



*Cerro Gordo County*  
*Department of Public Health*

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MEDIA RELEASE

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Contact: Kara Ruge, Marketing & Public Information Officer, (641) 421-9333

## Health Department wants to help you Know Your Prediabetes Status (and enter to win a FitBit!)

(Mason City) – Health officials encourage residents to visit the Cerro Gordo County Department of Public Health’s website and take the prediabetes screening test to find out their risk of prediabetes. In doing so, county residents are eligible to register for a chance to win a FitBit.

In the United States, one out of three people have prediabetes. And nine of ten people, who have prediabetes, don’t know they have it! Don't let the "pre" fool you—prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as diabetes. Prediabetes puts people at increased risk of developing type 2 diabetes, heart disease, and stroke. Without weight loss and moderate physical activity, 15%-30% of people with prediabetes will go on to have type 2 diabetes within 5 years.

Think of prediabetes as a fork in the road: Ignore it, and your risk for type 2 diabetes goes up. Lose a modest amount of weight and get regular physical activity, reduces your risk in developing diabetes in the future (by 58% if you’re under the age of 60, and 71% if you’re 60 years of age or older)! Modest weight loss means 5% to 7% of body weight, just 10 to 14 pounds for a 200-pound person. Regular physical activity means getting at least 150 minutes a week of brisk walking or similar activity. That's just 30 minutes a day, five days a week.

“Knowing whether or not you have prediabetes is important,” said Karen Crimmings, Chronic Disease Prevention & Health Promotion Service Manager at the Cerro Gordo County Department of Public Health. “Knowing if you are prediabetic may give you the motivation you need to make healthier lifestyle choices BEFORE you are faced with type 2 diabetes”.

The Cerro Gordo County Department of Public Health’s Diabetes Prevention Program has been proven to help people make lifestyle changes that can prevent or delay type 2 diabetes. Through the program, participants:

- Work with a trained coach to make lasting lifestyle changes.
- Discover how to eat healthy and add more physical activity into their day.
- Find out how to manage stress, stay motivated, and solve problems that can slow progress.

Cerro Gordo County Department of Public Health • 22 N. Georgia Ave. Suite 300  
Mason City, IA 50401 • (641) 421-9300 or Toll Free: 1-888-264-2581  
Web site: [www.cghealth.com](http://www.cghealth.com) • Twitter page: <http://twitter.com/CGPublicHealth>

The Health Department is encouraging residents to visit their website at [www.cghealth.com](http://www.cghealth.com) and take their prediabetes screening test. Once the test is completed, participants will be eligible to enter in a drawing for a free FitBit! The drawing will be held in June.

For more information about the Diabetes Prevention Program, please contact the Health Department at 641-421-9303 or visit our website at [www.cghealth.com](http://www.cghealth.com).

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\**The Surprising Truth About Prediabetes*. (2016). Centers for Disease Control and Prevention online. Retrieved February 9, 2016, from <http://www.cdc.gov/Features/DiabetesPrevention/index.html>