

# Health Bulletin



## Step Out: Walk To Fight Diabetes

(NAPSA)—To keep pace with the growing number of Americans with diabetes, the American Diabetes Association (ADA) invites communities to join Step Out: Walk to Fight Diabetes.

Kiki Vale is one of an anticipated 100,000 participants taking part in this event. Vale, an ADA advocate known for her syndicated Chicago radio show, "The Kiki Vale Show," promotes a healthy lifestyle and exercising, but most importantly raising funds and awareness for diabetes, a disease her mother has.

Step Out: Walk to Fight Diabetes, the signature walking event of ADA, takes place in October in more than 170 cities, with routes ranging from two to six miles. Routes are designed for everyone regardless of age or athletic ability.

Vale and her team, Kiki's Krew, hope to promote awareness and support a good cause. As a top fundraiser, Kiki and her Krew have raised more than \$41,000 in the fight against diabetes.

Diabetes affects nearly 24 million Americans—1.6 million diagnosed each year—with another 57 with prediabetes. Each day, millions battle this serious and deadly disease. Diabetes can lead to kidney failure, blindness, amputation and death. Diabetes contributes to more than 286,000 deaths each year.

Vale, whose mission is to raise funds and sign up teams, said, "People with diabetes can live stronger, healthier lives through education and proper health habits."

Although Vale has long been interested in fitness and nutrition, it wasn't until her mother's diagnosis in 2000 that she was intro-

**StepOut**  **American Diabetes Association.**  
Walk to Fight Diabetes



**Funds raised from the Step Out: Walk to Fight Diabetes walk are used to prevent and cure diabetes and improve the lives of all people affected by diabetes.**

duced to ADA and Step Out: Walk to Fight Diabetes. Since then, Kiki's Krew has walked each year.

Step Out: Walk to Fight Diabetes raised more than \$19 million nationwide last year for diabetes research, advocacy and programs. She plans to walk until there is a cure.

"Every day I think about how I can live a healthier life," said Vale. "I'm asking people to join a team and take a step out in the fight against diabetes!"

Vale, who will continue to raise funds and promote awareness, said her ultimate goal is to continue to speak to people with diabetes and their families about education and coping with diabetes so she can reach out to people and hopefully improve the quality of their lives.

The event draws many teams, comprised of families, friends and corporations. National sponsors include Cary's Sugar Free Syrup, Equal and Kmart Pharmacies. National teams of the event include Rite Aid, Wal-Mart/SAM'S Club, Kmart Pharmacies and Dignity Memorial.

To register, call an American Diabetes Association office at (888) DIABETES or visit online at [www.diabetes.org/stepout](http://www.diabetes.org/stepout).

Kiki Vale may be reached at [Kikivale.com](http://Kikivale.com).