



FOR IMMEDIATE RELEASE
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November is American Diabetes Month

LAS VEGAS – November is American Diabetes Month, one of the most prevalent diseases in the United States. The American Diabetes Association reports that approximately 7 million of the nearly 26 million Americans with diabetes are undiagnosed. According to a report from the Trust for America’s Health, the rate of Nevadans diagnosed with diabetes has increased from a rate of 4.7 percent to more than 8 percent over the past 15 years. In 2010, the Behavioral Risk Factor Surveillance System (BRFSS) reports that 9 percent of Clark County residents have been diagnosed with diabetes. The Southern Nevada Health District and its community partners offer education, self-management classes, and support for people with diabetes and their families as well as programs that can help individuals lower their risk for developing the disease. For additional information, contact the health district’s Office of Chronic Disease Prevention and Health Promotion, (702) 759-1270 or visit www.gethealthyclarkcounty.org or www.snhd.info.

The health district’s Office of Chronic Disease Prevention and Health Promotion provides free online programs that include information about small lifestyle changes that can reduce the risk of developing diabetes or to assist with management of the disease. The free online programs assist with nutritional choices and physical activity and include the Nutrition Challenge, the Kids Challenge, Walk Around Nevada and the Get Healthy Holiday Challenge.

Diabetes self-management is considered a key element to avoid diabetes-related complications. Without appropriate diagnosis and treatment, diabetes is among the leading causes of blindness, kidney failure, heart disease and stroke. The health district also offers six-week diabetes management classes in English and Spanish throughout the year. The classes provide participants with strategies to better control blood sugar, increase physical activity and improve eating habits. Each session is approximately two hours. People with diabetes, individuals at high risk of developing diabetes, and caregivers of people with diabetes are welcome to participate and are encouraged to attend all six sessions. Information about classes and new class schedules are available at www.GetHealthyClarkCounty.org or call (702) 759-1270.

In Nevada, the costs associated with diabetes health care and related treatment are estimated to be approximately \$167 million annually. More than 217,000 Nevadans are currently living with the disease. The Trust for America’s Health estimated that 34.2 percent of children in Nevada were either overweight or obese. Being overweight puts children at a much greater risk of developing type 2 diabetes. High blood pressure rates for adults with diabetes in Nevada are 66.5 percent, which is almost triple the rate of those who do not have the disease. Diabetes is the leading cause of new cases of End-Stage Renal Disease in Nevada.

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American Diabetes Month – add one

Type 2 diabetes is the most common form of the disease and is generally seen in adults, although it is diagnosed in children as well. While diabetes occurs in people of all ages and races, it is more common in African Americans, Latinos, Native Americans and Asian Americans/Pacific Islanders. In addition, older Americans have an elevated risk of developing the disease. Early detection of the disease allows patients to manage the disease and prevent complications.

Some diabetes facts and statistics based on the 2010 National Diabetes Fact Sheet (*the most recent year for which data is available*):

- Is the seventh leading cause of death in the United States in 2007
- Is leading cause of kidney failure (44 percent of new cases in 2008)
- Is leading cause of new cases of blindness among adults age 20-74
- Approximately 60 to 70 percent of people with diabetes have mild to severe nervous system damage.
- More than 60 percent of non-traumatic lower-limb amputations occur in people with diabetes
- Adults with diabetes have heart disease death rates approximately two to four times higher than adults who do not have diabetes
- Risk of stroke is two to four times higher in people with diabetes
- High blood pressure rates were reported in 67 percent of adults with self reported diabetes in 2005-08

In addition, the Nevada Diabetes Resource Directory is available in English and Spanish online. These programs, including information about diabetes self-management classes, and the directories are available at www.GetHealthyClarkCounty.org.

The Get Healthy Clark County website also offers information about smoking cessation, injury prevention, and resources for a healthier lifestyle. Updated information about the Southern Nevada Health District can be found on Facebook www.facebook.com/SouthernNevadaHealthDistrict, on YouTube www.youtube.com/SNHealthDistrict or Twitter www.twitter.com/SNHDinfo and www.GetHealthyClarkCounty.org. The health district is now available in Spanish on Twitter www.twitter.com/TuSNHD.