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News Release

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Good health finds the West Side! *Health Summit in Newman, California to highlight accomplishments promoting healthy lifestyles*

Stanislaus County, CA – Health care delivery in rural areas of California can be extremely challenging. Lack of facilities and resources, higher disease rates and lack of financial resources are all significant barriers. A four-year old task force on the west side of Stanislaus County and northern Merced County has been helping to plan for the future of the community and to bring health prevention programs that are greatly needed.

The West Side Health Care Advisory Task Force is presenting its fourth annual "Healthy Choices Summit" at the West Side Theatre, 1331 Main Street, in downtown Newman, California from 11:30 a.m. - 1 p.m. on Thursday, August 23.

The Summit will feature the extremely lively "weigh-in" of the local biggest loser contest on a giant 10 - person scale under a massive balloon arch. The weigh-in starts at 11:30 a.m. Teams of ten people are battling for the title of "Biggest Loser" in an eight-week weight loss program. Last year, members from Patterson Health and Fitness took the team title. The Health Summit will also feature vendor demonstrations, speakers and a free healthy box lunch. The Summit is free and open to the public. The keynote speaker will be Dr. David Hilburn, medical director of the Del Puerto Health Care District. In his speech entitled "The Skinny on Obesity," Dr. Hilburn will be discussing the importance of a proper diet, exercise and the relationship between obesity and diabetes.

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"The challenge continues to promote a healthy lifestyle," stated Jim DeMartini, a Stanislaus County Supervisor and the Chairman of the West Side Health Care Advisory Task Force. "The summit is a tremendous vehicle to promote the life-changing importance of exercise and a proper diet. These basic building blocks can help lead to a happier life as well as a healthier life."

The Westside Healthcare Advisory Taskforce is a public/private consortium of interested healthcare proponents on the west side of Stanislaus County and northern Merced County.

The Communities of Gustine (Merced County), Newman, Patterson, and Crows Landing are actively participating in this on-going healthcare dialogue.

The mission of the Healthcare Advisory is to foster communication between westside healthcare providers and communities and to identify service gaps and potential opportunities to improve.

The advisory group is facilitated by Stanislaus County Supervisor Jim De Martini (Westside District Five) and meets on a bi-monthly basis rotating between Gustine, Newman, and Patterson.

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