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VA launches diabetes campaign to help Veterans, health care teams better manage care

WASHINGTON – The U.S. Department of Veterans Affairs (VA) launched a new campaign this month to give Veterans a better understanding of their diabetes numbers, which are critical to their well-being.

The Understand Your Diabetes Numbers campaign educates Veterans and their families on hemoglobin A1C, glucose meter, blood pressure and kidney tests, and other vital measurements.

“One in four Veterans enrolled in VA health care services has diabetes,” said VA Secretary Robert Willkie. “This public health campaign encourages Veterans to be proactive with their health care teams by improving their understanding of diabetes test results. The campaign reflects VA’s ongoing commitment to improve the health care experiences of Veterans by empowering them to be active partners in their care.”

[VA’s Office of Patient Care Services](#) is overseeing the year-long campaign, which addresses treatment goals, medication and nutritional management, and patient safety. Key topics include understanding the importance of hemoglobin A1c test results, shared decision making between Veterans and their health care team, [hypoglycemia safety](#), insulin differences, good nutrition and carbohydrate counting, and kidney function and blood pressure measurement. [Hemoglobin A1c \(HbA1c\)](#) is a marker, along with blood pressure and cholesterol control, of good diabetes care.

VA’s diabetes campaign is guided by Choosing Wisely® which is a collective effort among professional societies whose goal is to reduce medical tests, treatments and procedures that may be unnecessary. For more information, watch the VA roundtable videos [Diabetes is a Disease of Numbers](#) and [Healthcare Teams Helping Veterans Understand Diabetes Numbers](#).

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