SUMMER ISSUE • AUGUST 2024

August Spotlight: Diabetes

This month, we're highlighting information about preventing and managing diabetes and prediabetes. You'll also find other wellness-related resources, links to *Healthy You* articles, mental health tips and healthy recipes.

Check out these diabetes-related articles from our CARE Health Education Library. To view a Spanish version of any of the articles in the Library, click the "ES" icon in the top right corner.

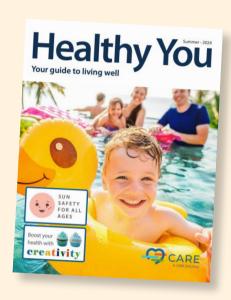
- Diabetes myths and facts
- Mitos y realidades acerca de la diabetes
- Diabetes tests and checkups
- Exámenes y chequeos para la diabetes

These additional links from other health organizations can help you manage your condition:

- Do I have prediabetes?
- Newly diagnosed with diabetes
- About diabetes
- Diabetes

Healthy recipes

- Meat Lover's Breakfast Cups
- Unstuffed Eggroll
- Bell Pepper Poppers
- No-Bake Peanut Butter & Chocolate Bites
- Gluten-Free Parmesan Biscuits
- Caprese Salad on a Stick



Healthy You magazine

Here's what's in the latest issue of *Healthy You*, an award-winning magazine with health and wellness articles that support and encourage your healthy choices.

Boost your well-being with a dose of creativity

Learn how being creative can improve your overall health.

Breaking down RSV

Stay up to date on this respiratory virus that peaks in fall and winter.

Breastfeeding basics

Here's what to expect while breastfeeding — plus tips to overcome challenges

Find the entire **Summer** issue here!

Mental health awareness

According to the Centers for Disease Control (CDC), people with diabetes are 2-3 times more likely to have depression than people without diabetes. And only 25-50% of people with diabetes who have depression get diagnosed and treated. If you or a loved one has diabetes, take time to learn more about diabetes and mental health.