



FOR IMMEDIATE RELEASE
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Contact: Rob Mitchell, MPH
Community Health Strategies
American Diabetes Association
412.824.1181 x 4608
rmitchell@diabetes.org
www.diabetes.org

Melissa Wade
Health Department
Public Health Information Officer
412.578.8312
melissa.wade@alleghenycounty.us
www.achd.net

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

PITTSBURGH – The American Diabetes Association (ADA) and the Allegheny County Health Department (ACHD) are urging county residents to take the Diabetes Risk Test as part of today's 29th Annual 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 Allegheny County 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."

To take the Diabetes Risk Test, click on www.diabetes.org/pghrisktest 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.

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. Information can be found at <http://www.ymcaofpittsburgh.org/diabetes/>.

Diabetes is a serious disease that strikes nearly 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. There is more information including an updated Guide to Local Diabetes Education Programs at <http://www.achd.net/chronrd/diabetes.html>.

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About the American Diabetes Association:

Every 23 seconds another person is diagnosed with diabetes. The American Diabetes Association (Association) is the global authority on diabetes and since 1940 has been committed to its mission to prevent and cure diabetes and to improve the lives of all people affected by diabetes. To tackle this global public health crisis, the Association drives discovery in 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 provides support and advocacy for people living with diabetes, those at risk of developing diabetes and the health care professionals who serve them. For more information, please call the American Diabetes Association at 1-800-DIABETESS (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, visit www.LiveWellAllegheny.com.

American Diabetes Association

1520 Two Chatham Center
112 Washington Place
Pittsburgh, PA 15219
Phone: 412-824-1181

Karen Hacker, MD, MPH, Director

Allegheny County Health Department – Public Information Office

542 Fourth Avenue | Pittsburgh, PA 15219
Phone: 412-687-ACHD (2243) | Fax: 412-578-8325
www.achd.net