



FOR IMMEDIATE RELEASE

Media contact:

San Diego Blood Bank: Claudine Van Gonka/Director, Community Relations & Media
C (619) 455-7785, cvangonka@sandiegobloodbank.org

Interviews with blood bank Chief Executive Officer or Chief Medical Officer available upon request.

[Generic b-roll can be found here](#)

SAN DIEGO BLOOD BANK OFFERS A1C TESTING TO DONORS IN NOVEMBER

New Health Benefit to Donors During National Diabetes Awareness Month

SAN DIEGO (November 3, 2025) – This November in honor of National Diabetes Awareness Month, anyone who successfully donates blood at a San Diego Blood Bank donor center or mobile blood drive will receive a complimentary A1C test, which can detect diabetes early and safeguard donors' health.

Diabetes is one of the fastest-growing health concerns in the United States. According to the American Diabetes Association, Type 1 diabetes can develop in anyone at any age, and many people with Type 2 diabetes are a normal weight or only moderately overweight, making early testing critical.

“We’re thrilled to expand our donor wellness benefits to include A1C testing this November,” said San Diego Blood Bank CEO Douglas Morton. “Our donors save lives every day, and now they’ll gain valuable insights into their own health. It’s one more way to give back—to your community and yourself.”

To be eligible to donate blood, you must be at least 17 years old, weigh at least 110 pounds, and be in general good health. More information and appointments are available at SanDiegoBloodBank.org/A1C. Walk-ins are welcome.

About San Diego Blood Bank

San Diego Blood Bank is a 501(c)(3) nonprofit organization also operating as Southern California Blood Bank, serving hospitals throughout Southern California. San Diego Blood Bank is dedicated to community health by providing a reliable supply of blood to patients in need. Our vision is to further ensure the health of our community by simultaneously delivering related health and wellness education and services and collaborating with various partners in medical research. San Diego Blood Bank currently operates ten fixed-site donation locations and ten bloodmobiles.

For 75 years, San Diego Blood Bank has grown alongside the city, evolving to meet the needs of a changing San Diego. It remains rooted in compassion and community leadership and the crucial work required to maintain a steady blood supply for our region. Since 1950, San Diego Blood Bank has collected more than 5.5 million pints of blood from volunteer blood donors and

currently impacts as many as 150,000 patient lives each year. What differentiates San Diego Blood Bank from other blood banking organizations is simple – they are a community blood bank serving San Diego and the region specifically. For more information about San Diego Blood Bank, visit [SanDiegoBloodBank.org](https://www.sandiegobloodbank.org) or connect with us on [Facebook](#), [Instagram](#), [X](#), and [LinkedIn](#).

###