



FOR IMMEDIATE RELEASE
March 5, 2010

Health district, community partners host diabetes health fair, March 10

LAS VEGAS – The Southern Nevada Health District, the Adult Diabetes Education and Management Support Group, and Diabetes in Children and Families will host an annual diabetes health fair between 6 p.m. and 9:30 p.m., Wednesday, March 10 at the Elks Lodge, 4100 W. Charleston Blvd. For additional information, contact the health district's Office of Chronic Disease Prevention and Health Promotion, (702) 759-1270 or visit www.getthehealthyclarkcounty.org or www.snhd.info.

The annual health fair offers an opportunity to provide information and resources for people with diabetes or for their family members. In addition, the health fair will offer information about the impact of chronic kidney disease for people with diabetes. Nearly 50 vendors will attend the fair. Screenings and resource material will be available for attendees.

In Nevada, the costs associated with diabetes health care and related treatment are estimated to be approximately \$167 million annually. More than 217,000 Nevadans are currently living with the disease. The Trust for America's Health estimated that 34.2 percent of children in Nevada were either overweight or obese. Being overweight puts children at a much greater risk of developing type 2 diabetes. High blood pressure rates for adults with diabetes in Nevada are 66.5 percent, which is almost triple the rate of those who do not have the disease. Diabetes is the leading cause of new cases of End-Stage Renal Disease in Nevada.

Type 2 diabetes is the most common form of the disease and is generally seen in adults, although it is diagnosed in children as well. While diabetes occurs in people of all ages and races, it is more common in African Americans, Latinos, Native Americans and Asian Americans/Pacific Islanders. In addition, older Americans have an elevated risk of developing the disease. Early detection of the disease allows patients to manage the disease and prevent complications.

The health district's Office of Chronic Disease Prevention and Health Promotion provides free online programs that include information about small lifestyle changes, such as nutritional choices and physical activity, which can impact risk factors for developing diabetes.

-more-

Health district/partners, diabetes health fair – add one

Following is a list to commemorate National Diabetes Month, National Kidney Month

March 11, World Kidney Day

Anyone who has diabetes is at risk for developing chronic kidney disease. Visit HealthInsight's website, www.healthinsight.org to learn about the risk factors for chronic kidney disease and the importance of screening tests and early treatment.

March 23, Diabetes Alert Day

The American Diabetes Association encourages people who are overweight, physically inactive, and over the age of 45 years to take the Diabetes Risk Test (available in English and Spanish) by calling the Association at 1-800-DIABETES (1-800-342-2383) or by visiting www.diabetes.org/alert.

- The Diabetes Risk Test asks seven short questions about weight, age, lifestyle and family history – all potential risk factors for type 2 diabetes.
- People scoring 10 points or more are at a high risk for diabetes and are encouraged to schedule an appointment to see their healthcare provider
- Anyone who has diabetes is at risk for developing chronic kidney disease.

March 27, "Doc Talk"

9:30 am, *Bodies – The Wellness Series* inside the Luxor Hotel & Casino.

Dr. Larry Lehrner is scheduled to speak about the burden of kidney disease and chronic kidney disease complications at 9:30 a.m. The presentation will last approximately 30 minutes. HealthInsight will provide information about diabetes, high blood pressure and kidney disease until 4 p.m. at the exhibit. For additional information, contact HealthInsight at (702) 933-7327.