



FOR IMMEDIATE RELEASE
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Southern Nevada Health District to offer free six-week diabetes management classes

LAS VEGAS – The Southern Nevada Health District is partnering with the Nevada State Health Division to offer a free six-week diabetes self-management program in Spanish during the month of September. The classes will provide participants with strategies to better control blood sugar, increase physical activity and improve eating habits. Each session is approximately two hours. People with diabetes, individuals at high risk of developing diabetes, and caregivers of people with diabetes are welcome to participate and are encouraged to attend all six sessions.

Spanish language classes will be held on Mondays from 3:30 p.m. to 5:30 p.m., Sept. 12, 19 and 26, and October 3, 10 and 17 at the East Las Vegas Senior Center, 250 N. Eastern Avenue. For additional information, visit www.GetHealthyClarkCounty.org or call (702) 759-1270.

Diabetes self-management is considered a key element to avoid diabetes related complications. Without appropriate diagnosis and treatment diabetes is among the leading causes of blindness, kidney failure, heart disease and stroke. According to the American Diabetes Association, approximately 7 million of the nearly 26 million Americans with diabetes are undiagnosed. According to a report from the Trust for America's Health the rate of Nevadans diagnosed with diabetes has increase from a rate of 4.7 percent to more than 8 percent over the past 15 years.

English language classes will also be available. For additional information call the health district's office of Chronic Disease Prevention and Health Promotion at (702) 759-1270.

Diabetes resources are available at www.GetHealthyClarkCounty.org. Updated information about the Southern Nevada Health District can be found on Facebook www.facebook.com/SouthernNevadaHealthDistrict, on YouTube www.youtube.com/SNHHealthDistrict or Twitter : www.twitter.com/SNHInfo.