

Join the Movement to Stop Diabetes

The American Diabetes Association Announces Daring Goal to Confront, Fight and Eventually *Stop Diabetes*

Diabetes has reached epidemic proportions. Nearly 24 million children and adults in the United States live with diabetes, including an estimated 380 individuals that use the Yellowhawk Tribal Health Center location in Mission. In fact, if current trends continue, one in three children born today will face a future with diabetes.

These statistics, coupled with the personal struggles of people with diabetes and their loved ones, underscore the need for action. So, during American Diabetes Month this November, the American Diabetes Association is launching a bold movement to confront, fight and eventually *Stop Diabetes*.

To learn why and how you can join the movement, visit StopDiabetes.com. Whether it's finding out more on how to prevent diabetes, or how to help people who struggle with it, there are concrete steps you can take to end this disease. In addition to joining the national movement, here are a few ways you can help *Stop Diabetes* on a local level:

- **Give.** The drive to stop diabetes cannot succeed without individuals dedicating time, effort and funds to support our mission-critical activities in your neighborhood. You can get involved by visiting StopDiabetes.com or calling your local American Diabetes Office at 1-800-DIABETES.
- **Act.** Whether you want to run, walk, bike or simply tell a friend, there are many ways to help us build momentum for the *Stop Diabetes* movement. Visit StopDiabetes.com or call 1-800-DIABETES to get involved in your area. Local resources to act include the Community Fitness room, weekly aerobic and cycle classes, the 100 Mile Club and access to a personal trainer. Questions about these local activities can be answered by calling - Jennifer at 541-278-7512.
- **Learn.** The American Diabetes Association has many resources throughout the country to help *Stop Diabetes*. If you, or a loved one, already have diabetes or are at risk for Type 2, we can provide lifestyle and motivational information to prevent this disease from taking control of your life and the lives of those around you. Once again, please visit StopDiabetes.com or call 1-800-DIABETES. Support to learn can also be found by visiting with registered dietician and certified diabetes educator at Yellowhawk Tribal Health

Center and joining in the monthly diabetes support groups or classes. Yellowhawk Tribal Health Center can be reached at 541-278-7500 if you would like to speak with either the dietician or certified diabetes educator.

- **Share.** Inspire others to join the movement by sharing your personal story. Beginning November 2, visit StopDiabetes.com and join us on [Facebook](#) and [Twitter](#) to learn about all the exciting ways to be a part of the *Stop Diabetes* movement. Invite your family, friends, and co-workers to join this effort as well.