March 24, 2020 is National Diabetes Alert Day. The Balm In Gilead and our Southeast Diabetes Faith Initiative partners asks you to join us as we send a “wake-up call” about the impacts of Diabetes on families and communities across the country.

More than 30 million Americans have diabetes while another 84 million have prediabetes. This is a condition in which blood glucose levels are higher than normal, but not high enough to be diagnosed with Type 2 diabetes. For African Americans and other minority communities, the need to take action is even more important as these groups disproportionately being impacted.

Click on a state below to learn more about what The Balm is doing to combat Diabetes through culturally tailored faith-based diabetes prevention programs offered through its Southeast Diabetes Faith Initiative (SDFI). This lifestyle change program has been proven to cut the risk of developing Type 2 Diabetes by up to 58% (71% for person ages 60 and over).

**Take Action Now!**

Enrollment is open today for Summer/Fall classes. **Sign up** for our mailing list to learn more about joining a SDFI NDPP near you!

It is also important that we understand the risk of Diabetes. If you – or someone you love – is living with other chronic health conditions such as high blood pressure or obesity you may be at increased risk for type 2 diabetes. Take this easy and quick online Diabetes Risk Test. You can also download and print a copy of the risk test [here](#)!