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FLORIDA DEPARTMENT OF HEALTH RAISES AWARENESS ABOUT DIABETES RISK FACTORS AND PREVENTION



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Tallahassee, Fla.—Today is Diabetes Alert Day, and the Florida Department of Health encourages residents and visitors to learn about their risk for type 2 diabetes and take steps to reduce this risk. Type 2 diabetes is the most common type and can affect people of any age. The risk of developing type 2 diabetes can be significantly reduced by achieving and maintaining a healthy weight.

“It is important for Floridians to know their risk for diabetes,” said Interim State Surgeon General Dr. Celeste Philip. “By eating well, staying active and maintaining a healthy weight, residents can take positive steps to prevent or reduce their risk of type 2 diabetes.”

It is important to know that there are four types of diabetes. Type 1 diabetes, commonly diagnosed in children and young adults, is a condition where the body does not produce insulin to control glucose levels. Gestational diabetes occurs in pregnant women and can put both mother and child at risk for type 2 diabetes. Prediabetes means glucose levels are higher than normal, but not high enough to indicate a diagnosis of diabetes. With healthy habits, diet and exercise, your risk for prediabetes and type 2 diabetes can be reduced and the disease can be prevented.

You are at higher risk of having prediabetes or type 2 diabetes if you:

- Are 45 years of age or older;
- Are at an unhealthy weight;
- Have a family member with diabetes;
- Have family background that is African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander; and
- Are physically active less than three times a week.

The department’s Healthiest Weight Florida initiative works to decrease chronic diseases such as Type 2 Diabetes by encouraging active and healthy lifestyles. For more about Healthiest Weight Florida, visit healthiestweightflorida.com. To take a simple quiz about your risk, visit DoIHavePrediabetes.org

For additional information about all types of diabetes, be sure to visit the department's diabetes [page](#).

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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