



ALLEGHENY COUNTY

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County, American Diabetes Association Urge Residents to Take Diabetes Risk Test

PITTSBURGH – The Health Department is joining the American Diabetes Association (ADA) in encouraging county residents to take the Diabetes Risk Test as part of today's 30th American Diabetes Association® Alert Day®. The annual observance asks residents to take a simple, quick test to learn if they are at risk for type 2 diabetes.

"More than 84 million Americans have prediabetes, a condition in which blood glucose levels are higher than normal, and that puts them at risk for developing type 2 diabetes," said Health Department Director Dr. Karen Hacker. "Nine out of 10 adults with prediabetes don't even know that they have it. It's very important for residents to take the risk test, because understanding your risk factors and taking steps toward a healthier life can help prevent the disease."

To take the Diabetes Risk Test, visit: <http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/>, 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 needed.

On Diabetes Alert Day, the YMCA of Greater Pittsburgh will offer information about their nationally recognized Diabetes Prevention Program. This program aims to prevent diabetes through lifestyle changes. Landmark studies have shown that participants in this program can reduce their risk for the onset of diabetes by 58%, and 70% in participants over the age of 60. The YMCA of Greater Pittsburgh is currently offering this program at select YMCA's. You do not have to be a member to participate in the program. More information can be found at: <http://www.ymcaofpittsburgh.org/diabetes/>.

Some health insurance plans, such as Medicare and Highmark, are beginning to include the Diabetes Prevention Program (DPP) as a covered benefit. Call the Member Benefits number on the back of your insurance card to see where your plan covers enrollment in DPP.

Diabetes is a serious disease that strikes more than 30 million Americans, including over 400,000 people in Western Pennsylvania. A quarter of those are not aware that they have the disease. Recent estimates project that as many as one-in-three American adults will have diabetes in 2050 unless serious measures are taken to prevent this epidemic.

The primary risk factors for type 2 diabetes are being overweight, sedentary, over the age of 45 and having a family history of diabetes. African-Americans and Hispanics/Latinos, are at an increased risk for developing the disease. Allegheny County ranks higher than the national percentage of people diagnosed with diabetes, which is 9.3%. 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. For more information, including an updated Guide to Local Diabetes Education Programs, visit: <http://www.achd.net/chronrd/diabetes.html>.

About the American Diabetes Association

Nearly half of American adults have diabetes or prediabetes; more than 30 million adults and children have diabetes; and every 21 seconds, another individual is diagnosed with diabetes in the U.S. Founded in 1940, the American Diabetes Association (ADA) is the nation's leading voluntary health organization whose mission is to prevent and cure diabetes, and to improve the lives of all people affected by diabetes. The ADA drives discovery by funding research to treat, manage and prevent all types of diabetes, as well as to search for cures; raises voice to the urgency of the diabetes epidemic; and works to safeguard policies and programs that protect people with diabetes. In addition, the ADA supports people living with diabetes, those at risk of developing diabetes, and the health care professionals who serve them through information and programs that can improve health outcomes and quality of life. For more information, please call the ADA at 1-800-DIABETES (1-800-342-2383) or visit diabetes.org. Information from both of these sources is available in English and Spanish. Find us on Facebook (American Diabetes Association), Twitter (@AmDiabetesAssn) and Instagram (@AmDiabetesAssn).

About Live Well Allegheny

Live Well Allegheny was launched in January 2014 by County Executive Rich Fitzgerald as a comprehensive, innovative strategy on wellness that embraces a broad concept of living well to include physical health, mental wellness, personal and community safety, prevention and preparedness, and much more. The effort is being led by the Board of Health and Health Department Director, Dr. Karen Hacker. For more information on the *Live Well Allegheny* campaign, visit www.LiveWellAllegheny.com.

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