



FOR IMMEDIATE RELEASE
March 24, 2015

CONTACT: Melissa Wade
Public Health Information Officer
412-578-8312
mwade@achd.net

Health Department Urges Residents to Take Risk Test for Diabetes

PITTSBURGH – The Allegheny County Health Department 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 County Health 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.”

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 very fortunate to have local Diabetes Prevention Programs that are evidence-based and effective, like the one at the Greater Pittsburgh YMCA. Those who are at risk for diabetes, as well as all those who want to become healthier, take advantage of these programs,” noted Dr. Hacker.

For more information about the year-long, community-based lifestyle improvement program, contact Gretchen North of the YMCA at 412-227-3820.

The effort to publicize the diabetes risk assessment test is part of *Live Well Allegheny*, the County-wide initiative launched in 2014 by 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/>.

###

KAREN A. HACKER, MD, MPH, DIRECTOR
ALLEGHENY COUNTY HEALTH DEPARTMENT – PUBLIC INFORMATION OFFICE
542 FOURTH AVENUE • PITTSBURGH, PA 15219
PHONE (412) 578-8004 • FAX (412) 578-8325 • WWW.ACHD.NET

