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Date: March 23, 2017

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For Release 28 March 2017

Subject: National Diabetes Alert Day

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## National Diabetes Alert Day is 28 March 2017

One in three American adults is at risk for developing type 2 diabetes, which is why the **Kankakee County Health Department** is participating in **American Diabetes Association Alert Day®**. On **March 28** we encourage you to take a quick (and anonymous) one minute type 2 diabetes test to find out if you're at risk.

An estimated **86 million** American adults **have prediabetes**, which means they have blood glucose (sugar) that's higher than normal, but not high enough to be diagnosed with type 2 diabetes. **Prediabetes is reversible**, and knowing your risk is the first step.

**Take the test at:**

**<http://www.diabetes.org/are-you-at-risk>**



**86 million Americans have prediabetes.**  
**9 out of 10 don't know it.**

We hope you will share the test with family members, friends and colleagues so they have a chance to **know their risk.**