

Newsletter content:

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Subject: Live Your Best Life

During the public health emergency of COVID and difficult times over the past couple of years, many of us have made great sacrifices and experienced personal loss. We've become more mindful of our health and how it impacts our lives and those we love.

This is the perfect time to support the prevention of type 2 diabetes, a health condition that can lead to other serious issues like heart attack and stroke. According to the Centers for Disease Control and Prevention (CDC), 88 million U.S. adults have prediabetes, where blood sugar levels are higher than normal and, on the way, to being type 2 diabetes. On the Mid Shore of Maryland, 1 in 3 adults has prediabetes, but 80% don't even know it.

To find out if you are at risk, visit midshorehealth.org to take a quick 60 second risk test.

Subject: Mythbusting: What Better Health Actually Means

What comes to mind when you think of healthy living? It may seem hard or overwhelming to think about, but it is so important to your overall health!

The Centers for Disease Control and Prevention (CDC) recognizes type 2 diabetes as a serious health concern for many Americans. Over 88 million U.S. adults have prediabetes, where blood sugar levels are higher than normal, though not yet type 2 diabetes. In fact, 1 in 3 adults on the Mid Shore of Maryland has prediabetes, but 80% don't even know it.

We want you to know that reversing prediabetes and living healthier aren't impossible! Let's check the facts.

"Living healthier means I can't eat anymore of my favorite foods."

FALSE!

Adding more physical activity to your day isn't about high intensity workouts in a gym. Even walking, stretching, or playing with a pet can improve your physical health.

"Even if I wanted to, I just don't have the time to be healthy."

FALSE!

It is important to eat healthy, but it's possible to enjoy some favorite dishes and sweet treats in moderation. By reducing portion sizes and adding in more fresh fruits and vegetables, you can have your (small slice of) cake and eat it too.

Learn more at midshorehealth.org

Subject: 60 Seconds

60 seconds. All It Takes to Start Your Health Journey

There are many things that require your attention in a day- your job, your family, your home, and so much more. With everything you have going on, it may seem like you don't have enough time to prioritize your health. We understand you're busy, and that's why the Mid Shore Health Improvement Coalition is only asking you for 60 seconds today to support your health.

What can you do with a minute? Take a 1-minute Prediabetes Risk Test at [MidShoreHealth.org](https://www.MidShoreHealth.org) to learn about your risk for prediabetes, a condition where your blood sugar levels are higher than normal, though not yet high enough to be type 2 diabetes. Without changes to your lifestyle, you may develop type 2 diabetes within 5 years if you have prediabetes.

You can prevent or delay type 2 diabetes by learning to eat favorite foods in healthier ways, getting more physical activity, and managing stress for better health.

If you've taken the risk test and learned you may have prediabetes, here are some easy next steps for you to take.

- Get 30 minutes of physical activity today; try going for a short walk on your lunch break or playing music to get you moving while doing household chores.
- Make a list of fruits and veggies you enjoy eating. Next time you're at the grocery store, add some of those to your cart instead of snacks high in salt or sugar like chips or pastries.
- Find even 5 minutes in your day just to pause and relax. Taking some time to lower your stress can actually benefit your health in big ways!
- And talk to your healthcare provider if you are at risk. They might want to do a simple blood test to confirm if you have prediabetes.

We want to ensure you celebrate your best life by learning to live healthier. Working to prevent or delay type 2 diabetes is a way to take care of yourself so you can keep enjoying what you love most.