



# Panhandle Health District

*Healthy People in Healthy Communities*

**Public Health**  
Prevent. Promote. Protect.

**Panhandle Health District**

**FOR IMMEDIATE RELEASE**

November 1, 2019

**Contact:** Katherine Hoyer  
208-415-5108

## **Annual Diabetes Day**

**Coeur d'Alene, ID** – Panhandle Health District will be hosting their 2<sup>nd</sup> 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

