Diabetes Alert Day: March 22, 2011

What is American Diabetes Association Alert Day?

American Diabetes Association Alert Day is held every fourth Tuesday in March. It is a one-day, “wake-up” call asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes.

To continue America’s fight against diabetes, the Association is asking the public to “Join the Million Challenge.” In 2010, the American Diabetes Association surpassed their goal of inspiring one million people to take the Diabetes Risk Test. The Association is asking for your help in rallying for one million people to take the risk test in 2011. The Diabetes Risk Test lets you know your risk for developing type 2 diabetes.

Why is Diabetes Alert Day Important?

Diabetes is a serious disease that affects nearly 26 million children and adults in the United States. Diabetes is called a “silent killer” because many people do not know they have it. About 79 million Americans have pre-diabetes. People with pre-diabetes have a blood glucose (sugar) higher than normal, but not high enough to be diagnosed with type 2 diabetes; this places these individuals at greater risk for developing type 2 diabetes. According to the American Diabetes Association, if the current trends continue, one in three American adults will have diabetes in 2050. Early diagnosis is important to successfully treat and prevent complications such as heart disease, blindness, kidney disease, amputation, stroke, and even death.

Are you at Risk?

Everyone should be aware of the risk factors for type 2 diabetes. Those at increased risk of developing type 2 diabetes include:

- People who are overweight, under active, or over age 45;
- People with disabilities;
- Native Americans, African Americans, Hispanics/Latinos, and Asian Americans with a family history of diabetes are at an increased risk for type 2 diabetes.

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What Will Happen on American Diabetes Alert Day 2011?

Beginning on Diabetes Alert Day, March 22, 2011, the American Diabetes Association will rally for the public to “Join the Million Challenge.” The Association is asking you to help stop diabetes by taking the Diabetes Risk Test to find out if you are at risk for developing type 2 diabetes, and then convince your friends, family members and co-workers to do the same.

Take Charge of Your Health.

By understanding your risks, you can take steps to help prevent the onset of type 2 diabetes. For example, studies show that type 2 diabetes can be prevented or delayed by losing weight (just 7% of your body weight), through physical activity (30 minutes a day, five days a week), and healthy eating.

The Diabetes Risk test asks you to answer simple questions about your weight, age, family history, and other risks of pre-diabetes or type 2 diabetes. The test will show whether you are at low, moderate, or high risk for developing type 2 diabetes. If you are at high risk, you are encouraged to see your health care provider. Although the Diabetes Alert Day is a one-day event, the Risk Test is available year round.

“Join the Million Challenge” by getting your Free Diabetes Risk Test.

TAKE THE DIABETES RISK TEST

To get your Diabetes Risk Test and to find out if you are at risk for developing type 2 diabetes, visit the website at stopdiabetes.com or call 1-800-DIABETES (1-800-342-2383)

The ND Disability Health Project can provide technical assistance to assist with health promotion, staff training and education, and disability awareness. Contact us at 800.233.1737 or visit our website at www.ndcpd.org/health

Sources:

Pay It Forward…..
Pass this information on to others who may find it helpful.

Health-related information provided in this fact sheet is for informational purposes only and should not replace advice from a medical professional. The ND Disability Health Project is funded by the Centers for Disease Control and Prevention (CDC) through a grant (1 u59 DD000278) to the North Dakota Center for Persons with Disabilities at Minot State University. Opinions expressed here do not necessarily reflect the official policy of the CDC.