



CELEBRATE DIABETES ALERT DAY Regain Control of Your Health!

March 25, 2019– In observation of American Diabetes Association’s Alert Day, District Health Department #10 (DHD#10) is encouraging community members to take control of their health. Diabetes Alert Day takes place on March 26th, 2019.

Diabetes is a chronic condition where the body can’t regulate glucose (a type of sugar) in the bloodstream. *Insulin* is the hormone that regulates blood glucose. *Type 2 Diabetes* occurs when the body no longer responds to insulin or is unable to produce enough insulin. Signs and symptoms include excessive hunger or thirst, unexplained weight gain or weight loss, frequent urination, fatigue, blurred vision, tingling or numbness of the hands or feet, headaches, and irritability.

Prediabetes is when a person has high blood sugar levels that is not yet type 2 diabetes but could progress if left untreated. Most people with prediabetes do not have any symptoms at all, but some may experience fatigue or frequent urination.

Did you know?

- 1 of every 4 Americans living with diabetes are unaware they have it.
- 9 of every 10 Americans living with prediabetes are unaware that they have it or do not show any symptoms.

Thankfully, these numbers can be reduced by regular health screenings, stress management, physical activity, and proper nutrition.

Here’s how to take part in Diabetes Alert Day:

1. **Act Now!** Take the Type 2 Diabetes Risk Test found at- [Type 2 Diabetes Risk Test](#)
2. **Refer a Friend!** Encourage your family, friends and coworkers to complete the risk test or see a medical care provider for a health screening.
3. **Learn More!** Increase your knowledge of diabetes intervention methods in your community such as the National Diabetes Prevention Program (NDPP).

DHD#10 offers multiple NDPP classes every year. Participants in the NDPP learn how to eat healthy, add physical activity to their routine, manage stress, stay motivated, and solve problems that can get in the way of healthy changes. The program’s group setting provides a supportive environment with people who are facing similar challenges and trying to make the same changes. Together participants celebrate their successes and find ways to overcome obstacles.

To find a National Diabetes Prevention Program near you please visit <https://www.livewell4health.org/diabetes-prevention> or <https://mihealthyprograms.org/>.

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious



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COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



www.dhd10.org



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Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.

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