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1 in 3 Wisconsin Adults has Prediabetes. Find Out if You’re at Risk in One Minute.

Health Departments recommend people take short test to screen for prediabetes

Eau Claire, WI, November 14, 2022 – In honor of World Diabetes Day, November 14, and American Diabetes Month, the Eau Claire, Chippewa, and Dunn County Health Departments recommend all adults take the one-minute prediabetes risk test to find out if they’re at risk for developing Type 2 diabetes. One in 3 Wisconsin adults has prediabetes, but 90% of those people don’t know they have it.

Take the Prediabetes Risk Test at www.PreventDiabetesWI.org and share it with your family, friends, coworkers, and neighbors. If you score a 5 or higher, you might be at higher risk of prediabetes or Type 2 diabetes, and you should talk to your doctor to see if you need additional testing.

For people who have a higher risk of developing prediabetes or Type 2 diabetes, participating in a National Diabetes Prevention Program can help decrease that risk. This lifestyle change program offers structured support for a full year to prevent or delay the onset of Type 2 diabetes. A trained lifestyle coach can help guide you to make small changes that can make a difference in your health. To find CDC-recognized diabetes prevention programs in your area, with both in-person and virtual options, **visit PreventDiabetesWI.org.**

Prediabetes is a serious health condition that comes before diabetes. It means your 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.

People with prediabetes don’t always have signs or symptoms, so it’s important that adults check their risk factors and complete annual health screenings with their provider. The prediabetes risk test can give you important insights into your health – and help you decide to make small lifestyle changes to prevent or delay Type 2 diabetes. The changes don’t have to be big: getting more physical activity or adjusting your diet can make a big difference. **Prediabetes can be reversed if it’s caught early!** Don’t delay—take the risk test today!

