

For Immediate Release:
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Know the Risks of Type 2 Diabetes

National American Diabetes Association Alert Day, observed Tuesday, March 28, 2017, is a one-day “wake-up call” asking you to take the Diabetes Risk Test to find out if you are at risk for developing type 2 diabetes. One in three adults lives with prediabetes, most of which are unaware of their condition. In Michigan, that is about 2.6 million adults.

Diabetes Alert Day is a day to create awareness of this chronic disease. Will diabetes affect you or a loved one? Now is the time to take charge. About 26 million people are living with diabetes and 79 million more are at risk for diabetes. If you or loved one is living with diabetes, take time today to go over a daily care plan. Small changes can make a big difference in preventing health challenges today and in the future. You can prevent or delay the onset of type 2 diabetes by losing 5% to 7% of your body weight— that is 10 to 14 pounds for a 200-pound person. You can also make simple lifestyle changes, such as getting 150 minutes of physical activity a week and eating a balanced diet including fruits and vegetables.

The good news- type 2 diabetes can be prevented or delayed with a healthy lifestyle, as evidenced through the National Diabetes Prevention Program (NDPP). NDPP helps those at high risk for developing type 2 diabetes adopt and maintain a healthy lifestyle by eating right, increasing physical activity, and losing a modest amount of weight. In a classroom setting, a trained lifestyle coach facilitates a small group of participants in learning about behavior changes over 16 one-hour sessions. Topics include healthier eating, getting started with physical activity, overcoming stress, staying motivated, and more. The group helps to motivate and encourage each other. After the initial 16 core sessions, participants meet monthly for additional support to help maintain their progress.

To participate in the NDPP, a person must be overweight and have prediabetes or be at high risk. Prediabetes is determined by one of the one of the following blood test results:

- Fasting plasma glucose between 100-125 mg/d
- A1c between 5.7% and 6.4%
- 2-hour plasma glucose between 140 to 199 mg/dl

In addition, a combination of risk factors such as family history, being overweight or obese, gestational diabetes and inactivity may also put a person at risk and therefore make them eligible for the NDPP.

District Health Department #10 currently offers the NDPP. To register for NDPP or learn more about the program, call **Kim at (231) 236-7589** or **via email at kchandler@dhd10.org**. To take the diabetes risk test please visit, <http://www.diabetes.org/are-you-at-risk/alert-day/>

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