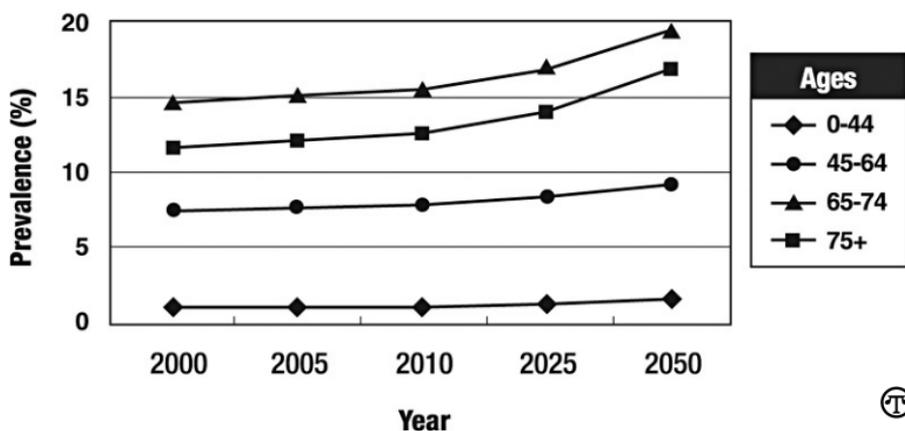


Diabetes In Women

A CDC Health Message

Projected Trends in Prevalence of Diagnosed Diabetes Among Women by Age, 2000 to 2050



Source: *Diabetes Care*, 2001

(NAPSA)—According to the Centers for Disease Control and Prevention (CDC), it is possible to prevent or at least delay the most common form of diabetes—type 2 diabetes, which accounts for 90 percent to 95 percent of all diagnosed cases.

Diabetes is the sixth leading cause of death in the United States, affecting more than 17 million Americans, 9.1 million of whom are women. Diabetes is also a major contributor to heart disease, the number one killer of women. This growing health concern among women disproportionately affects women in minority communities.

“We need to change the way we think about diabetes-related complications for the more than 9 million American women who already have the disease. We need to help women understand the disease and what they can do to take care of themselves,” said Dr. Julie Gerberding, director of CDC. CDC is encouraging Americans to take charge of their health and well being by eating a

balanced diet and adding moderate to intensive physical activity to their routine.

Unfortunately, diabetes is on the rise and the disease is increasingly being diagnosed in all age groups. CDC is addressing this growing epidemic by educating women about the risk factors, such as older age, obesity, family history of diabetes, history of gestational diabetes, impaired glucose tolerance, physical inactivity, and race/ethnicity.

If women have one or more risk factors, they should see their doctor and get tested. Only a health care provider can check for diabetes.

To learn more about CDC’s plan to address this growing epidemic, view the National Agenda for Public Health Action: The National Public Health Initiative on Diabetes and Women’s Health, at www.cdc.gov/diabetes/pubs/english.htm. For more information on diabetes, visit <http://www.cdc.gov/diabetes> or call toll free 877-CDC-DIAB (877-232-3422).