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Diabetes Alert Day: Know Your Risk

ARLINGTON, Va. (March 25, 2025) — Today is [Diabetes Alert Day](#), a day set aside by the American Diabetes Association® (ADA) to raise awareness of the seriousness of diabetes and the importance of knowing your risk. Observed annually on the fourth Tuesday in March, Diabetes Alert Day encourages people to learn the symptoms of diabetes and understand the risk factors for developing the disease. Early detection is essential to avoid diabetes-related complications, including heart, kidney, and eye disease, and more. For those with diagnosed diabetes, early action can help improve health outcomes.

Symptoms of diabetes include:

- Urinating often
- Feeling very thirsty
- Feeling very hungry (even though you are eating)
- Extreme fatigue
- Blurry vision
- Cuts or bruises that are slow to heal
- Weight loss (even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

Some people with type 2 diabetes have symptoms so mild they don't notice them. In fact, over 20% of adults with diabetes don't know they have it. That's why the ADA encourages everyone, even those without noticeable symptoms, to take our free [60-Second Type 2 Diabetes Risk Test](#) to discover their risk and start on a path to a healthier future.

For some people with prediabetes—where blood glucose (blood sugar) levels are high, but not high enough to be diagnosed with diabetes—it's possible to prevent or delay type 2 diabetes.

Preventative screening for type 1 diabetes can reduce the risk of devastating complications such as diabetic ketoacidosis (DKA) and allow people to take ownership of their health. In addition, there are emerging treatments and clinical trials that seek to delay the onset of type 1 diabetes in those who are at high risk. Even delaying the onset of type 1 by a few years could be life-changing for people. Thus, people who have a family history of type 1 diabetes should consult with their doctor to determine if they or their children should be screened for type 1 diabetes.



News Release

“Nearly one in two Americans has diabetes or prediabetes. It’s likely someone you know or love is impacted. We encourage everyone to heed this alert—learn your risk, be aware of the symptoms of diabetes, and don’t wait to reach out to your doctor if you have any concerns,” said Charles “Chuck” Henderson, the ADA’s chief executive officer.

Resources on diabetes prevention, support for those living with prediabetes or diabetes, and opportunities to get involved are available on diabetes.org or by calling 1-800-DIABETES (1-800-342-2383). During Diabetes Alert Day, donations to help the ADA continue to make these resources available will be doubled. Donations can be made with confidence; the ADA has earned a four-star charity rating from Charity Navigator.

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About the American Diabetes Association

The American Diabetes Association (ADA) is the nation’s leading voluntary health organization fighting to end diabetes and helping people thrive. This year, the ADA celebrates 85 years of driving discovery and research to prevent, manage, treat, and ultimately cure—and we’re not stopping. There are 136 million Americans living with diabetes or prediabetes. Through advocacy, program development, and education, we’re fighting for them all. To learn more or to get involved, visit us at diabetes.org or call 1-800-DIABETES (800-342-2383). Join us in the fight on Facebook ([American Diabetes Association](https://www.facebook.com/AmericanDiabetesAssociation)), Spanish Facebook ([Asociación Americana de la Diabetes](https://www.facebook.com/AsociaciónAmericanaDeLaDiabetes)), LinkedIn ([American Diabetes Association](https://www.linkedin.com/company/AmericanDiabetesAssociation)), and Instagram ([@AmDiabetesAssn](https://www.instagram.com/AmDiabetesAssn)). To learn more about how we are advocating for everyone affected by diabetes, visit us on X ([@AmDiabetesAssn](https://twitter.com/AmDiabetesAssn)).