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But I'm Not at Risk for Diabetes—Right?

One in three Americans has prediabetes—take the test to know if you are at risk in under 60 seconds.

Eau Claire, WI— March 22, 2016- By March, even the best of New Year's resolutions have been overshadowed by work, kids, and general life activities. You're busy, you work hard—you don't have time to lose weight or eat healthier, right? The only problem is that diabetes doesn't care if you're busy—**No one is excused from prediabetes.**

The American Diabetes Association (ADA) Alert Day, the fourth Tuesday of March, marks a one-day wake-up call to the seriousness of diabetes, especially when it's untreated or undiagnosed. Over 86 million Americans are at risk for type 2 diabetes—90% don't know they're at risk. This is called prediabetes. Prediabetes is a serious condition when blood sugar levels are above normal but not high enough to be diagnosed as type 2 diabetes. Prediabetes often leads to future type 2 diabetes, but it can luckily be reversed. Understanding your risk for type 2 diabetes with the ADA's Risk Test is a first step to preventing diabetes. Take the test at <https://doihaveprediabetes.org/>.



In Wisconsin, over 475,000 adults live with diabetes while over 1,100 residents die from diabetes each year. An estimated 1.46 million Wisconsin adults have prediabetes, meaning they are both at risk for type 2 diabetes *but also* have the potential to reverse the disease. In Eau Claire County, it is estimated that over 7,000 adults have diabetes and 25,750 people aged 20 years and older have prediabetes. Diabetes-related hospitalizations made up over 14% of all 2010 hospitalizations in Eau Claire County, with a financial cost close to \$35 million.

“A huge amount of power comes with understanding your own risk of prediabetes. It's a turning point where type 2 diabetes and its related health issues are still preventable,” says Darci Curwen-Garber, the current Wisconsin HealthCorps service member at the Eau Claire City-County Health Department, and a diabetic herself. “A huge burden of diabetes is that it's chronic—it requires constant attention. What's a one minute screening when it could help prevent a 24/7/365 condition?”

If you are at risk for diabetes, start making small changes or join a diabetes prevention program for big results. Below are tips on how you can start lowering your risk for type 2 diabetes today:

- **Manage your weight:** Losing just 5-7% of your body weight can slow or even reverse prediabetes.
- **Get active:** Go for the stairs! Find simple ways to be more active throughout your day—each step moves you in the right direction.
- **Low fat ≠ low flavor:** Instead of frying, try roasting, broiling, grilling, steaming, or baking your favorite foods. Deliciously healthy recipes can be found at www.diabetes.org/mfa-recipes.

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