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RELEASE**

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Public Health Officials Promote Diabetes Screening with Free A1C Testing

EL PASO, Texas—The City of El Paso Department of Public Health (DPH) is encouraging residents to prioritize their health by offering free A1C testing for adults 18 and older to help prevent and manage diabetes.

The A1C test measures average blood sugar (glucose) levels over the past two to three months. It helps identify prediabetes or diabetes, tracks how well the treatment is working, and supports early action to reduce the risk of long-term complications such as heart disease, kidney disease, or nerve damage.

This screening is recommended for adults 45 years and older and for anyone with risk factors for diabetes. While diabetes often has no symptoms, possible warning signs may include:

- Excessive thirst or urination
- Unexplained weight loss
- Blurred vision
- Fatigue

If results indicate prediabetes, residents can take early action through lifestyle changes that may help reverse prediabetes and reduce the risk of developing type 2 diabetes. If results indicate type 2 diabetes, a primary care provider can help develop a plan to manage the condition and protect long-term health.

DPH will host A1C screenings every Tuesday in February from 11 a.m. to 1 p.m. at the following locations:

- **February 3:** Chamizal Community Center, 2119 Cypress
- **February 10:** Galatzan Recreation Center, 650 Wallenberg
- **February 17:** Marty Robbins Recreation Center, 11620 Vista del Sol
- **February 24:** Rae Gilmore Recreation Center, 8501 Diana

Diabetes remains a major health concern. One in ten adults worldwide lives with diabetes, and more than 90 percent have type 2 diabetes. Nearly half of those affected are undiagnosed, making early screening and diagnosis critical.

Health officials strongly encourage residents to schedule and maintain preventive medical appointments to help identify and manage chronic conditions like diabetes before they worsen.

For more information on services and health screenings offered by the Department of Public Health, visit EPHealth.com or dial 2-1-1.

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Promoting Transparent & Consistent Communication
Among All Members of the Community

Media Contact: Soraya Ayub Palacios
ayubsx@elpasotexas.gov
915.212.1040