

## **REACHING HIGH RISK INDIVIDUALS WITH DIABETES SCREENING AND EDUCATION**

*Pinnacle Coalition for Diabetes Prevention and Management outreach at targeted event*

### **Public Health Problem**

- Over seven percent of adults living in Westchester, Rockland, and Putnam counties as well as the rest of the state of New York have diabetes and the numbers are increasing, especially among African Americans and Hispanics.
- Many people with diabetes don't know they have it or have never received education on how to successfully manage their disease.
- People with diabetes can manage their condition and reduce complications such as heart disease and blindness through healthy eating, physically activity, taking diabetes medicine as prescribed, and testing blood sugar levels regularly.

### **Program**

- The New York State Department of Health funds diabetes coalitions throughout the state to implement steps to prevent and control this condition.
- The Pinnacle Coalition for Diabetes Prevention partnered with the Mount Vernon Hospital in West Chester County to attend the Black and Puerto Rican Legislative Caucus held in Albany.
- Ten thousand people braved eighteen degree temperatures and icy roads to attend this event where coalition members reached a significant number of high risk individuals from the region with screening for diabetes risk and education on diabetes prevention, healthy eating and physical activity.
- Education sessions focused on preventing long term complications, medication management, eating healthy, heart disease & diabetes and signs and symptoms of stroke. Hundreds of pieces of diabetes education literature were distributed.

### **Impact**

- Well over two hundred people and many in the high risk group of Latinos and African Americans received one-on-one and group education about diabetes, some of them traveling long distances to attend.
- A significant number of attendees who reported that they had not taken their diabetes medication that day because they thought skipping it would not be too harmful received direct counseling advice on appropriate management of diet and medications when traveling.

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