

**FOR IMMEDIATE RELEASE****Contact:**

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**Managing Diabetes**

**Eau Claire, Wis. – November 26, 2019—** Prediabetes and type 2 diabetes are serious health problems that impact our community. Type 2 diabetes decreases our ability to use sugar, the energy from food. In Eau Claire County, around 1 in 10 adults have been told they have diabetes. There are many more who do not know they have it.

Prediabetes means that blood sugars are higher than they should be and can get worse. About 1 in 4 Eau Claire County adults have prediabetes. If untreated, prediabetes will turn into type 2 diabetes. People with prediabetes and type 2 diabetes are at high risk for many health problems. These problems include heart disease, high blood pressure, and stroke.

**Prediabetes is reversible and type 2 diabetes is manageable.** You can take simple steps to improve your health.

- ✓ **Eat healthy.** Look for low-fat, baked, grilled, steamed, roasted or boiled options for holiday items. Limit fried foods.
- ✓ **Exercise.** Aim for at 2.5 hours of exercise per week. Remember, exercise does not have to be done at a gym! Try going on a family walk after dinner or take the stairs.
- ✓ **Manage your stress.** Aim for 7 to 8 hours of sleep a night. Find ways to relax every day, like exercise or meditation.
- ✓ **Check your blood pressure regularly.** There are places around our community that can help you [check your blood pressure](#). Local fire stations are on this list.
- ✓ **Quit smoking.** Make a list of reasons to quit and what triggers you to smoke. Find a quit buddy or group.
- ✓ **Talk to your doctor.** Your doctor can help you find a certified diabetes educator, a local diabetes self-management program or diabetes prevention program.



For more information on managing your diabetes, visit <https://www.cdc.gov/diabetes/managing/index.html>.

To find a diabetes prevention program, visit [https://nccd.cdc.gov/DDT\\_DPRP/Programs.aspx](https://nccd.cdc.gov/DDT_DPRP/Programs.aspx).

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