



# News Release

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## American Diabetes Month: Help Fight the Growing Diabetes Epidemic

**Arlington, Va. (October 24, 2023)** — November is American Diabetes Month®, but it's not time to celebrate. Diabetes has become the fastest-growing chronic disease in the world, and it is the most expensive chronic disease in the U.S. Over 37 million Americans have diabetes and one in five people don't even know they have it. Today, diabetes causes more deaths than breast cancer and AIDS combined. And in November alone, 116,500 Americans will be diagnosed with diabetes, and sadly, 23,500 Americans will lose their lives to diabetes-related illness.

"Most of us know someone affected by diabetes. At the American Diabetes Association, our mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. This American Diabetes Month, I encourage everyone to learn more about the risk factors for diabetes and join us in the fight to end diabetes at [diabetes.org/WeFight](https://diabetes.org/WeFight)," said Charles "Chuck" Henderson, CEO of the American Diabetes Association® (ADA).

Raising awareness is vital to bend the curve on the diabetes epidemic, help people living with diabetes thrive, and to have a future free of diabetes. To that end, the ADA offers information, resources, and expertise on a range of themes:

- **Diabetes prevention:** Across the U.S., about 96 million adults are estimated to have prediabetes, which means they are at increased risk for developing type 2 diabetes, the most common type of diabetes. Most of these people don't know they are at risk, and often there are no symptoms of prediabetes. The good news is, with early detection and awareness, people can take steps to prevent or delay the onset of type 2 diabetes. Speak with an ADA expert to learn how people can understand their risk of developing diabetes, how to find out if they have prediabetes, and actions people can take to prevent diabetes.

"Action is the best medicine for preventing type 2 diabetes. Small lifestyle changes, like making healthier diet choices and getting more exercise, can lead to big health benefits!" — Kaye Kramer, the ADA's vice president for diabetes prevention.

- **Nutrition and wellness:** From healthy swaps to how to shop at the grocery store, to new recipes and eating well when dining out, the ADA provides tips, recipes, and information on the science of how food affects health.

"Being diagnosed with diabetes can be scary. Diabetes affects both your physical and mental health. It's important to find the balance that will help you live a healthy life." — Barbara Eichorst, the ADA's vice president of health care programs.



# News Release

- **Diabetes myths:** Diabetes can be confusing. Misinformation abounds about the causes, treatments and lifestyle changes associated with the disease. ADA experts can help clear up common diabetes myths.

“There is often an unfair negative stigma that places the blame for developing diabetes on poor personal health choices. The fact is, there are many risk factors for type 2 diabetes — some that can be influenced by the individual, but also many that are not” — Dr. Robert Gabbay, the ADA’s chief scientific and medical officer.

- **Health equity:** More than 133 million Americans are living with diabetes or prediabetes, many in communities that lack access to equitable health care and resources. The ADA has launched the Health Equity Bill of Rights to address the social determinants of health that lead to a higher prevalence of diabetes and worse health outcomes. Connect with the ADA for information on which communities are disproportionately affected and what ADA is doing to increase health equity.

“No ZIP Code, race, or background should determine a person’s health outcomes. As health equity advocates, the ADA is prioritizing community-centric interventions to reduce and eventually eliminate barriers to equitable health and advance access to quality diabetes care for all.” — Terri Wiggins, the ADA’s senior vice president of health equity.

- **From the frontlines:** So far in 2023, the ADA’s Center for Information has helped more than 80,000 people. The ADA is a trusted source for diabetes information and resources, but the people answering questions at 1-800-DIABETES (342-2383) or AskADA@diabetes.org often provide emotional support as well. Speak with representatives to hear about a day-in-the-life, what motivates them, and common concerns they hear from callers.

It takes all of us to tackle this disease, and American Diabetes Month is the perfect time for people to lend their support for those living with diabetes and to help fund a cure. Starting November 1, learn more at [diabetes.org/WeFight](https://diabetes.org/WeFight).

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## About the American Diabetes Association

The American Diabetes Association (ADA) is the nation’s leading voluntary health organization fighting to bend the curve on the diabetes epidemic and help people living with diabetes thrive. For 83 years, the ADA has driven discovery and research to treat, manage, and prevent diabetes while working relentlessly for a cure. Through advocacy, program development, and education we aim to improve the quality of life for the over 133 million Americans living with diabetes or prediabetes. Diabetes has brought us together. What we do next will make us Connected for Life. To learn more or to get involved, visit us at [diabetes.org](https://diabetes.org) or call 1-800-DIABETES (1-800-342-



# News Release

2383). Join the fight with us on Facebook ([American Diabetes Association](#)), Spanish Facebook ([Asociación Americana de la Diabetes](#)), LinkedIn ([American Diabetes Association](#)), Twitter ([@AmDiabetesAssn](#)), and Instagram ([@AmDiabetesAssn](#)).