FOR IMMEDIATE RELEASE

Nacogdoches Memorial Health

**Diabetes Extravaganza Health fair**

Nacogdoches, (TX October 27, 2015) ---Diabetes currently affects 29.1 million Americans and 8.1 million are undiagnosed, according to the American Diabetes Association. That means one out of every five Americans is not aware of this threatening disease in his or her life.

“America is becoming more and more of a convenience society – consuming more quick, easy, unhealthy snacks, and combining that with less physical activity. That’s leading to an epidemic of health problems, including diabetes and obesity,” said Vanessa Hooper, registered dietitian/nutritionist at Nacogdoches Memorial Health. “Education and screening are key in prevention and improvement.”

In honor of National Diabetes Awareness Month, Nacogdoches Memorial Health will partner with Brookshire Brothers Grocery and Lehmann Eye Center to host Memorial’s Diabetes Health Fair on Thursday, Nov. 5. The annual health fair will be held at the Care First Clinic, next door to Brookshire Brothers on South Street from 8 a.m. to 1 p.m. Free health screenings will include HbA1c, blood glucose monitoring, body mass index, vision, cholesterol, blood pressure and more. The first 50 health fair participants to complete all their screenings will receive a free glucometer.

This year’s theme is ***Diabetes Smart in Your Shopping Cart.***

“One of the best ways to educate people living with diabetes or at risk for diabetes is to provide demonstrations or hands-on training, which will enable them to make better choices for meal planning,” explained Suzanne Powers, registered dietitian/nutritionist at Nacogdoches Memorial Hospital. “That is why we are planning dietitian-guided grocery store tours at Brookshire Brothers Grocery, in conjunction with the health fair.”

The Memorial nutritionists will show anyone interested how to look for healthier alternatives for favorite meals. The first 50 participants to complete the grocery store tour will receive a $10 grocery gift card, compliments of Brookshire Brothers and Lehmann Eye Center.

“We want to encourage anyone interested in improving their health to participate. We plan to provide participants with important resources to help them and their families in the fight against diabetes,” Hooper said. “We’ll start with meal planning that will save time and money. Without planning, you are more likely to eat expensive convenience or fast food restaurant foods that are high in fat, sugar and sodium. The grocery store tours are a way to give families a healthier start, by building menus and recipes around foods they already use.”

“We will look at store specials and seasonal foods and teach you how to make appropriate shopping lists to control impulsive buying. The diabetic meal plan will be satisfying for the whole family. It is well-balanced and nutritious, and only a few special foods will be needed,” says Hooper.

Diabetes awareness activities will continue with two additional grocery store tour days, Nov. 12 and 19 from 9 a.m. to noon. The Nov. 19 tour will be a special diabetes-friendly holiday feature.

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