

## Announcements

### Diabetes Alert Day — March 26, 2013

March 26 is Diabetes Alert Day, which is dedicated to raising awareness about type 2 diabetes, its risk factors, and its prevention. Type 2 diabetes, which can be prevented or delayed through lifestyle changes such as losing weight and increasing physical activity, accounts for 90%–95% of all diabetes cases in the United States (1).

Information about type 2 diabetes and ways to prevent it is available from numerous sources. The Prediabetes Risk Test (<http://www.cdc.gov/diabetes/prevention/prediabetes.htm>) is a helpful resource that uses answers to a few simple questions about weight, age, family history, and other risk factors to indicate a person's risk for developing type 2 diabetes.

The CDC-led National Diabetes Prevention Program (<http://www.cdc.gov/diabetes/prevention/index.htm>) is working with partners in communities across the United States to establish effective lifestyle change programs for persons at high risk for type 2 diabetes. Lifestyle change programs are listed by state at <http://www.cdc.gov/diabetes/prevention/recognition/registry.htm#program>. The Just One Step tool (<http://ndep.nih.gov/resources/diabetes-healthsense/just-one-step.aspx>), created by the National Diabetes Education Program, a joint program of the CDC and the National Institutes of Health, provides helpful tips for making lifestyle changes.

CDC's Diabetes Interactive Atlases (<http://www.cdc.gov/diabetes/atlas>) provide data on trends in diagnosed diabetes (both prevalence and incidence), obesity, and leisure-time physical inactivity in the United States. Additional information about diabetes control and prevention is available at <http://www.cdc.gov/diabetes>.

#### Reference

1. CDC. 2011 national diabetes fact sheet: national estimates and general information on diabetes and prediabetes in the United States. Atlanta, GA: US Department of Health and Human Services, CDC; 2011. Available at [http://www.cdc.gov/diabetes/pubs/pdf/ndfs\\_2011.pdf](http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2011.pdf).

### World Water Day — March 22, 2013

World Water Day, sponsored by the United Nations (UN), is observed every year on March 22. This year, World Water Day focuses on water cooperation.

Since 1990, the number of persons able to access improved drinking water and sanitation resources has increased by nearly 2 billion and 1.8 billion, respectively (1). Despite these gains, hundreds of millions still lack access to these essential resources (1).

In December 2010, the UN General Assembly declared 2013 as the International Year of Water Cooperation. This observance aims to promote water cooperation across different types of organizations and governments and across different disciplines. Water cooperation is a foundation for peace and sustainable development because 1) it is key to poverty eradication, social equity, and gender equality; 2) it creates economic benefits from more efficient and sustainable uses of water resources; 3) it is crucial to preserving water resources and protecting the environment; and 4) it builds peace through partnerships on such a practical and vital issue.

Additional information about World Water Day and ideas on how to get involved are available via the UN World Water Day website at <http://www.unwater.org/worldwaterday>. Information on CDC's efforts to ensure global access to improved water, sanitation, and hygiene resources is available at <http://www.cdc.gov/healthywater/global>.

#### Reference

1. United Nations Children's Fund, World Health Organization. Progress on drinking water and sanitation: 2012 update. New York, NY: United Nations Children's Fund, World Health Organization; 2012. Available at [http://www.who.int/water\\_sanitation\\_health/publications/2012/jmp\\_report/en/index.html](http://www.who.int/water_sanitation_health/publications/2012/jmp_report/en/index.html).