

# Diabetes Awareness Month

**Level Up**  
Elevate your total wellbeing.

OHRM Office of Human Resources Management



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. Diabetes is the No. 1 cause of kidney failure, lower-limb amputations, and adult blindness. More than 37 million people in the United States have diabetes, and 1 in 5 of them don't know they have it. 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 2023 programs and beyond. Education and awareness about diabetes throughout this month is important and we will be offering weekly webinars and live cooking demos that focuses on diabetes. Click on the links below to get a head start on your health!

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

## Educational Webinars

Join Us at Noon on Mondays



Date	Class	Registration Link
November 6	Dashing to Blood Pressure Reduction	<a href="#">Sign up now</a>
November 13	Cholesterol Counts	<a href="#">Sign up now</a>
November 20	Eat Like a Centenarian	<a href="#">Sign up now</a>

## Cooking Demos

Join Chef Karida Celestine  
Wednesdays at Noon



Date	Class	Registration Link
November 1	Winter Mocktails & Healthy Charcuterie	<a href="#">Sign up now</a>
November 8	Healthy Holiday Sides	<a href="#">Sign up now</a>
November 15	Thanksgiving Traditions with a Healthy Twist	<a href="#">Sign up now</a>

## Wellness Prizes

*Everything is better with prizes, right?*

Every week, Level Up will raffle off the following:

- [Two \\$100 Gift Cards](#)

To be entered into the random drawing each week, you must [register and attend](#) at least one (1) educational webinar or (1) cooking demo 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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