

# Know Your A1C

**The Mississippi State Department of Health (MSDH) Diabetes Prevention and Control Program (DPCP), in collaboration with the Mississippi Department of Finance and Administration, is available to offer A1C screenings for state employees at your state agency's events.** According to the Centers for Disease Control and Prevention (CDC), an estimated 30.3 million Americans have diabetes and 25 percent of them don't know it. About 84.1 million U.S. adults have prediabetes and about 90 percent of them don't know it. People who have prediabetes are at increased risk of developing type 2 diabetes, heart disease and stroke. Some of the complications of diabetes include glaucoma, cataracts, blindness, kidney failure, heart attack, stroke, severe infections and amputations.

In an effort to address prediabetes and diabetes in our state, the MSDH Office of Preventive Health DPCP would like to participate in your event by offering A1C screenings for your employees. The A1C test gives you a picture of your average blood glucose over the last two to three months. A healthy A1C level is below 5.7 percent. A result between 5.7 percent and 6.4 percent is considered prediabetes and an A1C level of 6.5 percent or higher is considered diabetes. Knowing your A1C level can help you prevent or delay the onset of type 2 diabetes or better manage your diabetes. A diagnosis of diabetes can be life changing, but with appropriate treatment it can be managed. If your A1C result is in the prediabetes or diabetes range, you may be eligible to enroll in the MSDH Diabetes Self-Management Education and Support (DSMES) Program, also known as the Freedom program. These classes are a covered wellness benefit for participants enrolled in the Mississippi State and School Employee's Health Insurance Plan.

*The MSDH Diabetes Prevention and Control Program would like to help you take the first step toward knowing your risk of developing type 2 diabetes as well as managing your diabetes ... know your A1C! For further information, please contact the MSDH DPCP at 601-206-1559.*

