



## FOR IMMEDIATE RELEASE

### Contact:

Cortney Nicholson, MS, CHES®  
Community Health Educator, Eau  
Claire City-County Health  
Department  
715-495-1098  
[Cortney.nicholson@eauclairecounty.gov](mailto:Cortney.nicholson@eauclairecounty.gov)

Grace Poliak, RD, CD  
WIC Director/Nutrition Manager,  
Dunn County Health Department  
715-231-6461  
[gpoliak@co.dunn.wi.us](mailto:gpoliak@co.dunn.wi.us)

Stephanie Abbe, RD, CD  
Nutrition Division Manager,  
Chippewa County Department of  
Public Health  
715-726-7870  
[sabbe@co.chippewa.wi.us](mailto:sabbe@co.chippewa.wi.us)

## 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, March 28, 2023** – In honor of Diabetes Alert Day and National Nutrition 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. Prediabetes doesn't always show signs and symptoms, which is why it's important to be screened regularly by taking the prediabetes risk test or talking to your doctor.

In Wisconsin, one in three adults has prediabetes, but 90% of those people don't know they have it. If left untreated, prediabetes can turn into type 2 diabetes, which can increase your risk of other chronic diseases like heart disease and stroke. The good news? **Prediabetes can be reversed if caught early!**

**Don't delay, take the one-minute Prediabetes Risk Test today at [www.PreventDiabetesWI.org](http://www.PreventDiabetesWI.org).** If you find out you're at high risk of developing prediabetes or type 2 diabetes (scoring 5 or higher on the risk test), talk to your doctor to see if you need additional testing.

It's important for everyone to make healthy choices with eating and exercise, but especially if you're one of the 1 in 3 Wisconsin adults with prediabetes. Small changes to your diet and bumping up your activity level can help lower your risk of prediabetes or type 2 diabetes. Consider making some small changes to help balance your plate:

- ✓ **Make half of your plate fruits and vegetables.** Fruit in your oatmeal? A vegetable in your soup or pasta? Pick some colorful fresh, frozen, canned, or dried fruits and veggies.
- ✓ **Sip healthy drinks.** Sweet coffee drinks, juice drinks, energy drinks, and soda are a big source of added sugar. Try switching them out for water, unsweetened tea, or sparkling water.
- ✓ **Cook at home.** High levels of sodium are often hidden in fast foods and highly processed foods, like breads and rolls, cold cuts and cured meats, sandwiches, pizza, soup, and chicken.

Prediabetes and Type 2 diabetes can be prevented. Find programs, resources, and support for making small changes to take control of your health at [www.PreventDiabetesWI.org](http://www.PreventDiabetesWI.org).

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