



Memorandum

To: Gold Coast Health Plan Providers

From: Lupe González, PhD, MPH
Director of Health Education, Cultural and Linguistics Services

Re: **November: Diabetes Awareness Month**

Date: November 18, 2020

Diabetes is a serious and common health concern and is currently the seventh leading cause of death in the U.S. One in 10 American adults has diabetes and, if trends continue, one in five adults will develop it by 2025. The Centers for Disease Control and Prevention (CDC) reports that there are currently more than 122 million people with diabetes and 88 million with pre-diabetes. Some groups of people are affected by pre-diabetes and diabetes more than other groups, including those of African American, Hispanic / Latino American, American Indian, or Alaska Native descent.

With November being **Diabetes Awareness Month**, Gold Coast Health Plan (GCHP) reminds providers to encourage members to take an extra step in managing their diabetes. GCHP has created a [diabetes flyer](#) that includes a list of recommended health exams members should receive to help manage their diabetes. Members identified as having diabetes have been mailed the diabetes flyer and may bring it to their next appointment.

For additional information or to request health education services, contact GCHP's Health Education Department at **1-805-437-5718**, Monday through Friday from 8 a.m. to 5 p.m. or email HealthEducation@goldchp.org. Download the Health Education Referral Form [here](#). Members can also be directed to [GCHP's Health Library](#) for more information, in English and Spanish, regarding diabetes and other health conditions.