



FOR IMMEDIATE RELEASE

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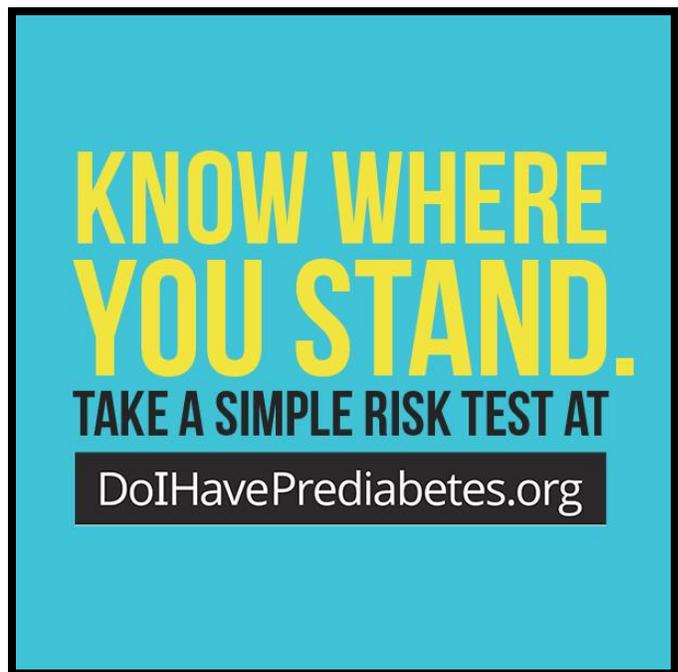
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1 in 4 Eau Claire County Adults has Prediabetes. Do You?

EAU CLAIRE, Wis. – March 26, 2019- Today is Diabetes Alert Day. Take a 1-minute Prediabetes Screening Test at www.DoIHavePrediabetes.org to find out if you are at risk for developing type 2 diabetes. 1 in 4 adults in Eau Claire County is estimated to have prediabetes- that's about 26,000 people. Yet 90% are not aware.

When prediabetes is caught early, it can be reversed! Healthy eating, being active, and losing weight can prevent this life-changing health problem. Without making any changes, prediabetes can lead to type 2 diabetes within 5 years. Type 2 diabetes can lead to serious health issues like heart disease, stroke, blindness, and kidney failure.

Diabetes is a big deal. Share the Prediabetes Screening Test with your family, your friends, and your neighbor. It only takes a minute to know your risk.



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