

# Diabetes Alert Day

## March 25, 2014

(Time to take action)



### What is this blue circle?

The universal symbol for diabetes.

**Diabetes Alert Day** is the fourth Tuesday in March. **Diabetes Alert Day** is a one-day, “wake-up call” asking American public to take the Diabetes Risk Tests for developing Type 2 Diabetes. The tests are “**CDC Prediabetes Screening Test**,” American Diabetes Association’s (ADA) “**Are You At Risk For TYPE 2 DIABETES? Diabetes Risk Test**,” and CDC’s “**Take the Family Health History Quiz**.”



CDC Prediabetes Screening Test



Are You At Risk for TYPE 2 DIABETES?



Family History Quiz

### Why is Alert Day Important?

Diabetes is a serious disease that strikes nearly 26 million children and adults in the United States, and a quarter of them—seven million—do not even know they have it. An additional 79 million, or one in three American adults, have **prediabetes**, which puts them at high risk for developing **Type 2 Diabetes**. Unfortunately, diagnosis often comes seven to 10 years after the onset of the disease, after disabling and even deadly complications have had time to develop. Therefore, early diagnosis is critical to successful treatment and delaying or preventing some of its complications such as **heart disease, blindness, kidney disease, stroke, amputation, and death**. In Alabama 452,000 citizens have diabetes and another 269,000 have prediabetes. Prediabetes is when your blood sugar is high but not high enough to be called diabetes.

### Who should participate in Alert Day?

Everyone should be aware of the **Risk Factors** for Type 2 Diabetes. People who are **overweight, under active** (living a sedentary lifestyle) and **over the age of 45** should consider themselves at risk for the disease. **African Americans, Hispanics/Latinos, Native Americans, Asian Americans, Pacific Islanders**, and people who have a **family history of diabetes** are at increased risk for Type 2 Diabetes.

### How do I prevent diabetes?

Studies have shown that **type 2 diabetes** can often be **prevented** or delayed by **losing** just 7 percent of **body weight** (such as 15 pounds if you weigh 200) **through regular physical activity** (30 minutes a day, five days a week) **and healthy eating**. By understanding your risk, you can take the necessary steps to help prevent the onset of type 2 diabetes. For additional information from ADA, go online to [Facebook](#), [stopdiabetes.com](http://stopdiabetes.com) or call 1-800-DIABETES (1-800-342-2383) or go to the National Diabetes Education Program (NDEP) online at [www.ndep.nih.gov/am-i-at-risk/family-history/#main](http://www.ndep.nih.gov/am-i-at-risk/family-history/#main) or call 1-888-693-NDEP (6337), or go online to [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention) then click “**Could You Have Prediabetes? Take the Quiz.**”