



Kentucky Public Health

Prevent. Promote. Protect.

Sounding the Alarm About the Risk of Diabetes

52 Weeks of Public Health Spotlight: Diabetes Alert Day



Released March 27, 2018



FRANKFORT, Ky. (March 27, 2018) – March 27th is the American Diabetes Association Alert Day, a day designated to sounding the alarm about the prevalence of type 2 diabetes. As part of this week's 52 Weeks of Public Health, the Department for Public Health within the Cabinet for Health and Family Services is encouraging Kentuckians to take the Type 2 Diabetes Risk Test in recognition of Diabetes Alert day here in Kentucky.

Diabetes is common, lifelong medical condition where the body does not make or properly use insulin. One in every eight or 13.1 percent of Kentucky adults are estimated to have been diagnosed diabetes. This disease keeps the body from processing food normally causing sugar to build up in the blood, which over time can cause serious problems with the heart, kidneys, eyes and feet.

Although diabetes is common, many people do not understand the disease or their risk for developing. However, by taking just 60 seconds, the [Type 2 Diabetes Risk Test](#) can help educate Kentuckians about their own risk as well as help take the first step toward a healthier lifestyle.

The public health professionals encourage Kentuckians who are diagnosed or at risk for diabetes to seek support from a team of professionals such as a doctor or nurse practitioner; diabetes educator, dietitian, nurse, pharmacist, eye doctor, foot doctor and mental health counselor to manage your disease.

Diabetes can be challenging to live with and manage day after day, but there is help available. Participating in [Diabetes Self-management Education and Support \(DSMES\)](#) is one of the best ways for individuals to learn and be empowered with the knowledge and skills to better manage their diabetes. DSMES services are located across the state including 15 branches of the Department for Public Health's Healthy Living with Diabetes nationally accredited program in local or district health departments.

For more information on the role of the diabetes care team, please visit the [Kentucky Department for Public Health](#) or the [Kentucky Diabetes Network](#) websites.

Interested in learning more about healthy Kentucky lifestyle? Through our 52 Weeks of Public Health campaign, the Kentucky Department for Public Health will spotlight public health issues as well as highlight services and resources available to Kentuckians statewide. Follow us on [Facebook](#) for your weekly tip.