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National Prediabetes Prevention Campaign

52 Weeks of Public Health Campaign Spotlight: Preventing Type 2 Diabetes

FRANKFORT, Ky. (August 10, 2017) – As part of the 52 Weeks of Public Health campaign, the Kentucky Department of Public Health (DPH) within the Cabinet of Health and Family Services (CHFS) highlights a new national campaign to bring awareness about prediabetes.

New national data just released from CDC noted that 84 million American adults (more than 1 in 3) have prediabetes, which is a condition in which blood glucose (sugar) levels are high, but not high enough yet to be classified as type 2 diabetes. People with prediabetes have increased risks to their long-term health, including developing type 2 diabetes, heart attack, and stroke. According to the CDC, nearly 90 percent of people with prediabetes are not aware they have the condition. In Kentucky, it is estimated that more than 1.1 million Kentucky adults have prediabetes.

Janice Haile, a registered nurse and certified Diabetes Educator with the Kentucky Diabetes Prevention and Control Program (KDPCP) within the DPH was excited to hear that the CDC recently shared new prediabetes messages to help get the word out about what can be done to prevent or delay type 2 diabetes.

“A third of those with prediabetes will develop type 2 diabetes within 5 years unless, they, and their healthcare team, address this issue. The good news is there is something we can do once we know a person has prediabetes,” said Janice Haile.

The National Diabetes Prevention Program (National DPP), a lifestyle change program recognized through the Centers for Disease Control and Prevention, has been proven to cut the risk of developing type 2 diabetes by half in those who have prediabetes. Studies show that losing just 5 to 7 percent of body weight, by eating healthier and increasing physical activity, can help prevent or delay type 2 diabetes (for a person who weighs 200 pounds, that’s about 10 to 15 pounds).

Ms. Haile also said, “The KDPCP has been working with the Kentucky Diabetes Network, the University of Louisville, the University of Kentucky, the Kentucky Coordinating Body of the American Association of Diabetes Educators (AADE), the American Diabetes Association (ADA) and other partners to increase awareness and testing for prediabetes. These diabetes advocates are banding together to encourage Kentuckians to take the first step by visiting DolHavePrediabetes.org to take the 1-minute risk test. If a



person finds out they are at risk for prediabetes, then they will need to speak with their healthcare professional to confirm their diagnosis.”

To find out about DPP in your community, visit the Kentucky Diabetes Resource Directory at <https://prd.chfs.ky.gov/KYDiabetesResources/> (search the category for Diabetes Prevention Program / DPP Organizations) or the Centers for Disease Control and Prevention at <http://www.cdc.gov/diabetes/prevention/index.html> .

Throughout the planned 52 Weeks of Public Health promotion, DPH will spotlight a specific public health issue. Additional information about the campaign is available on the DPH website: <http://chfs.ky.gov/dph/default.htm> and will be posted on the CHFS Facebook page: <http://www.facebook.com/kychfs> where Kentuckians are encouraged to like and share posts among their networks of friends.

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The Cabinet for Health and Family Services is home to most of the state’s human services and healthcare programs, including the Department for Medicaid Services, the Department for Community Based Services, the Department for Public Health, and the Department for Behavioral Health, Developmental and Intellectual Disabilities. CHFS is one of the largest agencies in state government, with nearly 8,000 full- and part-time employees located across the Commonwealth focused on improving the lives and health of Kentuckians.