

## NEWS RELEASE

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### **Diabetes Alert Day: Are You at Risk?**

BISMARCK, ND – Whether one chooses to lose weight to feel better, or look better, a weight loss of 5 to 7 percent can decrease the risk of type 2 diabetes by nearly 60 percent! Weight loss can also help prevent complications for those already diagnosed with type 2 diabetes. While there is no magic pill to whittle away and keep off the extra weight, there are two highly effective, proven options for either preventing diabetes for those who are at risk or managing blood glucose for those with diabetes.

First, the National Diabetes Prevention Program (DPP) can help those at risk for type 2 diabetes lose weight to prevent or delay type 2 diabetes. A lifestyle coach facilitates the classes in a group setting allowing participants to learn from others in similar situations. The lifestyle coach is there to motivate, inform and support participants throughout the year-long journey to a healthier lifestyle.

Second, Diabetes Self-Management Education (DSME) programs help people with diabetes manage their blood glucose to prevent complications and maintain a high quality of life. Diabetes education is a process and team effort, and some of the topics addressed by trained diabetes educators include:

- Helping you understand what diabetes is and how it affects your body
- Explaining how diabetes medications work
- Figuring out foods and meals that fit your life and budget as well as improve glucose levels
- Determining the best type of glucose monitoring device for your specific circumstances
- Suggesting tools, applications and strategies to help you fine tune your blood glucose control
- Offering tips to help you cope with stress and solve problems as they arise

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Research shows that “coaching” or having a support system can help a person maintain healthy habits leading to sustainable results, whether that is weight loss or keeping blood glucose in check. However, be cautious when seeking a “coach” or a support group. The DPP lifestyle coaches and DSME educators are trained professionals providing you with sound information.

March 28, 2017 is Diabetes Alert Day, encouraging everyone to know their risk. Find out if you are at risk for type 2 diabetes by taking the risk test at <http://diabetesnd.org/diabetes-prevention/>. Find out if you are at risk for prediabetes and eligible to participate in a DPP near you by taking the prediabetes risk test at: [http://www.diabetesnd.org/image/cache/prediabetestest\\_risk\\_test\\_2.pdf](http://www.diabetesnd.org/image/cache/prediabetestest_risk_test_2.pdf).

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