



FOR IMMEDIATE RELEASE
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Health Department Urges Residents to Take Risk Test for Diabetes

PITTSBURGH – The Allegheny County Health Department (ACHD) today urged County residents to take the Diabetes Risk Test as part of today’s American Diabetes Association Alert Day®.

“This annual ‘wake-up’ call on American Diabetes Association Alert Day encourages residents to take a simple test and learn if they are at risk for type 2 diabetes, because preventing the disease starts with knowing your risk factors and taking action,” said Health Department Director Dr. Karen Hacker. “Of the nearly 30 million people in the nation with diabetes, about a quarter of them—eight million—do not even know they have it.”

The risk factors for type 2 diabetes include:

- Age (45 or older)
- Excess weight (Body Mass Index 25 or greater)
- Inactivity (no regular physical activity)
- Family history of diabetes (especially a parent or sibling with the disease)
- Having high blood pressure
- If female, having had gestational diabetes while pregnant
- Having African American, Hispanic/Latino, Native American, Asian American, or Pacific Islander heritage

To take the Diabetes Risk Test, click on <http://diabetes.org/takethetest> or call 1-800-DIABETES (1-800-342-2383). If your test score is in the high range, or if you have two or more risk factors, please contact your doctor or medical provider to discuss your risk and whether further evaluation is indicated.

“We are happy to support this initiative of the American Diabetes Association and encourage those who are at risk for diabetes, or those think they might be, to take the test and find out for sure” noted Dr. Hacker. “Diabetes is a condition that can become very serious, especially if left undiagnosed or untreated.”

The effort to publicize the diabetes risk assessment test is part of *Live Well Allegheny*, the County-wide initiative launched in 2014 by County Executive Rich Fitzgerald and the Board of Health, which provides information to families and individuals about opportunities and events related to healthier eating, weight loss, and physical activity. To learn more, visit <http://www.livewellallegheny.com/>.

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