

DIABETES ALERT DAY

DO YOU KNOW YOUR RISK?



Did you know that in the United States alone, [37.3 million people](#) have diabetes? This amounts to 11.3 percent of the population, and of this total, 8.5 million people are undiagnosed. The American Diabetes Association celebrates American Diabetes Alert Day on the fourth Tuesday in March, which lands on March 22nd this year.

This event encourages Americans to take the [Diabetes Risk Test online](#), which helps people discover if they're at risk for developing type two diabetes. The test determines risk and provides useful tips based on individual results.

Type two diabetes is an impairment in how the body regulates and uses glucose (sugar) as fuel. It's a long-term chronic condition that results in too much sugar circulating the bloodstream. Over time, type two diabetes can lead to heart and blood vessel disease, nerve damage, kidney disease, eye damage, hearing impairment, skin conditions, and dementia.



RISK FACTORS FOR TYPE TWO DIABETES INCLUDE:

- Age
- Weight
- Inactivity
- Fat distribution
- Blood lipid levels
- Family history
- Race and ethnicity
- Prediabetes
- Pregnancy-related risk
- Polycystic ovary syndrome

Type two diabetes can lead to serious illnesses, which is why it's important to understand your risk factors early on. This empowers people to get ahead by implementing changes that can reduce their chances of developing type two diabetes.

Don't wait, and take the test today. Doing so could potentially save your life or the life of someone you know. [Click here to take the test.](#)

Be sure to talk to your doctor about steps that you can take to prevent or manage type two diabetes. Find out if your benefits package through your company offers programs or assistance to help you maintain healthy habits.

Are you an employer interested in wellness programs? [Contact us to learn more.](#)



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