



Volunteers Leslie Philmon and Cindy Nelson-Kaigama discussing risk test results with Church Olympics participants.

Are You at Risk?

On Saturday, June 30th the CheckUp America community event pilot program provided risk assessments to participants in the Ninth Annual Church Olympics and Family Fest organized by the Stairstep Foundation of Minneapolis/St. Paul.

Nearly 1,000 attendees of all ages competed in a variety of Olympic-style athletic events. Volunteers and staff from the American Diabetes Association offered the Diabetes Risk Test and lifestyle information to participants. By answering questions related to the risk factors for diabetes, people can determine their risk for developing type 2 diabetes and the need, if any, for further steps. Olympic participants also received pedometers to track their steps during the competitions.



Diabetes Risk Test area

The pilot event, sponsored by Walgreens and Janssen Pharmaceuticals, was designed to create awareness for type 2 diabetes and measure outcomes associated with diabetes risk.