



News Release

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UDOH to Observe Diabetes Alert Day March 24 *EPICC Joins with AMA and CDC to “Prevent Diabetes STAT”*

(Salt Lake City, UT) – Over 100,000 Utahns have prediabetes and are at high risk of developing type 2 diabetes. Many more Utahns have prediabetes and have no idea. In recognition of Diabetes Alert Day, and in an effort to reverse the growing number of Utahns with prediabetes, the Utah Department of Health (UDOH) EPICC Program today announced it is joining with the Centers for Disease Control and Prevention (CDC) and the American Medical Association (AMA) to “[Prevent Diabetes STAT: Screen, Test, Act - Today™](#).”

Sponsored by the [National Diabetes Education Program](#), Diabetes Alert Day is observed annually on the fourth Tuesday in March and is a one-day wake-up call to inform the American public about the seriousness of diabetes, particularly when the disease goes undiagnosed or untreated.

People with prediabetes have a blood sugar level higher than normal, but not high enough for a diagnosis of diabetes. They are at higher risk for developing type 2 diabetes and other serious health problems, including heart disease and stroke. Without lifestyle changes including diet and exercise, 15% to 30% of people with prediabetes will develop type 2 diabetes within five years. [Risk factors](#) for prediabetes include being overweight, age, sedentary lifestyle, ethnicity, etc.

Most people with prediabetes are unaware they have it. In fact, national studies show about one in three adults aged 20 and over already have prediabetes. The *Prevent Diabetes STAT: Screen, Test, Act - Today™* initiative will help health care providers and Utahns in their communities raise awareness of the condition. Brenda Ralls, an EPICC

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epidemiologist, says, “While lifestyle changes may be required to prevent prediabetes from progressing into type 2 diabetes, they are worth the effort and potentially lifesaving.”

Type 2 diabetes can be a serious and costly disease with devastating consequences including amputations, kidney and heart failure, stroke, and blindness. The UDOH EPICC program is proud to join the CDC and AMA in this important cause and encourages Utahns who want to learn more to call the UDOH Health Resource line at (888) 222-2542.

About UDOH EPICC

The [Healthy Living through Environment, Policy, and Improved Clinical Care Program \(EPICC\)](#) is a program resulting from the consolidation of three programs (Diabetes Prevention and Control Program, Heart Disease and Stroke Prevention Program, and the Physical Activity, Nutrition and Obesity Program). The consolidation of the three programs into one was designed to assist in the coordination of activities to ensure a productive, collaborative and efficient program focused on health outcomes. The program aims to reduce the incidence of diabetes, heart disease, and stroke by targeting risk factors including reducing obesity, increasing physical activity and nutritious food consumption, and improving diabetes and hypertension control.

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The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.