

FOR IMMEDIATE RELEASE

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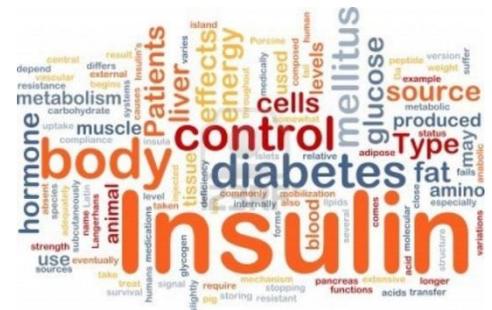
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#This is Diabetes: November is Diabetes Month

Eau Claire, WI, November 17, 2016 –Recognized by the American Diabetes Association, American Diabetes month is a time to focus and bring awareness to our community about the large number of people affected by diabetes. Diabetes is a chronic disease where the body does not properly process food for use as energy. If not managed, diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations.

Statewide, we know that:

- **2 out of 5** Wisconsin adults are expected to develop type 2 diabetes in their lifetime.
- **1 in 10** Wisconsin adults *has diabetes*.
- **1 in 4** Wisconsin adults *has diabetes* and *does not know it*.
- **3 in 10** Wisconsin adults *have prediabetes*.



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. Prediabetes means the person is at risk for type 2 diabetes *but also* has the potential to reverse the disease. “When you look at the numbers of diagnosed, undiagnosed and pre-diabetic adults, it can be seen how significant of a health issue diabetes is for our community,” says Ruth Kilness, Public Health Nutritionist at the Eau Claire City-County Health Department.

This year, the American Diabetes Association is asking people to share their stories about what it truly means to live with diabetes. A new campaign #This Is Diabetes™ kicks off this month. Throughout November, the Association encourages everyone to speak up and spread the word about what diabetes is really like. Share your story at <http://www.diabetes.org>. The Eau Claire City-County Health Department encourages you to share your voice to help educate others, correct myths and misunderstandings, and to take action!

- **Are you at risk for type 2 diabetes?**
 - Take a one minute screening at <https://doihaveprediabetes.org/>.
 - If you are at high risk, learn more about the [Eau Claire YMCA Diabetes Prevention Program](#). To register, contact the Eau Claire YMCA: 715-836-8460 or contact Emily Peterson, Program Coordinator: emily@eauclaireymca.org.
- **Do you have diabetes?**
 - Learn more about the [Living Well with Chronic Conditions](#) class offered by the Aging & Disability Resource .
 - To register, call 715-839-4735 or visit <http://www.co.eau-claire.wi.us/departments/departments-a-k/aging-disability-resource-center/health-promotion-prevention>.

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