



Genesee County Health Department

Mark Valacak, M.P.H., Health Officer
Gary K. Johnson, M.D., M.P.H., Medical Director

FOR IMMEDIATE RELEASE

DATE: November 13, 2015

END DATE: November 30, 2015

CONTACT: Suzanne Cupal, MPH
Public Health Supervisor

PHONE: (810) 768-7970

RE: Diabetes Awareness Month

Diabetes is one of the leading causes of disability and death in the United States. One in 12 Americans have diabetes and another 79 million adults in the U.S. are at high risk of developing type 2 diabetes. The Genesee County Health Department is promoting American Diabetes Awareness Month because 10.3% of persons in Michigan have been diagnosed with diabetes and in Genesee County, 13% of residents have been diagnosed. Diabetes Awareness Month reminds us about the warning signs and risk factors, and encourages you to make healthier choices to prevent the early onset of diabetes.

Diabetes is a disease where the body is not making insulin (a hormone) or the insulin is not working as it should. High amounts of sugar built up in the blood can cause damage to eyes, kidneys and other serious health problems. Warning signs include: weight loss, extreme thirst or hunger, frequent urination and sudden vision changes. Risk factors include: obesity, family history, being over the age of 44, your race, physical inactivity and smoking.

If you have a family history of diabetes, get routine check-ups, eat fruits and vegetables, and get active. There is no cure for diabetes, but there have been advancements with the treatment for those living with diabetes. The best way to treat diabetes is to prevent it! Visit <http://www.cdc.gov> or <http://www.nkfm.org> for more information and support. For help with smoking call 1-800-QUITNOW.

Better Life Through Better Health

Floyd J. McCree Courts & Human Services Building ♦ 630 S. Saginaw Street, Ste. 4 ♦ Flint, Michigan 48502-1540

Burton Branch ♦ G-3373 S. Saginaw Street ♦ Burton, Michigan 48529

Main Phone 810-257-3612 ♦ Visit us at: www.gchd.us