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SAN JOAQUIN COUNTY OBSERVES WORLD DIABETES DAY, NOVEMBER 14

Free community event offers diabetes prevention and management information, blood glucose tests and blood pressure screening

(Stockton, CA – November 7, 2013) On Thursday, November 14, San Joaquin County Public Health Services (PHS) will take part in the local observation of World Diabetes Day. According to the 2011-2012 California Health Interview Survey, 10.9% (53,000) of the adult population in San Joaquin County has diabetes. In California, the rate is 8.4%. These high numbers illustrate the need to educate county residents about the risk for diabetes and how to prevent the crippling effects of this disease.

Diabetes is a challenging disease that affects the entire family in many ways. San Joaquin County Health Officer, Dr. Karen Furst advises, "It is important for people with diabetes and their families, to work together to manage diabetes and prevent serious health problems such as heart disease, stroke, blindness, kidney disease, and nerve damage." Usually, people with diabetes who have a strong family support system are better able to cope with the day-to-day demands associated with the disease.

In recognition of World Diabetes Day on Thursday, November 14, Public Health Services together with San Joaquin General Hospital Outpatient Clinics will host a free Diabetes Awareness and Information event for the whole community. This event is from 8:30 am to 12:00 pm, at the San Joaquin General Hospital Outpatient Clinics, 500 West Hospital Road in French Camp. In addition to diabetes prevention and management information, free blood glucose tests and blood pressure screenings will be available during this event. The public is encouraged to attend to get help with understanding how to make necessary changes to prevent or manage diabetes and live a healthy lifestyle.

Anyone interested in finding out their "diabetes risk score," can take an easy online test at the American Diabetes Association website: diabetes.org/diabetes-basics/prevention/diabetes-risk-test/. For local, county-wide information and resources related to diabetes, the *Unite for Diabetes* website was recently developed by a collaboration of community partners. The website is hosted by San Joaquin Medical Society and can be found at unitefordiabetesSJC.org. It is open to the public and medical practitioners alike so they can have access to the numerous self-management classes available in the county.

As part of ongoing collaborative efforts to reduce the impact of chronic diseases, obesity and diabetes in San Joaquin County, Public Health Services has been granted funding from Health Plan of San Joaquin and Sierra Health Foundation to offer an innovative and interactive diabetes prevention program that will be facilitated by trained peer health educators. For more information on the PHS Diabetes Peer Prevention Education Project (DiPPEP) visit the PHS website, www.sjcphs.org.

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