



FOR IMMEDIATE RELEASE  
November 1, 2010

### **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 estimates that nearly 24 million children and adults in the United States have diabetes and another 57 million Americans are at risk for developing type 2 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](http://www.gethealthyclarkcounty.org) or [www.snhd.info](http://www.snhd.info).

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.

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.

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 Meal Planner. 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](http://www.GetHealthyClarkCounty.org).

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## American Diabetes Month - add one

Some diabetes facts and statistics based on the 2007 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 2006
- Is leading cause of kidney failure (44 percent of new cases in 2005)
- 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 75 percent of adults with self reported diabetes in 2003-04

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](http://www.facebook.com/SouthernNevadaHealthDistrict), on YouTube [www.youtube.com/SNHealthDistrict](http://www.youtube.com/SNHealthDistrict) or Twitter [www.twitter.com/SNHDinfo](http://www.twitter.com/SNHDinfo) and [www.GetHealthyClarkCounty.org](http://www.GetHealthyClarkCounty.org)