



HEALTH AWARENESS

New Tools Promote Healthy Living For Hispanics

(NAPSA)—There's good news for those in the Hispanic/Latino community who have diabetes, as well as their families and the organizations that serve them.

A toolkit has been created that provides organizations with comprehensive and culturally relevant information and educational materials on diabetes and healthy living.

Each toolkit contains bilingual brochures, recipe samplers, posters and healthy lifestyle tip sheets. Community-based and faith-based organizations conducting outreach to Hispanic/Latino communities can order a free copy of the Adult Prevention Toolkit by calling (800) DIABETES.

According to Lurelean B. Gaines, M.S.N., chair of the American Diabetes Association's National Latino Subcommittee, "The American Diabetes Association provides a wealth of relevant information specifically for Hispanic/Latino populations, so health issues can move from personal or individual challenges to broader, community-based solutions."

The Abbott Fund, the philanthropic fund of global health care company Abbott, collaborated with the American Diabetes Association and was the sole supporter of the project. "Chronic disease, including diabetes, is one of the global health challenges of our time, and we are very excited to be able to work with the American Diabetes Association on such an important effort," said Catherine V. Babington, president of the Abbott Fund.

Diabetes is increasing at an alarming rate in the United States, affecting nearly 24 million children and adults across the country. This serious illness disproportionately affects Hispanic/Latino populations, which are nearly twice as



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likely to develop diabetes over the course of their lifetime as non-Hispanic whites. If present trends continue, one in three Americans, and nearly one in two minorities, born in 2000 will develop diabetes in their lifetime.

In addition to creating and providing the toolkit, the American Diabetes Association will also be hosting FERIA de Salud Por Tu Familia, an outdoor Latino health festival in cities across the United States.

The events are designed to capture the elements of a festive street fair while communicating the importance of making healthy lifestyle choices for the entire Hispanic/Latino family. Elements of this event include music, dancing, cooking demonstrations, nutritional information and speakers on topics related to diabetes.

The association is targeting community and faith-based organizations with these special resources because these organizations play a critical role in providing important health information and services in Hispanic/Latino communities.

To learn more, visit www.diabetes.org or call toll free (800) DIABETES.