

Diabetes & You

Raising Awareness In The Hispanic/Latino Community

(NAPSA)—There's good news for members of the Hispanic/Latino community who may be at risk for diabetes. Several new resources are available that were designed to meet this community's unique needs.

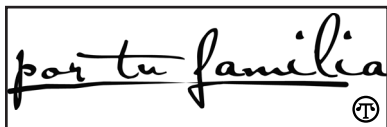
It has often been said that diabetes is an urgent health problem in the Hispanic/Latino community. The rates of diabetes in the community are double those of non-Hispanic/Latino whites. Providing information to the community about the seriousness of diabetes, its risk factors, those who may be at risk and ways to help manage the disease is critical.

That's why the American Diabetes Association has created Por tu Familia—"for your family." Por tu Familia sponsors community programs based in English and Spanish to inform Hispanics about the importance of making healthy lifestyle choices in order to prevent diabetes and to help those living with the disease.

For example, one aspect of the Por tu Familia Feria de Salud program is an outdoor community event intended to reach thousands of Hispanics/Latinos with the important message that they may be at risk for diabetes.

The event, Feria, is designed to capture the festive elements of a street fair but maintains important aspects of choosing and managing a healthier lifestyle for entire Hispanic/Latino families. The program includes music, dancing, nutritional information, cooking demonstrations, and speakers on topics related to diabetes, as well as products and service booths.

Another part of the program is an event called Conferencia,



Through workshops and activities, community members are learning more about diabetes, making healthy food choices and being physically active.

which is an educational conference that is also part of Por tu Familia. The event is designed to educate and bring the ideal message of health to the community and is free to the public. Activities include workshops in English and Spanish held by doctors, nurses and diabetes educators. Entertainment and prizes are provided as well as cholesterol, diabetes, vision and hearing screening and mammograms, free of charge.

Another segment of the program is Diabetes Days—run through faith-based organizations and which increases awareness of diabetes, identifies risk factors, and informs parishioners about resources and available information.

To receive free publications from ADA such as the "Latin Flavor in the Kitchen" Recipe Sampler and a free guide on type 2 diabetes (request ADA Diabetes Advisor number 2), call (800) DIABETES (342-2383). Bilingual representatives are available to take your call Monday-Friday.

The American Diabetes Association is the nation's leading 501(c)(3) nonprofit health organization, providing diabetes research, information and advocacy.

To learn more, visit the Web site at diabetes.org/latinos.