



NEWS RELEASE

ALABAMA DEPARTMENT OF PUBLIC HEALTH

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Diabetes Alert Day®, March 28, focuses on risk factors of prediabetes and diabetes

FOR IMMEDIATE RELEASE

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In 2014, diabetes was the seventh-leading cause of death both in Alabama and the nation at large. According to statistics from the Alabama Department of Public Health (ADPH), 13.5 percent of Alabama adults have diabetes.

As part of the American Diabetes Association's (ADA) Alert Day® on Tuesday, March 28, ADPH's Diabetes Program is informing Alabamians about the dangers of diabetes.

"On March 28, we will make a concerted effort through our social media accounts on Facebook and Twitter about the dangers and risks associated with prediabetes and diabetes, and how you can protect yourself against developing these diseases," said ADPH Diabetes Program Director Brandi B. Pouncey.

According to the ADA, Alert Day® is a time to "sound the alarm about the prevalence of type 2 diabetes in American adults." The ADA states that 9 out of 10 Americans most at risk for type 2 diabetes aren't aware of it. To help combat this lack of awareness, the ADA has developed a quick test for participants to see if they're at risk for developing these diseases. For those at risk, the ADA has developed some tips to use when speaking with a healthcare provider about what they can do to lower their risks. These resources, along with many others, are available on ADPH's Diabetes Program website.

For more information from ADPH regarding diabetes, go to adph.org/diabetes, facebook.com/DiabetesInAlabama, or twitter.com/DiabetesInAL.

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