

# Diabetes Awareness Month



November is Diabetes Awareness Month and [Level Up](#) will be raising awareness about diabetes by encouraging you to adopt healthier lifestyles.

Diabetes Awareness Month is all about shining a light on this condition, risk factors for diabetes, and encouraging people to make healthy changes to prevent diabetes.

According to the [Centers for Disease Control and Prevention \(CDC\)](#), diabetes is the 8<sup>th</sup> leading cause of death in the United States. More than 38.4 million people in the United States have diabetes, and 8.7 million people are undiagnosed. And, in the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the American population has aged and become more overweight or obese.

Diabetes continues to be a dominant and chronic condition among County employees. Level Up is committed to managing this condition through our 2024 programs and beyond. Education and awareness about diabetes throughout this month is important and we will be offering weekly webinars that focuses on diabetes.

We also want to remind you to take advantage of Level Up's partnership with [Omada Health](#).

## Join Us at Noon in November

*On Wednesdays!*

Date	Class	Registration Link
November 6	Managing Blood Pressure	<a href="#">Sign up now</a>
November 13	Jumpstart Your Metabolism	<a href="#">Sign up now</a>
November 20	Nutrition and Gut Health	<a href="#">Sign up now</a>

*Classes are brought to you by Level Up and presented by:*



## Wellness Prizes

*Everything is better with prizes, right?*

Each week, Level Up will raffle off the following:

- [Ninja Professional Food Processor](#)
- [Apple HomePod Mini](#)
- [\\$100 Gift Card](#)

To be entered into the random drawing each week, you must [register and attend](#) at least one (1) webinar scheduled for that week. Prize winners will be announced during the weekly Wellness Wednesday articles.

We must continue to nurture ourselves with healthy eating habits and maintain physical activity – that's staying healthy and elevating our total well-being.

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