



Jefferson County PUBLIC HEALTH SERVICE

Public Health Facility, 531 Meade Street, Watertown, New York 13601

FOR IMMEDIATE RELEASE
Diabetes Coalition of Jefferson County
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Diabetes Coalition In Jefferson County Updates Resource Guide

Watertown, NY, December 18, 2013, – In Jefferson County almost 11.1% of adults have diabetes which is higher than the New York State rate of 9.4%. The prevalence of self-reported diabetes among adults in NYS has increased steadily over the past 13 years. The Diabetes Coalition of Jefferson County is helping to raise awareness about the importance of preventing type 2 diabetes and diabetes-related complications and promote local diabetes resources.

The coalition consists of community members with a professional and/or personal interest in diabetes. The Diabetes Coalition began in February 2011 and consists of representatives from The Diabetes Center, North Country Prenatal Perinatal Council, Watertown Family YMCA, Cornell Cooperative Extension, Feed the Soul Nutrition, Excellus BlueCross BlueShield, Samaritan Medical Center, North Country Family Health Center, Carthage Area Hospital, Watertown Internists, the Lions Club, River Hospital, and Jefferson County Public Health Service. The group is currently working to promote existing diabetes programs and services in Jefferson County to the public and providers, as well as, create and implement appropriate interventions that will prevent or reduce diabetes complications and improve diabetes care in Jefferson County.

The coalition has updated its brochure which is a comprehensive list of diabetes resources to help guide people in managing and preventing diabetes. The guide can be used by providers to refer patients to needed services or by community members seeking services. The guide is available for download at www.jcphs.org

Over time, if it is not controlled, type 2 diabetes can cause serious health problems like heart disease, stroke, and blindness. You may be at risk for type 2 diabetes if you:

- Are overweight
- Exercise less than 3 times a week
- Are over 45 years old
- Have high blood pressure or high cholesterol
- Are African American, Latino, American Indian, Alaska Native, Asian American or Pacific Islander
- Have a parent, brother, or sister with diabetes

You can do a lot to lower your chances of getting type 2 diabetes by:

- Eating healthy.
- Watching your weight.
- Being active.
- Controlling your blood pressure and cholesterol.

The Diabetes Coalition of Jefferson County meets bi-monthly, for more information please contact Faith Lustik at faithl@co.jefferson.ny.us or call 786-3723.

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