

national Diabetes Goal

What kind of progress against diabetes could we make if we unite to achieve one ambitious goal?

By 2015, 45% of Americans who are at risk for type 2 diabetes will know their blood glucose level and what actions to take.

1. We could reduce the number of new cases of type 2 diabetes.

The numbers are staggering. On our current path, an estimated 50 million people, 15% of the population, will suffer from diabetes by the year 2025. This is more than double the current number of people living with diabetes. But there is hope. Type 2 diabetes can be prevented, if people at risk get tested, learn their blood glucose level and take appropriate action.

2. We could stimulate much-needed discussion between patients and their health care providers about what it takes to stay healthy.

By getting tested in a doctor's office or clinic, people at risk can learn from their health care providers about the actions they can take to help prevent or delay the onset of type 2 diabetes. These actions include losing weight or maintaining a healthy weight, increasing physical activity or exercise and getting the proper follow-up testing and care.

3. We could find those people who have diabetes but don't know it.

If people at risk for diabetes get tested, some of them will learn that they already have diabetes — they just didn't know it. About one of every three people with diabetes is undiagnosed. These individuals can begin to follow a treatment plan to help prevent the serious complications that diabetes can bring, which include heart disease, stroke, blindness, amputations and kidney failure.

Awareness of diabetes is not the problem; it's time to motivate action

According to a national survey of societal knowledge and perceptions of diabetes conducted by Gallup® commissioned by the National *Changing Diabetes*® Program (NCDP), almost all Americans (94%) consider diabetes a serious health issue, and half say they feel personally affected by diabetes. Yet awareness is not translating into action to prevent diabetes.

We all have a part in the solution

Leaders from all sectors of society have come together today to support the National Diabetes Goal. For more information about how you and your organization can get involved, visit

www.NationalDiabetesGoal.com.