

# School News & Notes

## A School Walk To Fight Diabetes

(NAPSA)—Schoolchildren all across the nation are being encouraged to rise from the couch and rise to the challenge. School Walk for Diabetes (SWFD), the American Diabetes Association's signature school-based fundraising event, is hoping to engage students of all levels of learning and ability to focus on the importance of nutrition and regular exercise and their impact on diabetes.

### How It Works

The SWFD supports programs aimed at curing and preventing diabetes and improving the lives of all people affected by diabetes. Participation in SWFD can be very rewarding for each student who participates and each school that excels in the program. Each school that raises \$1,000 or more receives up to 15 percent of the funds raised through a gift certificate for exercise equipment or school medical supplies. Kids also earn thank-you gifts for their fundraising efforts. School principals, teachers and parents can work with students to create an event that is fun and easy for all to participate in.

### Builds School Spirit

The event helps to build school spirit and promote healthy living. It is important to reach kids with healthy lifestyle messages, as obesity rises at a high rate in young children and teenagers. Diabetes is second to asthma as the most chronic condition in children. Obesity in children has increased and serious health consequences have followed. According to a study conducted by the National Institutes of Health (NIH) and Centers for Disease Control (CDC), one in five youths with diabetes has additional risk factors for premature heart disease.

Also, type 2 diabetes, typically



**Last year more than 1,600 schools took a step in the right direction by participating in the School Walk For Diabetes.**

associated with older adults, is growing increasingly prevalent among American youth. A study completed by the NIH, American Diabetes Association and American Academy of Pediatrics found not only a rise in type 2 diabetes because of excess weight, but also an increase in type 1 diabetes, presenting further evidence that increased physical activity and better nutrition are vital to the health of our nation's youth.

### Affects 54 Million Americans

And prediabetes, a condition that develops when blood glucose (sugar) levels begin rising to troubling levels but are not yet high enough for a diagnosis of diabetes, currently affects 54 million Americans. If present trends continue, one in three born in 2000 will be diagnosed with diabetes in his/her lifetime.

Last academic year, more than 1,600 schools participated in SWFD to support the mission of the American Diabetes Association.

Schools can sign up for SWFD by calling (888) DIABETES (1-888-342-2383.) Online fundraising is at [www.diabetes.org/schoolwalk](http://www.diabetes.org/schoolwalk).