has been estimated at \$1 billion annually; and

Whereas;

As many as one-third of people with diabetes (7 million Americans) don't know that they have the disease; and

Whereas;

Another 77,000 Nebraskans have pre-diabetes, a condition that puts them at the highest risk for developing type 2 diabetes; although the total adult population with pre-diabetes including diagnosed and undiagnosed case may be as many as 470,000; and

Whereas;

Millions of Americans lack access to the care, treatment and education needed to manage the disease and prevent its serious and costly complications, including heart diseases, stroke, kidney failure, blindness and lower-limb amputation; and

Whereas;

An increase in community awareness of risk factors and symptoms related to diabetes can improve the likelihood that people with diabetes will get the attention they need before developing the disease and its devastating complications;

Whereas;

The Juvenile Diabetes Research Foundation, along with the Nebraska Department of Health and Human Services and other diabetes-focused organizations, encourage supporters to fight the worldwide epidemic of diabetes by helping to ensure that individuals with diabetes have access to care, treatment and education.

Therefore,

I, Dave Heineman, Governor of the Great State of Nebraska, do hereby proclaim November as Diabetes Awareness Month. In doing so, I encourage all Nebraskans to help fight this disease and its life-threatening complications by increasing awareness of the risk factors for diabetes, making healthy lifestyle choices, and by providing care and treatment to those suffering from diabetes.

I, here unto set my hand and cause the Great Seal of the State of Nebraska to be affixed on this day, the ___ day of November in the year Two Thousand and Thirteen.