

What Do You Know About DIABETES?



NOVEMBER IS AMERICAN DIABETES MONTH

Diabetes is a chronic disease that affects how your body turns food into energy. There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant). More than 34.2 million Americans have diabetes, and many more are prediabetic—and could potentially avoid diabetes with the right action.

Check out the information below to learn more about this widespread disease. You can also take a free 60-second Type 2 Diabetes Risk Test at the American Diabetes Association's website at diabetes.org/risk-test.

Sources: Centers for Disease Control (CDC.gov), American Diabetes Association (diabetes.org)

TYPE 1 DIABETES

Body does not make enough insulin

- Can develop at any age
- No known way to prevent it

5% - 10%

of all diagnosed cases of diabetes

TYPE 2 DIABETES

Body cannot use insulin properly

- Can develop at any age
- Most cases can be prevented

90% - 95%

of all diagnosed cases of diabetes

RISK FACTORS FOR TYPE 2 DIABETES



People Over 40



Overweight



Genetics



Sedentary Lifestyle



Unhealthy Eating Habits



Unhealthy Environment

PREVENTION

Healthy Diet



Weight Control



Break Bad Habits



Exercise



TREATMENT

Diabetes Medicine



Diagnostic



Blood Sugar Control



Insulin Therapy



The risk of early death from diabetes is **60% HIGHER** than for adults without diabetes

88 MILLION Have prediabetes... More than 1 in 3 adults

8 IN 10 Adults don't know they have prediabetes



Pumpkin Pie Dip



Pumpkin Pie Dip is everything you love about pumpkin pie, made into an easy, light and fluffy no-bake dip. Perfect for dipping apple wedges, graham crackers, or gingersnaps.

Ingredients

- 15 oz can pumpkin puree
- 3/4 cup brown sugar, unpacked
- 1 teaspoon vanilla extract
- 1/8 teaspoon cinnamon
- 1/8 teaspoon pumpkin pie spice, or more to taste
- 6 oz Greek yogurt
- 8 oz frozen whipped topping, thawed
- cut up apples, for dipping

Instructions

1. Mix pumpkin with brown sugar, vanilla, and spices, blend well.
2. Mix in yogurt.
3. Fold in whipped topping and chill in refrigerator until ready to eat.
4. To serve, transfer to a serving dish or hollowed out pumpkin.

Nutrition

Serving Size: 1/2 cup
 Calories: 105 kcal
 Carbohydrates: 21g
 Protein: 2g
 Fat: 4g
 Cholesterol: 1mg
 Sodium: 10mg
 Fiber: 1g
 Sugar: 17g

Prep time: 15 minutes

Cook time: 0 minutes

Total time: 15 minutes

Servings: 12

Recipe by Gina Homolka. Explore this and more great recipes on her blog, [Skinnytaste](https://www.skinnytaste.com)®. View recipe and expanded instructions at <https://www.skinnytaste.com/pumpkin-pie-dip>

