



## **Cabarrus Health Alliance Raises Awareness on Diabetes Alert Day**

FOR IMMEDIATE RELEASE

Kannapolis, N.C. – Cabarrus Health Alliance, March 13, 2024 - Cabarrus Health Alliance invites the community to join in recognizing Diabetes Alert Day on March 26, 2024, and to consider taking positive actions for their health. This day serves as a reminder for individuals to assess their risk for diabetes and take steps toward prevention and management.

Diabetes Alert Day is a national awareness campaign that aims to highlight the importance of early detection and prevention of diabetes. According to the Centers for Disease Control and Prevention (CDC), over 34 million Americans have diabetes, and 1 in 5 of them are unaware of this condition.

“Diabetes is currently the 8<sup>th</sup> leading cause of death in Cabarrus County,” shared CHA Epidemiologist, Udo Obiechefu. “Through education and awareness, we can empower individuals to make healthy lifestyle choices and reduce their risk of developing diabetes.”

Cabarrus Health Alliance is dedicated to offering resources and assistance to individuals at risk for diabetes. The CHA team is excited to announce that on March 26, 2024, a table will be arranged in the lobby of Cabarrus Health Alliance, providing complimentary healthy smoothies and day-of A1C testing.

A1C tests are essential for monitoring blood sugar levels and are a valuable tool in the management of diabetes.

### **Event Details –**

Date: Thursday, March 26, 2024

Location: Lobby at Cabarrus Health Alliance (300 Mooresville Rd. Kannapolis, NC 28081)

Event Hours: 9:00 a.m. - 12:00 p.m. and 1:00 p.m. - 3:30 p.m.

"The American Diabetes Association encourages incorporating stress management techniques to ease the mental burden of diabetes care. Their suggestions include keeping a gratitude journal, challenging negative thoughts, and taking time throughout the day to breathe deeply," shared Casey Brown, Healthy Living Program Manager.

Cabarrus Health Alliance offers a variety of cooking classes focused on nutrition education. Understanding the role of nutrition in managing diabetes is key to preventing complications and improving overall health. By teaching individuals how to prepare healthy and balanced meals,



Cabarrus Health Alliance empowers them to make informed food choices that support diabetes management goals.

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To learn more about Cabarrus Health Alliance's classes and programs, visit [www.cabarrushealth.org](http://www.cabarrushealth.org).

**About Cabarrus Health Alliance:** Cabarrus Health Alliance is the public health authority of Cabarrus County. Cabarrus Health Alliance is an autonomous organization providing services and programs to meet public health needs. Cabarrus Health Alliance is a leader in public health and is nationally recognized for its innovation.

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