

## March: Diabetes

This month we would like to become more aware of what diabetes is and what's all the fuss over efforts to prevent it!

There are 23.6 million children and adults in the United States, or 7.8% of the population, who have diabetes. While an estimated 17.9 million have been diagnosed with diabetes, unfortunately, **5.7 million people** (or nearly one quarter) are unaware that they have the disease.

Hopefully, the attached articles will provide encouragement for you to do all that you can to prevent diabetes from interfering in your life.

[Understanding Type 1 Diabetes](#)

[Understanding Type 2 Diabetes](#)

[Five Small Steps](#)

