

FOR IMMEDIATE RELEASE

Contact:

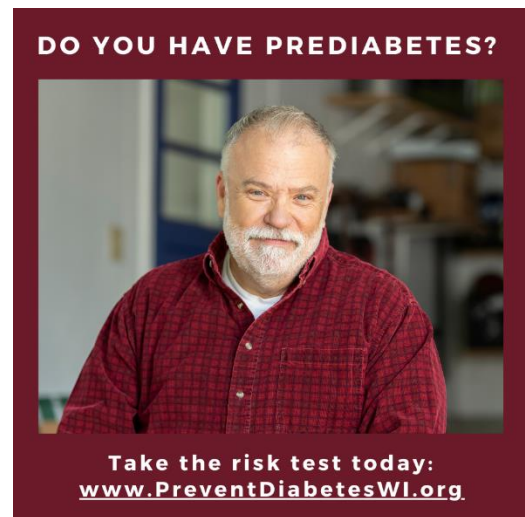
Cortney Nicholson MS, CHES®
Community Health Educator
715-495-1098
cortney.nicholson@co.eau-claire.wi.us

1 in 3 Wisconsin Adults has Prediabetes. Do You?
Take one minute to find out if you are at risk.

Eau Claire, WI, March 23, 2021 – Tuesday, March 23rd is American Diabetes Alert Day. In Wisconsin, 1 in 3 adults have prediabetes. Yet 90% do not know they have it. **It only takes one minute to know your risk for developing Type 2 Diabetes. Take the quiz at www.preventdiabetesWI.org** (and share it with your family, friends, co-workers, and even your neighbors). If your results are 5 or higher, you may be at higher risk of prediabetes or type 2 diabetes. Talk to your doctor to see if additional testing is needed.

Prediabetes is a serious health condition that comes before diabetes. It means your blood glucose (also called blood sugar) levels are higher than normal but aren't high enough to be called type 2 diabetes. If left untreated, prediabetes can turn into type 2 diabetes. **Yet, prediabetes can be reversed if caught early!**

Prediabetes doesn't always show signs or symptoms, which is why it's important to be screened regularly. Taking the risk test can provide valuable information about your health and help you decide where you can make small changes in your lifestyle to prevent or delay type 2 Diabetes. Small changes, such as increasing physical activity or modifying your diet, can make a big difference. Don't delay—take the [quiz](#) today!



###