

November

DIABETES AWARENESS MONTH



Kentucky's Challenge

Approximately 519,100 adults in Kentucky, or 12.9% of the adult population, have a diagnosis of diabetes. Every year an estimated 40,000 adults in Kentucky are diagnosed with diabetes.



Common Symptoms of Diabetes

Diabetes can affect anyone, though some people may be at a higher risk due to genetic, environmental, and lifestyle factors. Type 2 diabetes, in particular, has a strong link to family history, race, and shared habits such as diet and physical activity, but research shows that regular exercise and weight management can help delay or prevent it. Common symptoms include frequent urination, excessive thirst or hunger, fatigue, blurry vision, slow-healing cuts, unexplained weight loss, and tingling or numbness in the hands and feet.



Preventing and Managing

Preventing diabetes includes following your doctor's screening advice, eating well, staying active, getting enough sleep, and managing stress. These healthy habits can help lower your risk, manage diagnosed diabetes, and support overall wellness.



Living ➤ **Well**

Diabetes Support

If you've been diagnosed with type 1 or type 2 diabetes, Diabetes Self-Management Education and Support (DSMES) is available. Ask your doctor about local providers or visit the

Diabetes Prevention and Control Program at chfs.ky.gov.



This information does not provide medical advice, diagnosis or treatment. It should not be used as a substitute for healthcare from a licensed healthcare professional. Consult with your healthcare provider for individualized treatment or before beginning any new program.