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## FLORIDA HEALTH IN ST. LUCIE RECOGNIZES WORLD DIABETES DAY AND MONTH



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**St. Lucie County, FL** - The Florida Department of Health in St. Lucie recognizes World diabetes Day, and World Diabetes Month 2018 – 19. The Theme is *Family and Diabetes*, raising awareness, of the impact that diabetes has on the family and support network of those affected. The role of the family in the management, care, prevention and education of diabetes has been a necessity for many families.

“In public health we understand the importance of taking steps to confront diabetes as a critical health issue. The need to raise awareness, and a necessity to educate on better managing your diabetes to live a longer and healthier life,” said Clint Sperber, County Health Officer and Administrator of the Florida Department of Health in St. Lucie County.

In Florida, it is estimated that over 2.4 million people have diabetes and over 5.8 million have prediabetes, and the Centers for Disease Control and Prevention (CDC) reports that diabetes is the seventh leading cause of death for both men and women in the United States. The number of people diagnosed with diabetes has more than tripled in the last 20 years in the U.S.

There are three main types of diabetes: type 1, type 2 and gestational diabetes (diabetes while pregnant). Women with diabetes have more difficulty conceiving and may have poor pregnancy outcomes, so it is especially important for women to be aware of their risk factors for developing diabetes, including having a family history of diabetes as well as age, weight and physical activity level.

There isn't a cure yet for diabetes, but a healthy lifestyle can really reduce its impact on your life. Thanks to better treatments, people with diabetes are now living longer—and with a better quality of life—than ever before. A blood test from your health care provider can determine if you have diabetes. Early treatment can prevent serious problems diabetes can cause, such as loss of eyesight or kidney damage.

### Take the Pre-Diabetes Risk Test

84 million American adults have prediabetes and 9 out of 10 people with prediabetes don't know they have it. Below is an online and paper version of the risk test you can use to see if you are one of them. Feel free to share with family and friends.

- [Online version](#)
- [Paper version](#) (English and Spanish)

To learn more about diabetes prevention and self-management, visit [www.floridahealth.gov/diabetes](http://www.floridahealth.gov/diabetes)

For more information about World Diabetes Day, visit <http://www.worlddiabetesday.org/>

### **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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