National Diabetes Month – Template LTE

Drafted October 29, 2020

Diabetes can worsen COVID-19 symptoms – lower your risk by quitting smoking

Dear Editor,

SHARE THAT NOVEMBER IS NATIONAL DIABETES MONTH, WHICH RAISES AWARENESS OF DIABETES AND THE MILLIONS IT IMPACTS. SHARE THAT DIABETES’ STATUS AS A COVID-19 RISK FACTOR HAS PROVIDED A NEW REASON FOR FOLKS TO BE AWARE OF THEIR STATUS AND ACTIONS THEY CAN TAKE TO MANAGE OR PREVENT TYPE 2 DIABETES. ONE WAY PEOPLE CAN LOWER THEIR RISK FOR TYPE 2 DIABETES AND MORE SERIOUS COMPLICATIONS FROM COVID-19? QUIT USING TOBACCO PRODUCTS.

DISCUSS DIABETES’ ROLE AS A RISK FACTOR FOR COVID-19 COMPLICATIONS. **PULL FROM THIS RESOURCE --** [**https://www.diabetes.org/coronavirus-covid-19/how-coronavirus-impacts-people-with-diabetes**](https://www.diabetes.org/coronavirus-covid-19/how-coronavirus-impacts-people-with-diabetes)**.**

SHARE THAT ONE OF THE BEST WAYS TO AVOID THOSE COMPLICATIONS IS TO REDUCE YOUR RISK FOR TYPE 2 DIABETES. LET READERS KNOW THAT TOBACCO USE IS A LEADING RISK FACTOR FOR DIABETES.

GIVE EXAMPES OF OTHER HEALTH BENEFITS OF QUITTING TOBACCO USE. **PULL FROM THIS RESOURCE --** [**https://www.cdc.gov/tobacco/quit\_smoking/how\_to\_quit/benefits/index.htm#health-benefits-of-quitting-smoking**](https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/index.htm#health-benefits-of-quitting-smoking)

LET PEOPLE KNOW THAT 1 IN 3 WISCONSIN ADULTS HAS PREDIABETES AND MOST DON’T KNOW IT. WITH SMALL LIFESTYLE CHANGES YOU CAN REVERSE PREDIABETES AND PREVENT TYPE 2 DIABETES. THEY CAN LEARN ABOUT THEIR RISK FOR DEVELOPING TYPE 2 DIABETES AT [www.diabetes.org/widhsrisktest](http://www.diabetes.org/widhsrisktest).

LET TOBACCO USERS KNOW FREE HELP IS AVAILABLE BY CALLING 1-800-QUIT NOW OR TEXTING ‘READY’ TO 200-400. TOBACCO USERS ENROLLED IN MEDICAID SHOULD ALSO TALK TO THEIR DOCTOR ABOUT THE MEDICAID CESSATION BENEFIT.

READERS CAN LEARN MORE ABOUT WAYS TO PREVENT OR MANAGE TYPE 2 DIABETES AT <https://www.dhs.wisconsin.gov/diabetes/>.