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“2014 Diabetes Alert Day Health Fair”

The Guam Diabetes Control Coalition (GDCC), the Department of Public Health and Social Services (DPHSS), the Guam Diabetes Association, and the NCD Consortium Tobacco Prevention & Control Action Team will be conducting the “2014 Diabetes Alert Day Health Fair” from 10:00am to 2:00pm and the “Kick Butts Day Poster / Essay & Video Contest display” from 10:00am to 5:00pm on Saturday, March 29, 2014, at the center court of the Micronesia Mall.

Diabetes rates on Guam are alarming. There is an increasing prevalence of TYPE II Diabetes among our younger generation, and the cigarette as well as smokeless tobacco use rates are higher than the national average for both adults and youth. The 2014 Diabetes Alert Day Health Fair’s goal is to promote and enhance public awareness and knowledge on the prevention and control of diabetes through the promotion of eating a healthier diet, getting adequate physical activity, and reducing tobacco use & alcohol consumption.

The health fair will include free health screening for: blood sugar & cholesterol (while supplies last), blood pressure, body mass index, foot exams, vision screening, health educational displays and exhibits from various programs and organizations focusing on health promotion and disease prevention.

For further information in regard to the Diabetes Alert Day Health Fair please contact Patrick S. Lucas, at 735-7295 or Dr. M. Melinda Sangalang, Chair Person of the Guam Diabetes Control Coalition, at 777-2412.

For further information in regard to the Kick Butts Day Contest please contact Liz Guerrero, at 735-7303.

JAMES W. GILLAN