



July 7, 2015 – Grand Rapids, MI

Diabetes: Are You in the Dark?

As I was doing intervals at the middle school running track last week, several trucks from the town showed up and began to erect a tent, most likely for the 4th of July festivities the following day. As they began to erect the tent, a woman who appeared to be their supervisor showed up with what looked like a dozen donuts, based on the box. It's a nice gesture and seemed to be appreciated, but in my opinion, it was not the best choice.

I can't stop myself from watching and evaluating people as I go about my day. Based on the body size and age of the workers, three out of five already were at risk for type 2 diabetes if not already diabetic. A fourth was well on the road, just younger; one person didn't appear to be at any risk. I don't know anything about their diet, their genetics, or fitness level; I made that evaluation based on my knowledge and experience. While I could be wrong, and I hope I am, unless they were diagnosed, they wouldn't realize their risk either.

A colleague recently shared a just-published study with me: based on information from the last two National Health and Nutrition Examination Surveys, only 12% of those with prediabetes realize the risk they face for getting type 2 diabetes, just like those town workers. I'm going to review the study this week and tell you what you need to do to become aware of your risk.



What are you prepared to do today?

Dr. Chet

Reference: Am J Preventive Med. 2015. DOI: <http://dx.doi.org/10.1016/j.amepre.2015.03.007>.

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