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Diabetes--- Are you at risk?

Type 2 diabetes is one of our nation's leading causes of suffering and death—with one out of three people at risk of developing the disease in their lifetime.

Eau Claire, WI- March 24, 2015- American Diabetes Association Alert Day, which is held every fourth Tuesday in March, is a “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. Many cases of diabetes are undiagnosed; therefore the risk test is an important tool for people to find out if they are at risk. The Alert Day campaign will kick off on March 24 and continue through April 21 with the theme: “Take it. Share it. Step Out.” In 2014, over 118,000 people took the risk test from March 25 through April 25, with 37 percent of them being at high risk for developing type 2 diabetes.

In Wisconsin, diabetes affects over 475,000 adults and 4,500 children and adolescents and is the seventh leading cause of death. Each year, more than 1,100 Wisconsin residents die from diabetes and many more suffer disabling complications, such as heart disease, kidney disease, blindness, and amputations.

In Eau Claire County, it is estimated that 5,120 adults (6.6% of population) are diagnosed with diabetes. It is also estimated that 1,900 of adults (2.5% of population) have undiagnosed cases of diabetes. Furthermore, in Eau Claire County it is estimated that 25,750 people aged 20 years and older have pre-diabetes. People with pre-diabetes have an increased risk of developing type 2 diabetes, heart disease, and stroke. In Eau Claire County in 2010, the diabetes-related hospitalization costs were close to \$35 million.

“When you add up the numbers of diagnosed, undiagnosed and pre-diabetic adults in Eau Claire County, it can be seen how significant of a health issue diabetes is for our county,” says Lieske Giese, Director/Health Officer of the Eau Claire City-County Health Department. “Much of the health and economic burden of diabetes can be averted through known prevention measures. That is why we are encouraging our residents to take the [risk test](#) to find out their risk for type 2 diabetes and to take immediate action to help prevent diabetes before it starts.”

The [Diabetes Prevention Program \(DPP\)](#), a national study of 3,234 people at high risk for diabetes, showed that people can delay and possibly prevent the disease by losing a small amount of weight (5 to 7 percent of total body weight) through 30 minutes of physical activity 5 days a week and healthier eating. Visit www.diabetes.org/takeitshareit and share the test with friends and loved ones.

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