Annual Diabetes Day

Coeur d'Alene, ID – Panhandle Health District will be hosting their 2nd annual Diabetes Day at Kootenai Health on Thursday, November 14 from 3:00 - 6:00pm.

The event is free and is an opportunity to learn about preventing and/or managing diabetes and other chronic diseases. Representatives from community and healthcare organizations will be in attendance to answer questions and refer attendees to resources.

“Everyone is welcome,” said Kim Young, manager of Nutrition Services at Panhandle Health District. “Even if you’ve been diagnosed with diabetes already or if you are just curious about how to improve your health, we encourage you to come.”

The event will include a Q & A session with a healthcare provider where attendees can ask questions regarding diabetes, nutrition, and overall health. Food demonstrations will occur at 4:00pm and 5:00pm. Information booths, blood glucose checks, and risk assessments will also be available.

“This event is for everyone, including families,” said Young. “Research shows that when people have a strong support system, they are more likely to succeed with things like weight loss and dietary changes. Type 2 diabetes can be preventable, especially if families start making lifestyle changes when their children are young.”

According to the Idaho Department of Health and Welfare, 35 percent of adults in Idaho are estimated to have pre-diabetes. Pre-diabetes means your blood sugar is higher than normal. You don’t have diabetes yet, but you are at risk for getting it. In Idaho, 50 percent of people 65 and older are estimated to have pre-diabetes.

Data from the American Diabetes Association reports that about 193,000 Americans under the age of 20 are estimated to have diagnosed diabetes. Diabetes was the
seventh leading cause of death in the U.S. in 2015 and is estimated to have a $327 billion total economic cost based on direct medical costs and reduced productivity.

Diabetes Day is hosted by Panhandle Health District in partnership with Kootenai Health, Heritage Health, and Eat Smart Idaho. Sponsors and information booths include Kootenai Health, Heritage Health, Dexcom, SHIBA, Novo Nordisk, Selkirk Endocrinology, Eat Smart Idaho, and Sanofi.

**Event Details:**
Thursday, November 14, 2019
3:00 – 6:00pm
Kootenai Health – Health Resource Center, Ponderosa Classroom
2003 Kootenai Health Way
Coeur d'Alene, ID 83814
Register here: [DiabetesDay2019.eventbrite.com](http://DiabetesDay2019.eventbrite.com)

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**Panhandle Health District** provides over 40 different public health programs to families, individuals and organizations in northern Idaho. From food and drinking water safety to health education and disease control, public health services are critical to ensure our community is a safe and healthy place to live, work and play.

The PHD team is made up of nurses, nutritionists, environmental health specialists, health educators and many other dedicated professionals with a common goal to deliver vital public health services.

Panhandle Health District is one of seven health districts in the state of Idaho.

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