



NEWS RELEASE

For Immediate Release:

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North Dakota Observes American Diabetes Association Diabetes Alert Day

BISMARCK, N.D. – Spring has sprung and the North Dakota Department of Health (NDDoH) is inviting North Dakotans to take a fresh look at physical activity and nutrition habits on Diabetes Alert Day observed Tuesday, March 22!

One in four Americans are at risk for Diabetes. Are you one of them? The NDDoH is encouraging adults to take the Diabetes Risk Test, which can be found at www.diabetesnd.org under Learn the Facts, Assess Your Risk. The Diabetes Risk Test is easy to complete and includes questions about age, weight, family history, and other potential risk factors for diabetes. Results can indicate if a person has a low or high risk for developing type 2 diabetes.

Almost 50,000 people in North Dakota have diabetes and over 200,000 are at risk for or have prediabetes. The NDDoH Diabetes Program educates people in North Dakota on changes to make in order to prevent type 2 diabetes or to manage diabetes to prevent complications. The following are helpful strategies to prevent and manage type 2 diabetes:

Make Healthy Food Choices

- Include non-starchy vegetables in meals (leafy greens, carrots, broccoli and asparagus).
- Include whole fruits (contain fiber, vitamins and minerals).
- Choose fewer refined grains, and more whole grain foods – natural sources of vitamins, minerals and fiber.
- Choose fewer sweetened beverages throughout the day; have water more often.
- Reduce the amount of sweets in your diet from baked goods, candy, frozen treats and other sweets.
- Watch portion sizes to help manage your calorie intake.

Move More Each Day

- Try to be active most days of the week.
- Walking, biking, swimming or chair exercises are all great options.
- Experience new activities you've always wanted to try, or meet up with a friend to exercise.

Moving more and eating less can help you prevent diabetes, or help control your blood glucose if you have diabetes.

For more information, contact Jane Myers, North Dakota Department of Health, at 701.328.2698.

Please note: To access archived news releases and other information, visit the North Dakota Department of Health Press Room at <https://health.nd.gov/news-media/news-releases>.

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