



Southeastern Idaho Public Health

For Immediate Release
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Diabetes Awareness Events To Be Offered in Pocatello

Every November communities across the country observe National Diabetes Month to bring attention to diabetes and its impact on the nearly 30 million Americans who have it. One out of ten people have been diagnosed with this disease. To help manage diabetes, it is important to seek support from health care professionals, family, friends, and the community.

In recognition of this national diabetes observance, Southeastern Idaho Public Health, Eat Smart Idaho and Idaho State University are proudly leading activities taking place in Pocatello.

- Wednesday, October 31st from 11 am – 2 pm: Participate in a Healthy Food Drive at Fred Meyer located at 800 Yellowstone Avenue. Fresh and canned fruits and vegetables, whole grains, high quality proteins, and low-fat dairy sources are being requested. A Diabetes Education Table will also be set up featuring healthy harvest recipe samples and prediabetes, diabetes and hypertension literature along with other community resources. A list of healthy Halloween alternatives will also be featured during the event. Healthy foods collected through the Healthy Food Drive will be donated to the Idaho Food Bank to help neighbors in need while assisting with the hunger gap.
- Thursday, November 1st from 3-5 pm: Join a FREE four session Healthy Diabetes Plate Class Series at Southeastern Idaho Public Health located at 1901 Alvin Ricken Drive. Learn about signs and symptoms of diabetes; utilize the Healthy Diabetes Plate to visualize portion and serving sizes, plan balanced and nutritious meals, and eat out at a restaurant; take an instructional supermarket tour highlighting friendly food choices; and observe cooking demonstrations and sample healthy recipes. Additional classes will take place on Thursday, November 8th, 15th & 29th.

For additional information or to enroll in the Healthy Diabetes Plate Class Series, please contact Traci Lambson at 478-6316 or visit www.siphidaho.org.