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The disease affecting more than 29 million Americans---Diabetes, Are you at risk?
November is National Diabetes Month

11/26/14- Eau Claire, WI -- More than 29 million Americans—or about 9 percent of the U.S. population—have diabetes. It is estimated that one in every four people with diabetes does not even know they have the disease. Another 86 million Americans have pre-diabetes a condition in which blood glucose levels are higher than normal but are not high enough for a diagnosis of diabetes. People with pre-diabetes are at increased risk for developing type 2 diabetes and for heart disease and stroke.

In Wisconsin alone, it is estimated that 346,190 have been diagnosed with diabetes and an additional 128,900 adults are estimated to have diabetes that has not yet been diagnosed, for a total of 475,090 adults or 10.1% of the population. In Eau Claire, there are more than 7,000 adults estimated to have diabetes and close to 26,000 with pre-diabetes.

Diabetes is a condition characterized by high blood glucose (sugar) levels caused by either a lack of insulin or the body's inability to use insulin efficiently. If left undiagnosed or untreated, diabetes can lead to serious health problems, including heart attack and stroke.

“The annual cost of diabetes in Wisconsin is staggering—totaling around \$6.15 billion.” says Lieske Giese, Director/Health Officer of the Eau Claire City-County Health Department. “Raising awareness about how many people are impacted by this disease will help our community prioritize prevention.”

This November, during National Diabetes Month the Eau Claire City-County Health Department is encouraging people to take the test to find out if you are at risk for type 2 diabetes. The test only takes a few minutes to complete. To take the test go to: <http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/>. If you find out that you are at risk there are steps you can take to help you live a longer, healthier life. If you are at high risk, your first step is to see your doctor.

For more information about National Diabetes Month, visit <http://www.diabetes.org>.

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