



NEWS RELEASE

ALABAMA DEPARTMENT OF PUBLIC HEALTH

RSA Tower 201 Monroe Street, Suite 914 Montgomery, AL 36104
Phone 334-206-5300 Fax 334-206-5520

www.adph.org

Educational events planned for Diabetes Alert Day in Alabama

FOR IMMEDIATE RELEASE

CONTACT:

LaMont Pack
(334) 206-2062

Diabetes is one of the most significant health issues facing Alabama today and is expected to remain so in the years ahead. Two events are planned to educate and inform the public about diabetes on March 23, Diabetes Alert Day.

In Central Alabama the Alabama Department of Public Health will sponsor a 30-minute special television call-in program titled "Diabetic Breakthroughs—A Central Alabama Diabetes News Special." The program will feature an expert medical panel who will answer questions from the public. Serving on the panel will be physicians, dieticians, and representatives from the American Diabetes Association and related organizations that can answer questions concerning diabetes prevention and control.

The program will air from 9 to 9:30 a.m. March 23 on WAKA-TV, Channel 8 in Montgomery. Topics will focus on better methods of controlling diabetes through injectable medications, oral medications and diet. A phone bank will operate and will remain open for inquiries from the public during and after the half-hour program. The call-in number is (334) 420-3212.

Another event is planned for the Birmingham area March 23 at Riverchase Galleria from 10 a.m. to 4 p.m. "What Will You Do to Stop Diabetes? Know Your Risk" is the title of the 22nd Annual American Diabetes Association Alert Day. The association and television station ABC 33/40 in Birmingham will encourage people to join the Stop Diabetes movement by the taking the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes and if they are at high risk, to speak with their health care provider.

The American Diabetes Association will provide the day of diabetes screenings which will include blood glucose, A1C (to measure blood glucose over time), blood pressure and foot screenings. In addition, health, nutrition and wellness information will be available. The Birmingham event is cosponsored by HealthSpring insurance plan and the American Diabetes Association.

"Too many Alabamians are not aware they have diabetes, and others who have been diagnosed need to be educated on the best ways to manage their condition," LaMont Pack, director of the Diabetes Branch of the Alabama Department of Public Health, said. "If you look around, you will see that approximately 65 percent of Alabama adults (according to the Centers for Disease Control and Prevention) are overweight or obese. This contributes to the increasing incidence of diabetes."

Pack continued, "One way to prevent diabetes is to change the behaviors which contribute to overweight and obesity. This can be addressed by reducing meal portion sizes and selecting healthy beverages, being physically active by keeping moving, and working toward a healthy lifestyle. This can be done. You do not have to get type 2 diabetes."

Information about the types, symptoms, complications and other topics related to diabetes is available at www.adph.org/diabetes/

-30-

3/17/10