



Charlie Crist  
Governor

Ana M. Viamonte-Ros, M.D., M.P.H.  
Secretary of Health

---

PINELLAS COUNTY HEALTH DEPARTMENT

---

April 4, 2007

**FOR IMMEDIATE RELEASE**

Contact:

Jeannine Mallory, Public Information Officer  
PINELLAS COUNTY HEALTH DEPARTMENT  
727-824-6908 (media only)

## **American Diabetes Alert – March 27, 2007**

<p><b>About 1 in 10 adults in Pinellas County have diabetes. In one year, more than 1,000 people in Pinellas County were hospitalized as a result of diabetes – at a cost of \$15.6 million.</b></p>
--

### **What is the American Diabetes Alert?**

The American Diabetes Alert is an annual, one-day call-to-action held on the fourth Tuesday of March for people to find out if they are at risk for diabetes. The Alert's goal is to raise the awareness that diabetes is a serious condition – and you can have diabetes and not even know it.

### **What is diabetes?**

Diabetes means that your blood glucose (sugar) is too high. Your blood always has some glucose in it because the body needs glucose for energy to keep you going. Too much glucose in the blood is not good for your health.

### **Could you have diabetes?**

Diabetes is a silent disease. You could have it for years and never know it. During this time, your eyes, nerves and kidneys may have been harmed by too much sugar in your blood.

### **Who is at risk for diabetes?**

Your risk for diabetes increases as you get older, gain too much weight or if you do not stay active. Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders.

Risk factors for diabetes include:

- Having high blood pressure (at or above 130/80)
- Having a family history of diabetes
- Having diabetes during pregnancy or having a baby weighing more than nine pounds at birth.

### **Don't wait for the signs.**

Most people with diabetes do not notice any symptoms. However if you should have any of these symptoms, call your health care provider right away.

- Very thirsty
- Frequent urination
- Losing weight without trying

**(MORE)**



Charlie Crist  
Governor

Ana M. Viamonte-Ros, M.D., M.P.H.  
Secretary of Health

---

**PINELLAS COUNTY HEALTH DEPARTMENT**

---

**DIABETES ALERT 2007 – Page 2**

**What can you do?**

You can do things now to lower your risk for diabetes by:

- keeping your weight in control;
- eating low fat meals that are HIGH in fruits, vegetables and whole grain foods;
- staying active most days of the week.

**Learn more. Get involved.**

If you or the people you care about are at high risk for diabetes, you should learn more and get involved. Ask your health care provider about your risk for diabetes during your next visit.

Call 1-800-DIABETES (1-800-342-2383) for free information about diabetes. You can also get information about diabetes by calling the Pinellas County Health Department at (727) 820-4113

**Learn more about diabetes.**

Share this information with family, friends and neighbors. Help find the 6.2 million Americans with undiagnosed diabetes.

**###**

*The Mission of the Pinellas County Health Department is to promote, protect and improve the health and safety of our community through public and private partnerships in an environment that respects diversity.*