

# NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH

## KNOW YOUR RISK! TAKE THE TEST!

FINDING OUT IF YOU'RE AT RISK FOR PREDIABETES OR DIABETES IS SIMPLE.

Complete the test by visiting:

<https://nmu.edu/ruralhealth/diabetes>

Then encourage others to take the one minute risk test!

### DID YOU KNOW?

There are over 1 million people in Michigan who live with Diabetes, 77,000 are children.

### UPPER PENINSULA FACTS:

Over 30,000 individuals have diabetes, 7,000 people don't know they have it. More than 100,000 adults have prediabetes - 1 out of 3 adults and 50% of seniors have prediabetes and 9 out of 10 don't even know they have it. Ignoring prediabetes makes your type 2 diabetes **risk** go up and your **risk** for serious health complications.



The Lions of Michigan in partnership with UPDON, MSU Extension, UPCAP AADE, Tai Chi for Health Institute, offer **FREE** educational programs and services.

For more information contact the D.A.D office at 906-399-6233 or [district10lions.org](http://district10lions.org)

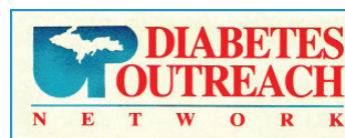
## World Diabetes Day November 14, 2020

PARTNERING WITH



### LIONS CLUBS OF MICHIGAN

Defense Against Diabetes



CENTER FOR RURAL HEALTH  
NORTHERN MICHIGAN UNIVERSITY



## FOLLOW US THROUGHOUT THE MONTH OF NOVEMBER

**Ask the Doctors - Diabetes** - Airs Thurs., Nov. 12 at 8 p.m. and Friday, Nov. 13 at 3 p.m.

**Media Meet - Diabetes Education** - Airs: Saturday, November 7 at 6:30 p.m.

**Whats Up - Diabetes Educators** - Airs: Random throughout November

**Blood Sugar Rising - PBS Documentary** - Airs: Current Passports Members watch anytime, or online at

<https://www.pbs.org/wgbh/blood-sugar-rising/home/watch/>

\*\*\*All programs can also be viewed online at [wnmutv.nmu.edu](http://wnmutv.nmu.edu)

\*\*\*Programs will also be posted on WNMU-TV13's Facebook page except Blood Sugar Rising)

**WNMU-FM (90.1 Marquette; 91.9 Manistique; 96.5 Escanaba; 97.9 Stephenson)**

\*\*\*Diabetes Educator interviews (random throughout the month)

\*\*\*All interviews will be available for listening anytime at [wnmufm.org](http://wnmufm.org)

\*\*\*Also available on Facebook and Instagram