

News Release

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Contact information:

Diabetes Alert Day – *Join the Million Challenge* and See if You Are at Risk for Type 2 Diabetes

Tuesday, March 22, 2011, is Diabetes Alert Day. A wake-up call to inform Americans about the seriousness of diabetes, particularly when left undiagnosed or untreated.

Diabetes is a challenging disease that affects nearly 26 million adults and children in the United States—including 375,000 people in Minnesota. It is known as “the silent killer” because one in four of those with diabetes—7 million Americans or almost 100,000 Minnesotans—are unaware they have it. An additional 79 million, or **one in three American adults**, have pre-diabetes, a sign that diabetes may be in their future.

Primary risk factors for diabetes include:

- Excess weight
- Lifestyle with little exercise
- Age over 45
- Family history of diabetes
- African American, Hispanic/Latino, American Indian, Asian American or Pacific Islander heritage
- Women who had a baby over 9 pounds

The good news is that type 2 diabetes can be prevented or delayed by losing just 7 percent of body weight (about 15 pounds if you weigh 200) through regular physical activity and healthy eating.

Join the one million Americans taking the Diabetes Risk Test and find out if you are at risk for developing type 2 diabetes. This simple-to-take, free test can be found at <http://www.diabetes.org/diabetes-basics/prevention/diabetes-risk-test/> or by calling 1-800-DIABETES (1-800-342-2383). By understanding your risk, you can take the necessary steps to help prevent the onset of type 2 diabetes.

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