



COUNTY OF SAN DIEGO

NEWS RELEASE

FOR IMMEDIATE PUBLICATION
November 5, 2003

Contact: Leslie Ridgeway (619) 685-2239

NOVEMBER IS NATIONAL “DIABETES AWARENESS MONTH”

County Wants Residents To Know More About How to Prevent and How to Treat Diabetes

Diabetes is on the rise in the United States. In San Diego County alone, more than 130,000 people live with the condition, and the San Diego County Health and Human Services Agency (HHSA) is using “National Diabetes Month” to help people have a better understanding of this condition.

“We want people to be concerned about diabetes, so they will learn more about it,” said Dr. Nancy Bowen, County Public Health Officer. “People worry about new and exotic diseases, that rarely affect many people, but more than 400,000 people died last year from diabetes related complications in the U.S., and yet many people who have diabetes don’t even know they have it.”

During November, HHSA’s division of Public Health Services will highlight diabetes in the following four areas:

Awareness: HHSA is offering a calendar of diabetes awareness events during November (see attached).

Prevention: HHSA is highlighting the efforts of the National Diabetes Education Program – <http://ndep.nih.gov>

Education: HHSA is convening a Public Health Forum on Monday, Nov. 17, called “Diabetes Prevention and Management.” Presenters are Steven Edelman, M.D., Founder of *Taking Control of Your Diabetes*, and Matt Bean from the American Diabetes Association. To register, e-mail Training and Development at hrtraining@sdcountry.ca.gov

Flu Shots: HHSA is making pneumococcal and influenza vaccinations available to anyone with diabetes, as they are more likely than others to die from complications of pneumonia and influenza. Flu shots are available at the County Public Health Centers; call (619) 515-6583 for information.

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Managing Diabetes Across Diverse Communities; Diabetes Summit 2003

November 6-7 (Thursday & Friday), 8:00 am – 5:00 pm

Sheraton San Diego Hotel & Marina, 1380 Harbor Island Drive, San Diego, CA 92101

This conference is for medical practitioners, educators, program administrators, advocates and others working in the field of diabetes management, care or education. Sponsored by *Scripps Whittier Institute* and *Project Dulce*. Contact Anna Garay at 858-626-5663 or e-mail to garay.anna@scrippshealth.org.

Register by Nov. 3, 2003.

Celebration of Life: Health Fair

November 15 (Saturday), 10:00 am – 2:00 pm

Euclid Health Center, 286 and 292 Euclid Avenue, San Diego, CA 92114

Bring the whole family to this event, which will include diabetes screening; health information, food, prizes, and music/entertainment. Sponsored by Partnership for Excellence in Health. For more information call Elizabeth Bustos at (619) 281-4767.

Public Health Forum – Diabetes: Prevention and Management

November 17 (Monday), 11:00 am – 12:00 pm

County Administration Center (CAC), 1600 Pacific Highway/ Room 310, San Diego, CA 92101

County Public Health Services presents its first 2003/04 Public Health Forum. This forum will focus on "Diabetes Prevention and Management." To register email the County office of Training and Development at HRTRAINING@sdcounty.ca.gov.

Taking Control of your Diabetes

November 22 (Saturday), 7:30 am – 5:00 pm

San Diego Convention Center, San Diego, CA 92101

Staying motivated is the key to success! Registration fee includes the luncheon banquet with a special guest speaker, Actor Della Reese, and sponsored by *Taking Control of Your Diabetes*. For additional information contact (800) 998-2693.

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