Employee and Retiree Service Center
The Bulletin—November 11, 2026

November Is American Diabetes Month

Observed every November, American Diabetes Month is an important part of the American Diabetes Association's efforts to focus our nation's attention on the disease and the tens of millions of people affected by it.

Because there is no cure for diabetes, the focus is on prevention. If you have risk factors or **symptoms**, or are pre-diabetic, the following are ways to prevent or delay onset of diabetes:

Get physically active. Just 30 minutes of aerobic exercise, five times a week, reduces your risk of diabetes. If you haven't been active, start with 5–10 minutes a day and gradually work your way up to 30 minutes.

Eat healthy. It may seem hard to eat healthy if you are on a budget or always crunched for time. You are more likely to adopt healthy eating habits if you start with small changes. Look for ways to make your meals healthy by choosing—

- non-starchy vegetables—carrots, broccoli, green beans, kale, and cauliflower;
- lean meats—skinless chicken and turkey and lean cuts of pork and beef;
- low-fat dairy products—skim milk and fat-free yogurt;
- whole grains—brown rice, barley, farro, quinoa; and
- healthy fats (in small amounts)—olive, canola, sunflower, and peanut oil.

If you smoke or use tobacco—quit!

Learn more.