

DIABETES RISK TEST.

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On March, 26, 2013, American Diabetes Association Alert Day®, held every fourth Tuesday in March, is a one-day, “wake-up call” asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes. The new Diabetes Risk Test asks users to answer simple questions about weight, age, family history and other potential risks for prediabetes or type 2 diabetes. This year as part of Alert activities, the American Diabetes Association will be exhibiting at Body Worlds & the Cycle of Life at the Science Museum of Minnesota the week of March 24th. Dr. Harold Katz, Endocrinologist at Allina Medical Clinic in St. Paul will be presenting information about prediabetes and diabetes on March 29th at the Science Museum at 6:30 pm.

Are You at Risk?

Everyone should be aware of the risk factors for type 2 diabetes. People who are overweight, under active (living a sedentary lifestyle) and over the age of 45 should consider themselves at risk for the disease. African Americans, Hispanics/Latinos, Native Americans, Asian Americans, Pacific Islanders and people who have a family history of the disease also are at an increased risk for type 2 diabetes.

Unfortunately, diagnosis often comes 7 to 10 years after the onset of the disease, after disabling and even deadly complications have had time to develop. Therefore, early diagnosis is critical to successful treatment and delaying or preventing some of its complications such as heart disease, blindness, kidney disease, stroke, amputation and death.

The American Diabetes Association has made a strong commitment to primary prevention of type 2 diabetes by increasing awareness of pre-diabetes and actively engaging individuals in preventative behaviors like weight loss, physical activity and healthful eating. Alert Day is a singular moment in time in which we can raise awareness and prompt action among the general public – particularly those at risk.

Take Charge of Your Health

Studies have shown that type 2 diabetes can often be prevented or delayed by losing just 7% of body weight (such as 15 pounds if you weigh 200) through regular physical activity (30 minutes a day, five days a week) and healthy eating. By understanding your risk, you can take the necessary steps to help prevent the onset of type 2 diabetes.

You can be part of the movement to Stop Diabetes® and get your free Diabetes Risk Test (English or Spanish) by visiting the Association on [Facebook](https://www.facebook.com/stopdiabetes), stopdiabetes.com or by calling 1-800-DIABETES (1-800-342-2383).

Although Alert Day is a one-day event, the Diabetes Risk Test is available year-round.