

A Health Education Series

Free Event!

Featuring Guest Presenters

Susan Rauch, RN, BSN, CDE

Courtney Goff, RD, LD

St. Joseph Regional Medical Center

Topic:

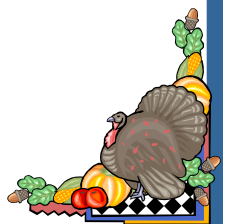
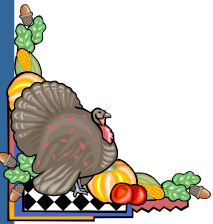
HELPING PEOPLE UNDERSTAND
THEIR RISK FACTORS FOR DIABETES

November 17, 2011

6:00 p.m. to 7:00 p.m.

Snake River Community Clinic

215 10th Street, Lewiston



“According to the Centers for Disease Control and Prevention, the risk factors which increase the likelihood of developing diabetes are: being overweight or obese; having a parent, brother, or sister with diabetes; being African American, American Indian, Asian American, Pacific Islander, or Hispanic American/Latino heritage; having a prior history of gestational diabetes or birth of at least one baby weighing more than 9 pounds; having high blood pressure measuring 140/90 or higher; having abnormal cholesterol with HDL (“good”) cholesterol 35 or lower, or triglyceride level of 250 or higher; being physically inactive - exercising fewer than three times a week.”.

Source: <http://www.cdc.gov/diabetes/consumer/prevent.htm>

**For more information, contact Deb Merica at
Public Health - Idaho North Central District (208) 799-0379.**