

# Unlocking a Healthier Kentucky: Join the Know Your Risk in '26 Campaign!

## Diabetes Challenge in Kentucky:

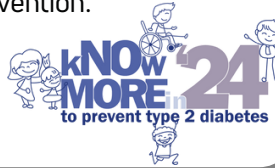
In Kentucky, about 482,202 people, or **13.7%** of the population, have diabetes.



An additional **14%** have or are at risk for developing pre-diabetes.

## Past Successes

In 2024, our "kNOw More in '24" campaign achieved remarkable outcomes, spotlighting behaviors and programs for successful diabetes prevention.



## Continuing Momentum: Know Your Risk in '26:

Building on this success, KDN is excited to introduce a new campaign titled "**Know Your Risk in '26**". Join us throughout 2026 as we increase awareness and utilization of diabetes screening tools and prevention steps.

## WAYS TO GET INVOLVED:

1

### Visit the Campaign Website for Free Resources

Explore the campaign landing page where you will find

- evidence-based risk tests for type 1 & type 2 diabetes
- free educational resources and prevention information tailored to individual risk levels

2

### Request Campaign T-Shirts for Your Upcoming Events

T-shirts are available to partners by request as a free campaign incentive to anyone who completes the risk tests.

The t-shirt request form is located on the campaign landing page.

3

### Host a Screening or Promotional Event

Partners can support the campaign by hosting

- diabetes risk-test drives
- health fairs
- community events

Partners may also request shirts to support an existing health-related event.

4

### Share Your Outcomes

Tell us about your event! Share photos, stories, and outcomes to be featured in our Quarterly Wellness Spotlight and help amplify your impact across Kentucky.



## Wellness Spotlights

Each quarter, KDN will feature a wellness topic on the campaign website. Topics will highlight local and national resources supporting Kentuckians in understanding and practicing diabetes prevention or management health behaviors.



Join us for the **Know Your Risk in '26** campaign to support a healthier Kentucky. Visit [www.kydiabetes.net/know-your-risk/](http://www.kydiabetes.net/know-your-risk/) or scan the QR code to get started.