



**HEALTH SERVICES AGENCY**

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## **Stanislaus County Health Services Agency Hosts 14<sup>th</sup> Annual Diabetes Info Fair November 16**

STANISLAUS COUNTY – The Stanislaus County Health Services Agency announces the 14<sup>th</sup> Annual Diabetes Info Fair, to be held Friday, November 16 from 8 a.m. to Noon at Modesto Centre Plaza. This annual event features a variety of educational presentations and exhibitors with information on living healthy with diabetes. Admission is free. People who have been diagnosed with diabetes (or pre-diabetes), or who are caring for someone with diabetes, are encouraged to attend.

According to the 2005 California Health Interview Survey, the age adjusted rate of adults 18 and over who have been diagnosed with diabetes in Stanislaus County is 9.8%, compared to the State's average of 6.8%. Diabetes is among the top community health concerns according to a recent Community Health Assessment conducted by HSA. According to the American Diabetes Association approximately 54 million Americans have pre-diabetes. Pre-diabetes is a condition where blood-glucose levels are high but not high enough to be diagnosed as diabetes. If not diagnosed or treated, people with pre-diabetes will eventually develop diabetes.

The Diabetes Info Fair will offer free diabetes screenings, which will help someone know if they have or are at risk for developing diabetes. For more accurate screenings results, participants should not eat or drink anything except water, for eight hours prior to being tested.

“Diabetes is becoming more common in our community every day,” said Anne Stokman, Registered Nurse and Certified Diabetes Educator with HSA. “Offering support and educating people who have been diagnosed with diabetes is the most important step we can take in helping them to live a long and healthy life.”

The Annual Diabetes Info Fair is just one of the ways that HSA, DMC Foundation and several other community partners reach out to provide this support and education to the community. Along with free diabetes screenings and foot exams, the fair will provide information on how to use blood glucose meters, nutrition, medications, insulin pumps, and more. Flu shots will be provided for a small administration fee. Fairgoers will also have the opportunity to “Ask the Diabetes Experts” during panel presentations at 9 a.m. and 11 a.m. Dr. Kwabena Adubofour,

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M.D. will present “How to Talk to Your Doctor About Your Diabetes” at 10 a.m. and Dr. Juan Lopez-Solarza, M.D. will present “Controle Su Diabetes” in Spanish at 8 a.m.

The 14<sup>th</sup> Annual Diabetes Info Fair is coordinated by the Health Services Agency and sponsored by Kaiser Permanente and the Diabetes Community Services program of DMC Foundation.

For more information call HSA Health Promotion Services at (209) 558-5657.

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